

Daily Habits Tracker: Week of ...	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
***** Wellness & Beauty related *****							
Was I compassionate to myself? Y / N							
Number of hours of sleep							
Number of cups of water							
Number of minutes in nature							
Number of minutes of exercise							
Number of minutes in meditation							
Number of minutes on the phone (non-work)							
Number of minutes watching Television							
Number of minutes reading							
Did I do a home facial? Y/N - weekly							
***** Career & Finances related *****							
Did I spend 30 minutes practicing my speaking skills? Y / N							
***** Personal Development *****							
Did I spend 5 minutes in the morning on vocal exercises? Y / N							
***** Relationships *****							
Did I expand my network by 5 persons this week?							
Did I interrupt folks while they were speaking? Y / N							