HABIT TRACKER

Kate Glendon Coaching

| | M | Т | W | Т | F | S | S |
|----------------|-----|---------------------|---------------------|---------------------|---------------------|---------------------|-------------------|
| WATER | | | | | | | |
| WORKOUT | | | | | | | |
| READ | | | | | | | |
| WRITING | | | | | | | |
| HEALTHY EATING | | | | | | | |
| SLEEP | | | | | | | |
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| TO DO LIST | NOT | ES | | | | | |
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