

Pepper Hustle: Habit Tracker



PEPPER HUSTLE: HABIT TRACKER

What habits are you trying to make sure you do everyday? If you've been thinking about tracking your habits but just never had the time to set up your habit tracker, we've got you covered!

Use this habit tracker to track your habits over the next 14 days.

Use your habit tracker chart to pop a little check mark in the box each day when you have successfully completed your habit.

Stuck for ideas? Check out the list below and write down your three habits that you will consistently track each day. Only pick 3. Don't change them out - it is important you are consistent daily for them to become daily habits.

IDEAS:

- Walking
- Exercise
- Yoga
- Stretching
- Meditation
- Deep Breathing
- Sleep
- Reading
- Journaling
- Learning A New Skill
- Starting A New Hobby
- Skincare Routine
- Haircare Routine
- Nailcare Routine
- Floss
- Being On Time
- Technology Detox
- Me-Time
- Gratitude
- Affirmations
- Eat More Fruit
- Eat More Veg
- Eat Breakfast
- Drink Water
- Prepare Healthy Meals/Snacks
- Try A New Recipe
- Reduce Sugar Intake
- Reduce Caffeine Intake
- Mood
- Spending
- Saving
- Social Media
- Chores
- Night Time Routine

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Use your habit tracker chart to pop a little check mark in the box each day when you have successfully completed your habit.

HABITS	DAYS			
#1	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
#2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#1	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>
#2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#1	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>
#2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#1	13 <input type="checkbox"/>	14 <input type="checkbox"/>	NOTES:	
#2	<input type="checkbox"/>	<input type="checkbox"/>		
#3	<input type="checkbox"/>	<input type="checkbox"/>		