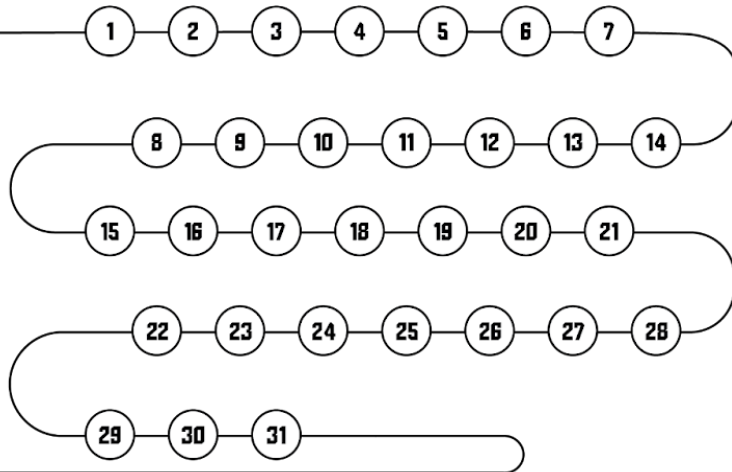


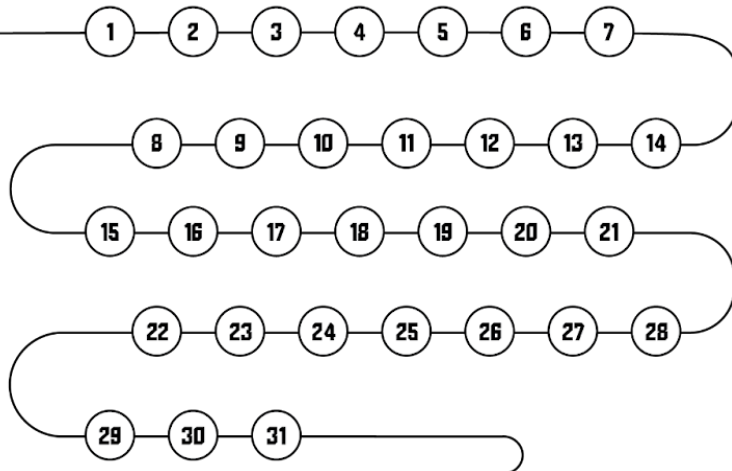
SMART GOAL HABIT TRACKER

Write down 1 habit in each of the numbered habit boxes. Color in the number that corresponds to the calendar date each day you engage in that habit. Keeping in mind not to break the chain!

HABIT 1



HABIT 2



HABIT 3

