

# WEEKLY HABITS (SAMPLE)

NAME: \_\_\_\_\_

WEEK: \_\_\_\_\_

TASKS	S	M	T	W	T	F	S
WAKE UP AT 6AM		✓		✓		✓	
HEALTHY BREAKFAST	✓		✓		✓		
NO SUGAR							
DRINK WATER							
NO ALCOHOL							
LISTEN MUSIC							
READ FOR 15MIN A DAY							
WORKOUT FOR 45MIN A DAY							
5000 - 8000 STEPS							
CLEANING HOUSE							
DOING HOMEWORK							
WATER THE GARDEN							
CHECK EMAILS							
PLAN OUT A GOAL							
NO EATING AFTER 9PM							
GO TO BED BEFORE 11PM							

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WEEK:

[illegible]