HABIT

S M T W T F S

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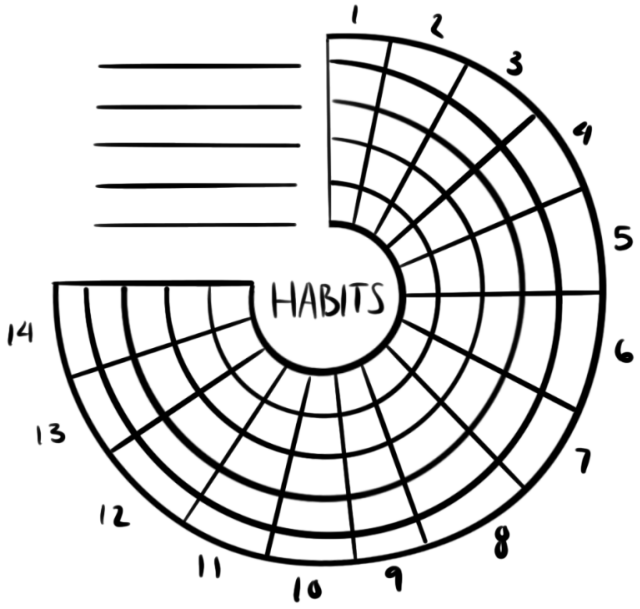
HABIT

S M T W T F S

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31



Example Trackers Directions

write your habit above the tracker or on the line. Make multiple on one page to track multiple habits!