Healthy Habits Tracker

Track gentle routines across two weeks. Adapt movement to your circumstances.

Day	Sleep/rest	Hydration	Movement	Self-care	Intention	Reflection
01	■	■	■	■	■	■
02	■	■	■	■	■	■
03	■	■	■	■	■	■
04	■	■	■	■	■	■
05	■	■	■	■	■	■
06	■	■	■	■	■	■
07	■	■	■	■	■	■

Healthy Habits Tracker

Second week and reflection

Day	Sleep/rest	Hydration	Movement	Self-care	Intention	Reflection
01	■	■	■	■	■	■
02	■	■	■	■	■	■
03	■	■	■	■	■	■
04	■	■	■	■	■	■
05	■	■	■	■	■	■
06	■	■	■	■	■	■
07	■	■	■	■	■	■

What felt supportive this week?

Write here	
Notes	