

MOOD TRACKER

	J	F	M	A	M	J	J	A	S	O	N	D
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DIRECTIONS

- Color-code the boxes by shading each square with a unique color.
- Each day of the month, fill in the square with the color that matches the mood you felt.

KEY

- | | |
|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> BORED | <input type="checkbox"/> MEH |
| <input type="checkbox"/> CALM | <input type="checkbox"/> MOTIVATED |
| <input type="checkbox"/> CONTENT | <input type="checkbox"/> OVERWHELMED |
| <input type="checkbox"/> FRUSTRATED | <input type="checkbox"/> SAD |
| <input type="checkbox"/> HAPPY | <input type="checkbox"/> TIRED |
| <input type="checkbox"/> HOPEFUL | <input type="checkbox"/> UPSET |

OBSERVATIONS:

SLEEP TRACKER

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DIRECTIONS

- Color-code the boxes by shading each square with a unique color.
- Each day of the month, fill in the square with the color that matches the number of hours you slept.

KEY

- | | |
|----------------------------------|------------------------------------|
| <input type="checkbox"/> 4 HOURS | <input type="checkbox"/> 8 HOURS |
| <input type="checkbox"/> 5 HOURS | <input type="checkbox"/> 9 HOURS |
| <input type="checkbox"/> 6 HOURS | <input type="checkbox"/> 10 HOURS |
| <input type="checkbox"/> 7 HOURS | <input type="checkbox"/> 11+ HOURS |

OBSERVATIONS:

WATER TRACKER

	J	F	M	A	M	J	J	A	S	O	N	D
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DIRECTIONS

- Color-code the boxes by shading each square with a unique color.
- Each day of the month, fill in the square with the color that matches the number of cups you drank.

KEY

<input type="checkbox"/> 0 CUPS	<input type="checkbox"/> 4 CUPS
<input type="checkbox"/> 1 CUP	<input type="checkbox"/> 5 CUPS
<input type="checkbox"/> 2 CUPS	<input type="checkbox"/> 6 CUPS
<input type="checkbox"/> 3 CUPS	<input type="checkbox"/> 7+ CUPS

OBSERVATIONS:

VITAMIN TRACKER

	J	F	M	A	M	J	J	A	S	O	N	D
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DIRECTIONS

- Color-code the boxes by shading each square with a unique color.
- Each day of the month, fill in the square with the color that matches whether or not you took vitamins.

KEY

YES

NO

OBSERVATIONS:

STEPS TRACKER

	J	F	M	A	M	J	J	A	S	O	N	D
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DIRECTIONS

- Color-code the boxes by shading each square with a unique color.
- Each day of the month, fill in the square with the color that matches the number of steps you took.

KEY

- | | |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> 0-1K STEPS | <input type="checkbox"/> 7K STPES |
| <input type="checkbox"/> 2K STEPS | <input type="checkbox"/> 8K STEPS |
| <input type="checkbox"/> 3K STEPS | <input type="checkbox"/> 9K STEPS |
| <input type="checkbox"/> 4K STEPS | <input type="checkbox"/> 10K STEPS |
| <input type="checkbox"/> 5K STEPS | <input type="checkbox"/> 11K STEPS |
| <input type="checkbox"/> 6K STEPS | <input type="checkbox"/> 12K+ STEPS |

OBSERVATIONS:

PERIOD TRACKER

	J	F	M	A	M	J	J	A	S	O	N	D
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DIRECTIONS

- Color-code the boxes by shading each square with a unique color.
- Each day of the month, fill in the square with the color that matches your flow for that day.

KEY

- NONE
- SPOTTING
- LIGHT
- REGULAR
- HEAVY

OBSERVATIONS:

FITNESS TRACKER

	J	F	M	A	M	J	J	A	S	O	N	D
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DIRECTIONS

- Color-code the boxes by shading each square with a unique color.
- Each day of the month, fill in the square with the color that matches the type of workout you did. *(Fill in the line for any additional type of exercise you participate in.)*

KEY

- | | |
|-----------------------------------|-------------------------------------|
| <input type="checkbox"/> ABS | <input type="checkbox"/> STRETCHING |
| <input type="checkbox"/> CYCLING | <input type="checkbox"/> SWIMMING |
| <input type="checkbox"/> PILATES | <input type="checkbox"/> WALKING |
| <input type="checkbox"/> REST DAY | <input type="checkbox"/> WEIGHTS |
| <input type="checkbox"/> RUNNING | <input type="checkbox"/> YOGA |
| <input type="checkbox"/> _____ | |

OBSERVATIONS:

READING TRACKER

	J	F	M	A	M	J	J	A	S	O	N	D
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DIRECTIONS

- Color-code the boxes by shading each square with a unique color.
- Each day of the month, fill in the square with the color that matches the amount of pages you read.

KEY

- | | |
|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> 0 PAGES | <input type="checkbox"/> 15-20 PAGES |
| <input type="checkbox"/> 1-5 PAGES | <input type="checkbox"/> 20-25 PAGES |
| <input type="checkbox"/> 5-10 PAGES | <input type="checkbox"/> 25-30 PAGES |
| <input type="checkbox"/> 10-15 PAGES | <input type="checkbox"/> 30+ PAGES |

OBSERVATIONS:

READING TRACKER

	J	F	M	A	M	J	J	A	S	O	N	D
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DIRECTIONS

- Color-code the boxes by shading each square with a unique color.
- Each day of the month, fill in the square with the color that matches the number of minutes you read.

KEY

- | | |
|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> 0 MINUTES | <input type="checkbox"/> 20 MINUTES |
| <input type="checkbox"/> 5 MINUTES | <input type="checkbox"/> 30 MINUTES |
| <input type="checkbox"/> 10 MINUTES | <input type="checkbox"/> 40 MINUTES |
| <input type="checkbox"/> 15 MINUTES | <input type="checkbox"/> 50+ MINUTES |

OBSERVATIONS:

SCREEN TIME TRACKER

	J	F	M	A	M	J	J	A	S	O	N	D
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DIRECTIONS

- Color-code the boxes by shading each square with a unique color.
- Each day of the month, fill in the square with the color that matches the amount of time you viewed screens.

KEY

- | | |
|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> 30 MINUTES | <input type="checkbox"/> 4 HOURS |
| <input type="checkbox"/> 1 HOUR | <input type="checkbox"/> 5 HOURS |
| <input type="checkbox"/> 2 HOURS | <input type="checkbox"/> 6 HOURS |
| <input type="checkbox"/> 3 HOURS | <input type="checkbox"/> 7+ HOURS |

OBSERVATIONS:

SKILL TRACKER

	J	F	M	A	M	J	J	A	S	O	N	D
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DIRECTIONS

- Fill in the lines with the skills you are building.
- Color-code the boxes by shading each square with a unique color.
- Each day of the month, fill in the square with the color that matches the skill you practiced.

OBSERVATIONS:

HABIT TRACKER

	J	F	M	A	M	J	J	A	S	O	N	D
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DIRECTIONS

- Color-code the boxes by shading each square with a unique color.
- Each day of the month, fill in the square with the color that matches whether or not you completed the task/habit.

KEY

YES

NO

OBSERVATIONS:

EXAMPLE PERIOD TRACKER

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
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7												
8												
9		SPOTTING										
10		LIGHT										
11		REGULAR										
12		REGULAR		LIGHT								
13		HEAVY		REGULAR								
14		LIGHT		REGULAR								
15				HEAVY								
16				LIGHT								
17												
18								LIGHT				
19								REGULAR				
20								REGULAR				
21								HEAVY				
22								REGULAR				
23								HEAVY				
24								REGULAR				
25								LIGHT				
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DIRECTIONS

- Color-code the boxes by shading each square with a unique color.
- Each day of the month, fill in the square with the color that matches your flow for that day.

KEY

- NONE
- SPOTTING
- LIGHT
- REGULAR
- HEAVY

OBSERVATIONS:









EXAMPLE READING TRACKER

	J	F	M	A	M	J	J	A	S	O	N	D
1		10	10									
2	10		5									
3	10	5										
4	15	5										
5	5		5									
6	5											
7		5	5									
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30	5	10										
31		10										

DIRECTIONS

- Color-code the boxes by shading each square with a unique color.
- Each day of the month, fill in the square with the color that matches the number minutes you read.

KEY

	0 MINUTES		20 MINUTES
	5 MINUTES		30 MINUTES
	10 MINUTES		40 MINUTES
	15 MINUTES		50+ MINUTES









OBSERVATIONS:

EXAMPLE READING TRACKER

	J	F	M	A	M	J	J	A	S	O	N	D
1		1-5 PAGES	10-15 PAGES									
2			10-15 PAGES									
3	10-15 PAGES	5-10 PAGES	15-20 PAGES									
4		10-15 PAGES	10-15 PAGES									
5		10-15 PAGES	10-15 PAGES									
6	10-15 PAGES											
7	1-5 PAGES											
8		15-20 PAGES										
9	5-10 PAGES	10-15 PAGES										
10	1-5 PAGES	10-15 PAGES										
11		1-5 PAGES										
12												
13			10-15 PAGES									
14			5-10 PAGES									
15		1-5 PAGES	5-10 PAGES									
16		1-5 PAGES	5-10 PAGES									
17		10-15 PAGES	10-15 PAGES									
18		10-15 PAGES	5-10 PAGES									
19		10-15 PAGES	5-10 PAGES									
20	15-20 PAGES	5-10 PAGES	5-10 PAGES									
21	15-20 PAGES	10-15 PAGES										
22	5-10 PAGES	10-15 PAGES										
23	10-15 PAGES	5-10 PAGES										
24												
25		10-15 PAGES										
26	15-20 PAGES	10-15 PAGES										
27	1-5 PAGES	10-15 PAGES										
28	1-5 PAGES	10-15 PAGES										
29	1-5 PAGES	10-15 PAGES										
30	1-5 PAGES	10-15 PAGES										
31	1-5 PAGES	10-15 PAGES										

DIRECTIONS

KEY

	0 PAGES		15-20 PAGES
	1-5 PAGES		20-25 PAGES
	5-10 PAGES		25-30 PAGES
	10-15 PAGES		30+ PAGES

OBSERVATIONS: