

Your Personal Habit Tracker





Habit Tracker



What is a habit tracker?

A habit tracker is your personal scoreboard for growth. It's a simple, visual way to keep track of daily actions that move you closer to your goals. Each check mark is proof of progress, a reminder that small steps add up to big changes.

How can a habit tracker help you?

A habit tracker keeps you honest with yourself. It shows you exactly where you're winning and where you need to step up. When you can see your streaks building, it boosts your motivation and pushes you to stay consistent.

Explaining this habit tracker

This tracker has two parts: one with habits I've chosen for you based on proven healthy routines, and one that's completely blank for your own habits. The Harsha tracker gives you a solid foundation, while your personalized tracker lets you focus on what matters most to you.

Six tips on how to use this tracker:

1. Be realistic – pick habits you can commit to.
2. Fill it in daily – consistency is key.
3. Keep it visible – put it somewhere you'll see every day.
4. Track honestly – if you missed it, leave it blank.
5. Celebrate wins – reward yourself for streaks.
6. Review weekly – see where you're crushing it and where you can improve.

You Can Do This!

You've got the vision, now you've got the tool. Every tick on this tracker is proof that you're showing up for yourself. Accountability is what turns good intentions into results. Stay focused, keep going, and remember – small daily actions create massive long-term wins.

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Your Personalized Habit Tracker

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