

Healthy Habit Tracker

Habit	M	T	W	T	F	S	S
Drank 8+ glasses of water	<input type="checkbox"/>						
Ate vegetables	<input type="checkbox"/>						
Avoided sugary drinks	<input type="checkbox"/>						
Controlled portions	<input type="checkbox"/>						
Exercised 30+ minutes	<input type="checkbox"/>						
7+ hours sleep	<input type="checkbox"/>						
Steps goal met	<input type="checkbox"/>						
No late-night snacks	<input type="checkbox"/>						
Took vitamins/meds	<input type="checkbox"/>						
Mood positive	<input type="checkbox"/>						

Weight Tracker

Date	Weight	Change	Notes

