

BUILDING POSITIVE HABITS TRACKER

		Activity #1 _____							Activity #2 _____						
		Frequency of Activity _____							Frequency of Activity _____						
Week		1	2	3	4	5	6	7	1	2	3	4	5	6	7
1		1	2	3	4	5	6	7	1	2	3	4	5	6	7
2		1	2	3	4	5	6	7	1	2	3	4	5	6	7
3		1	2	3	4	5	6	7	1	2	3	4	5	6	7
4		1	2	3	4	5	6	7	1	2	3	4	5	6	7
5		1	2	3	4	5	6	7	1	2	3	4	5	6	7
6		1	2	3	4	5	6	7	1	2	3	4	5	6	7
7		1	2	3	4	5	6	7	1	2	3	4	5	6	7
8		1	2	3	4	5	6	7	1	2	3	4	5	6	7
9		1	2	3	4	5	6	7	1	2	3	4	5	6	7
10		1	2	3	4	5	6	7	1	2	3	4	5	6	7

Name _____

Start Date _____

Notes _____

