Habits

Any month
31 DAYS

HABIT	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	TOTAL
Wake by 7																																
Water, 8 glasses																																
Move 30 minutes																																
Read 20 pages																																
No phone in bed																																
Tidy one thing																																
Write three lines																																
Lights out by 11																																

NOTES

1 inch