

# 59 Ideas For Your Habit Tracker

## Lifestyle

1. Cups of Water
2. Vitamins
3. Walking / Exercise
4. Stairs
5. Cooked at Home
6. Packed Lunch
7. Brush Teeth / Floss
8. Medicine
9. Bed on Time
10. Wake up on Time
11. Washed Face
12. Read
13. Stretch
14. No Junk / Soda
15. No Alcohol

## Personal

1. Complete Tracker
2. Meditate / Pray
3. To-Do List
4. Rock /Goal Review
5. Money Saved
6. On / Update Budget
7. Journal
8. Down Time / Leisure Time
9. Electronics Off before bed
10. Clean Glasses / Contacts
11. No / Little Social Media
12. Worked on Sidehustle
13. Left work on time
14. Compliment yourself/loved ones

## Home

1. Dishes
2. 1 Load Laundry
3. 30 minute clean
4. De-Clutter Session
5. No TV
6. Make Bed
7. Family Time
8. Recycle / trash
9. Talk to Loved One
10. Picked up Toys
11. Mail
12. Tidy Main Living Area
13. Make Bed
14. Swept / Vacuum / Mop
15. Followed Meal Plan

## Kids List

1. Picked up Toys
2. Set Table for Breakfast
3. Set out Clothes
4. Brush Teeth
5. Wash Face / bath
6. Lotion
7. Read Story
8. Bed on time
9. Wake up on time
10. Went Potty
11. Dress self
12. Chores
13. Made Bed
14. Tidy Room
15. Play