Daily Recall Write down all of the things you do in one day, including health habits such as food choices, movement, and sleep. Be as specific as possible.

Time	Behavior
5 a.m.	
6 a.m.	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
Noon	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	
9 p.m.	
10 p.m.	
11 p.m.	
Midnight	

Start, Stop, and Continue List your top one to three focus areas for your health. Then, with those in mind, write down the habits you want to start, stop, and continue.

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1.		
2.		
3.		

What do I want to start?	What do I want to stop?	What do I want to continue?

Monthly Habit Tracker In the far left column, list out all of the habits you want to establish. Each day, check off whether you accomplished it or not.

MONTH:

Date	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
Day of Week																															
Habits																															
																															\neg
																															\neg