

# HABIT tracker IDEAS

## HEALTH & FITNESS

1. Eat 'X' servings of vegetables
2. Eat 'X' servings of fruit
3. Drink 8 glasses of water
4. Track calorie intake
5. No soda or junk food
6. Take vitamins
7. No snacking
8. Floss your teeth
9. Cardio
10. Strength training
11. Yoga
12. Hit step goal
13. No processed sugar
14. Meditation
15. Stretch

## CLEANING

1. Laundry
2. Dust
3. Organize/declutter
4. Change bedding
5. Clean out refrigerator
6. Make bed
7. Clean bathrooms
8. Quick Clean
9. Vacuum
10. Sweep
11. Mop floors
12. Deep clean
13. Drain the sink
14. Run dishwasher
15. Clean oven

## RELATIONSHIPS

1. Text friends/family
2. Random acts of kindness
3. Date night
4. Compliment someone
5. Hug someone
6. Be present
7. Fun surprises
8. Dinner together
9. Reconnect throughout the day
10. Express appreciation

## SELF-CARE

1. Breathe
2. Eat well
3. Stay hydrated
4. Sleep
5. Gratitude
6. Meditate
7. Journal
8. Spend time in nature
9. Take a bath
10. Practice Self-Reflection
11. Be creative
12. Set Boundaries
13. Skincare
14. Read
15. Listen to music

## HABITS TO BREAK

1. Stress eating
2. Biting Fingernails
3. Smoking
4. Excessive drinking
5. Emotional shopping
6. Spending on credit cards
7. Too much time on social media
8. Excessive salt
9. Staying up too late
10. Sleeping with makeup
11. Overmedicating
12. Procrastinating
13. Eating fast food
14. All work and no play
15. Sleeping in too often

## PERSONAL DEVELOPMENT

1. Read
2. Meditate
3. New skill
4. Practice gratitude
5. Self-reflection
6. Wake up earlier
7. Exercise regularly
8. Plan week
9. Morning routine
10. Learn a new language













