

# 2017 Habit Tracker

## Turn New Year's Resolutions into Habits.

Resolutions are easier to keep when goals are specific and measurable.

Achieving goals daily helps create new habits.

To help set realistic goals, break each goal into smaller achievable steps.

Repeat these steps each day for 30 days and track your progress.

WRITE IT:

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BREAK IT DOWN:

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TRACK IT:

1	2	3	4	5	6	7
X						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

WRITE IT:

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BREAK IT DOWN:

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TRACK IT:

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
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