

# Weekly HABIT TRACKER



Specify your goals for the week then keep track of your progress by crossing off an item in each section.

Week of: \_\_\_\_\_

S M T W Th F S

How many hours of sleep will I get?

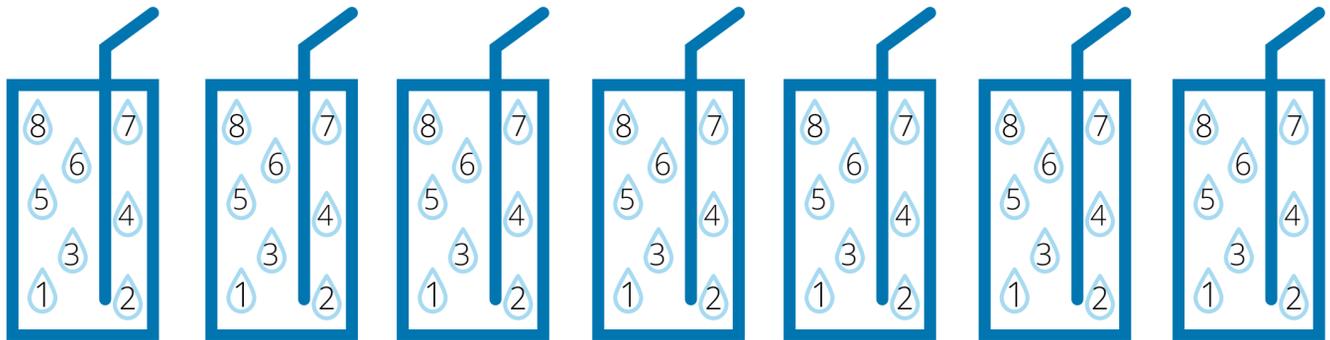
Recommended amount of sleep is 7-9 hours for adults



\_\_\_\_\_

How many glasses of water will I drink?

8 glasses of 8oz is recommended



\_\_\_\_\_

How many meals will I have?



\_\_\_\_\_

How will I move my body?

30 minutes of daily exercise is recommended



\_\_\_\_\_

How will I practice self-care?



\_\_\_\_\_