

Habit Tracker

created for you by Jamie Novak

*You've got
this!*

Mark one box a day, each day you follow-through on your new habit. It takes about 21 days to create a new habit (or break an old one.) Try to avoid breaking the chain by marking one box a day. *Miss a day? Don't give up – tomorrow is a new day to begin again.*

Small, consistent steps = lasting success!

Light Blue	Yellow	Red	Green	Purple	Light Blue	Yellow	Red	Green	Purple	Light Blue	Yellow	Red	Green
Purple	Light Blue	Yellow	Red	Green	Purple	Light Blue	Yellow	Red	Green	Purple	Light Blue	Yellow	Red
Green	Purple	Light Blue	Yellow	Red	Green	Purple	Light Blue	Yellow	Red	Green	Purple	Light Blue	Yellow
Red	Green	Purple	Light Blue	Yellow	Red	Green	Purple	Light Blue	Yellow	Red	Green	Purple	Light Blue
Yellow	Red	Green	Purple	Light Blue	Yellow	Red	Green	Purple	Light Blue	Yellow	Red	Green	Purple
Light Blue	Yellow	Red	Green	Purple	Light Blue	Yellow	Red	Green	Purple	Light Blue	Yellow	Red	Green
Purple	Light Blue	Yellow	Red	Green	Purple	Light Blue	Yellow	Red	Green	Purple	Light Blue	Yellow	Red
Green	Purple	Light Blue	Yellow	Red	Green	Purple	Light Blue	Yellow	Red	Green	Purple	Light Blue	Yellow

*Progress...not
perfection!*

*One step
at a time!*

*Keep Going!
Don't Give Up!*