

Monthly Habits Tracker

Optimize your performance with this habits tracker. Write one habit in each area of performance. Check off each day you perform that positive habit.

Performance Examples:

Physical Fitness

- “30 min of exercise”
- “Stretch in the a.m.”

Social Fitness

- “Turn off social media by 5 p.m.”
- “Eat dinner with others”

Nutrition

- “Eat breakfast”
- “4–5 servings of fruits & veggies”

Mental Fitness

- “Get 8 hours of sleep”
- “Express gratitude to someone”

