

## My Habit Tracker

Keeping up with healthy habits can be hard. Using a table like this to log our habits can help us to stay on track to reach our goals. It can also be beneficial for unlearning bad habits, such as going to bed late and spending too much time on our phone.

Habit trackers can make us feel more motivated to complete the small tasks we put off every day, making us more productive and in turn improving our mood and wellbeing.

You can use this habit tracker by printing it off and filling out the different habits you would like to practice/unlearn. Hopefully by the end of the month the tracker will be mostly coloured in, and you will have implemented these habits into your everyday routine, improving your productivity and reducing your stress.

Below is an example of a habit tracker. What kind of habits do you think would be beneficial for you to track?

**Healthy habits create a healthy mind!**

**Examples:** Going to bed before 8pm, complete homework, drink enough water, get to school on time, read for 30 minutes, practice breathing techniques, practice self care.

|                        |  |  |  |  |  |  |  |
|------------------------|--|--|--|--|--|--|--|
|                        |  |  |  |  |  |  |  |
| <b>1<sup>st</sup></b>  |  |  |  |  |  |  |  |
| <b>2<sup>nd</sup></b>  |  |  |  |  |  |  |  |
| <b>3<sup>rd</sup></b>  |  |  |  |  |  |  |  |
| <b>4<sup>th</sup></b>  |  |  |  |  |  |  |  |
| <b>5<sup>th</sup></b>  |  |  |  |  |  |  |  |
| <b>6<sup>th</sup></b>  |  |  |  |  |  |  |  |
| <b>7<sup>th</sup></b>  |  |  |  |  |  |  |  |
| <b>8<sup>th</sup></b>  |  |  |  |  |  |  |  |
| <b>9<sup>th</sup></b>  |  |  |  |  |  |  |  |
| <b>10<sup>th</sup></b> |  |  |  |  |  |  |  |
| <b>11<sup>th</sup></b> |  |  |  |  |  |  |  |
| <b>12<sup>th</sup></b> |  |  |  |  |  |  |  |
| <b>13<sup>th</sup></b> |  |  |  |  |  |  |  |

|                  |  |  |  |  |  |  |  |
|------------------|--|--|--|--|--|--|--|
| 14 <sup>th</sup> |  |  |  |  |  |  |  |
| 15 <sup>th</sup> |  |  |  |  |  |  |  |
| 16 <sup>th</sup> |  |  |  |  |  |  |  |
| 17 <sup>th</sup> |  |  |  |  |  |  |  |
| 18 <sup>th</sup> |  |  |  |  |  |  |  |
| 19 <sup>th</sup> |  |  |  |  |  |  |  |
| 20 <sup>th</sup> |  |  |  |  |  |  |  |
| 21 <sup>st</sup> |  |  |  |  |  |  |  |
| 22 <sup>nd</sup> |  |  |  |  |  |  |  |
| 23 <sup>rd</sup> |  |  |  |  |  |  |  |
| 24 <sup>th</sup> |  |  |  |  |  |  |  |
| 25 <sup>th</sup> |  |  |  |  |  |  |  |
| 26 <sup>th</sup> |  |  |  |  |  |  |  |
| 27 <sup>th</sup> |  |  |  |  |  |  |  |

|                        |  |  |  |  |  |  |  |
|------------------------|--|--|--|--|--|--|--|
| <b>28<sup>th</sup></b> |  |  |  |  |  |  |  |
| <b>29<sup>th</sup></b> |  |  |  |  |  |  |  |
| <b>30<sup>th</sup></b> |  |  |  |  |  |  |  |
| <b>31<sup>st</sup></b> |  |  |  |  |  |  |  |