



Daily Habit Checklist

What are those things you want to be doing often? List them below. Stick this checklist somewhere you'll see it every day. Check off your habits when they're done!

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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

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