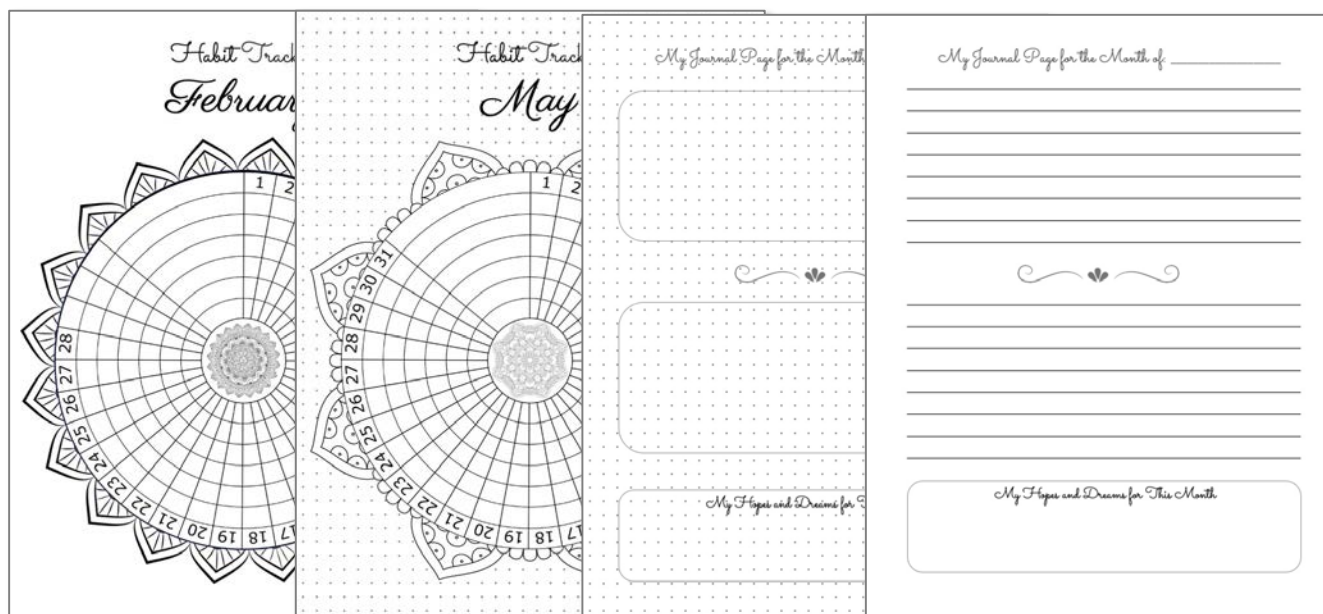
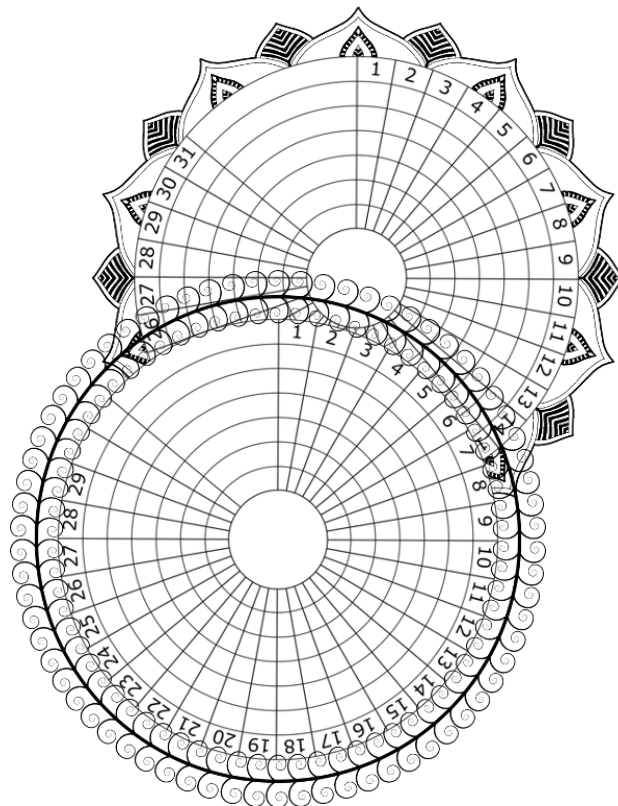
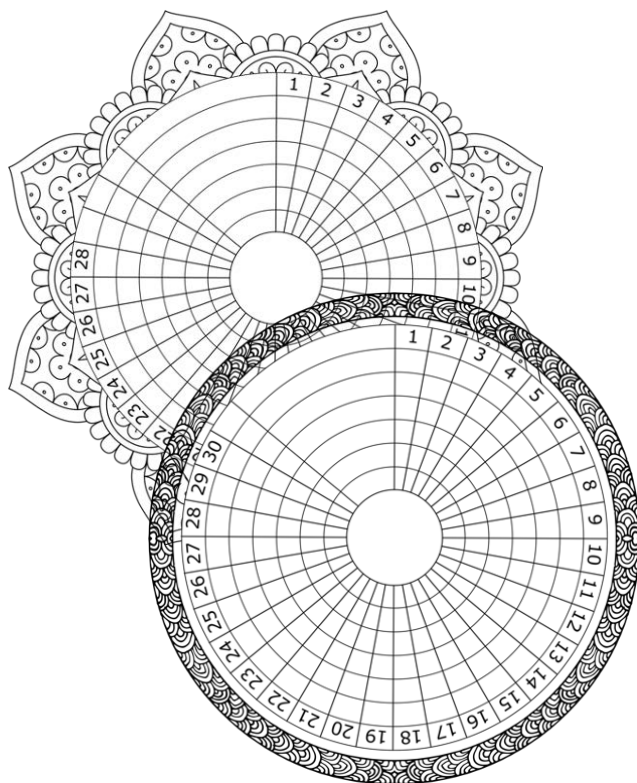


My Monthly Habit Tracker Journal



About Habit Trackers

Habit trackers are designed to help you develop healthy habits over time. They say it takes 21 days to develop a new habit.

By tracking areas of your life over the course of each month, you'll develop new habits and even increase your health and well-being.

Examples of things you can track are:

- Daily exercise
- Water intake
- Meditation... and more...

At the beginning of each month, set your intention and decide what you'll focus on as "what you think about, you bring about."

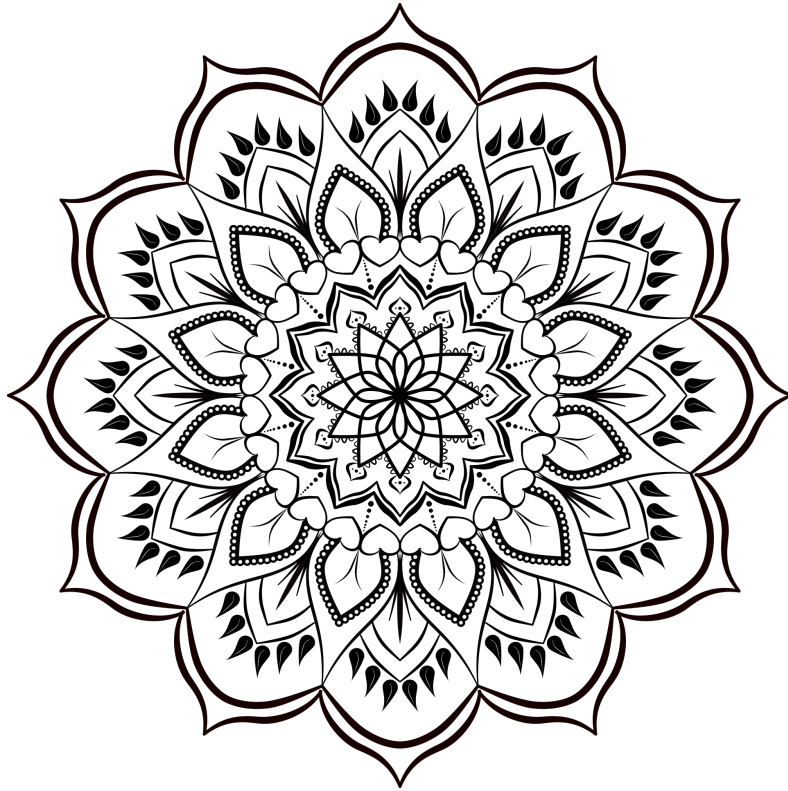
Here's to your health and happiness!



Instructions for Using Your Monthly Habit Trackers

You'll notice that these habit trackers are circular and include numbered columns as well as multiple rows. In the top-left open section of your trackers, you'll find room to write down what you'll be tracking in that row. Then each morning or evening, check off or color in the section corresponding to the habit you're tracking and the day of the month. This will provide you with a visual accountability partner as you track your way to success and dreams come true.

You can print off these habit trackers and clip them to a clipboard or put them in a folder or notebook. You can also place them inside of your current journal or bullet journal.

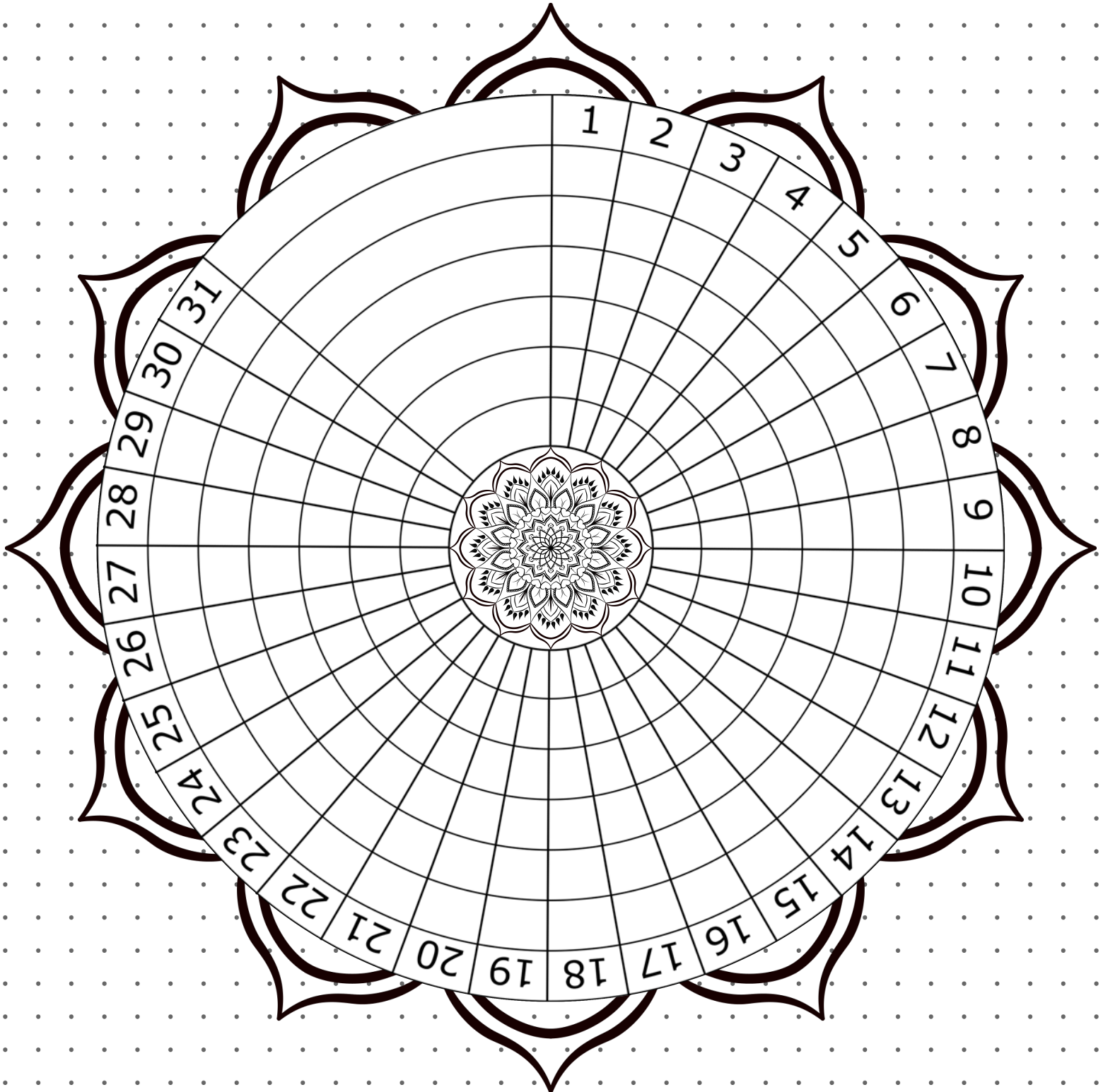


This Journal Belongs To:

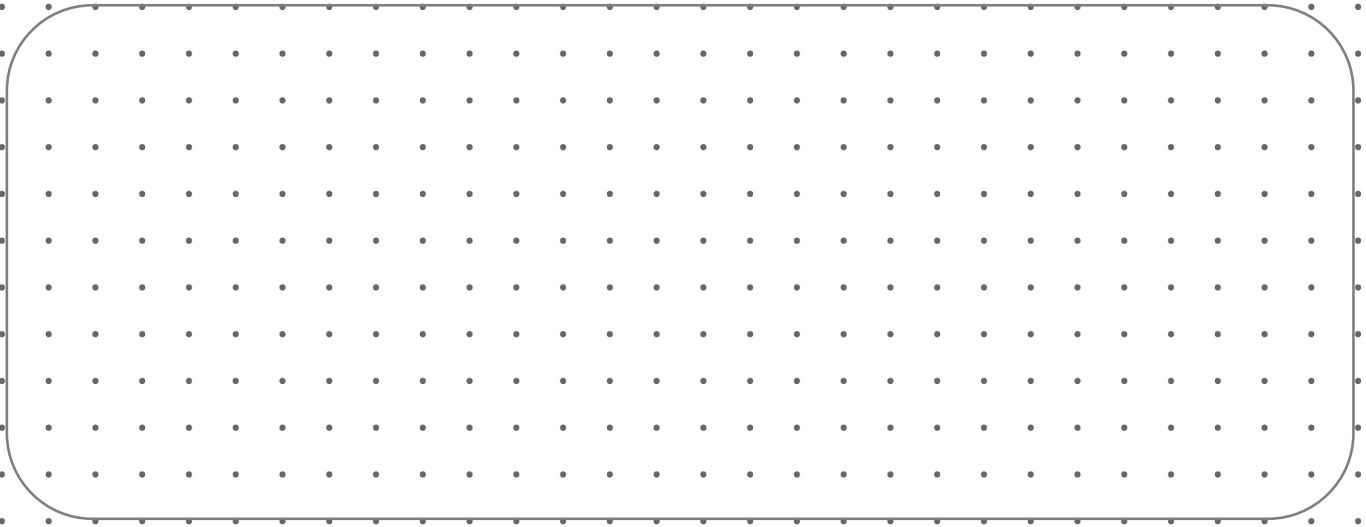
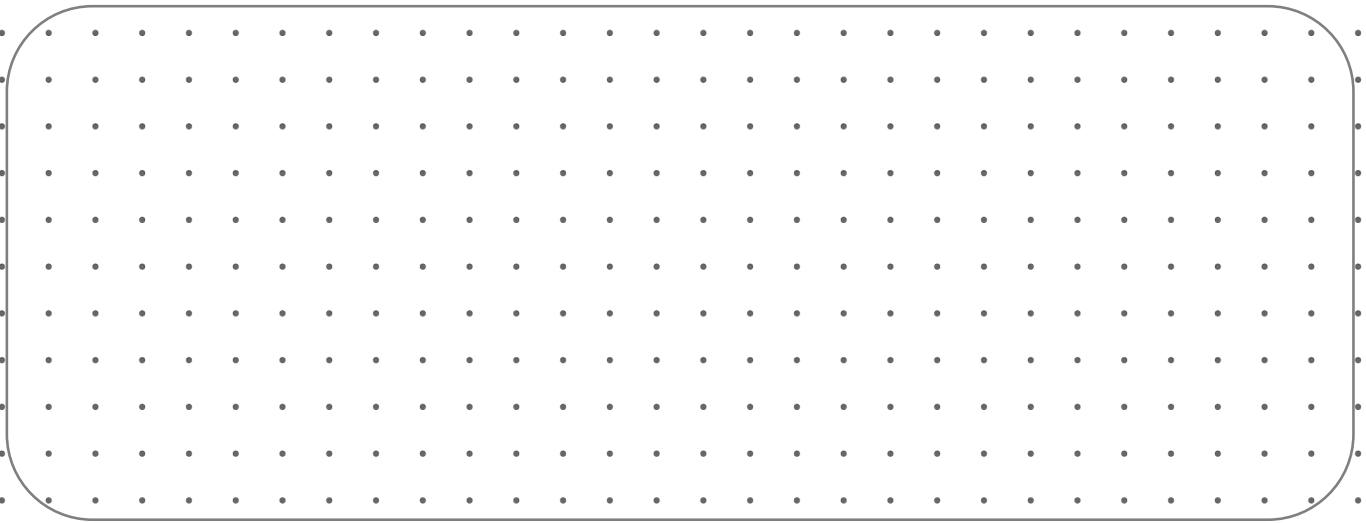
(Date)

Habit Tracker

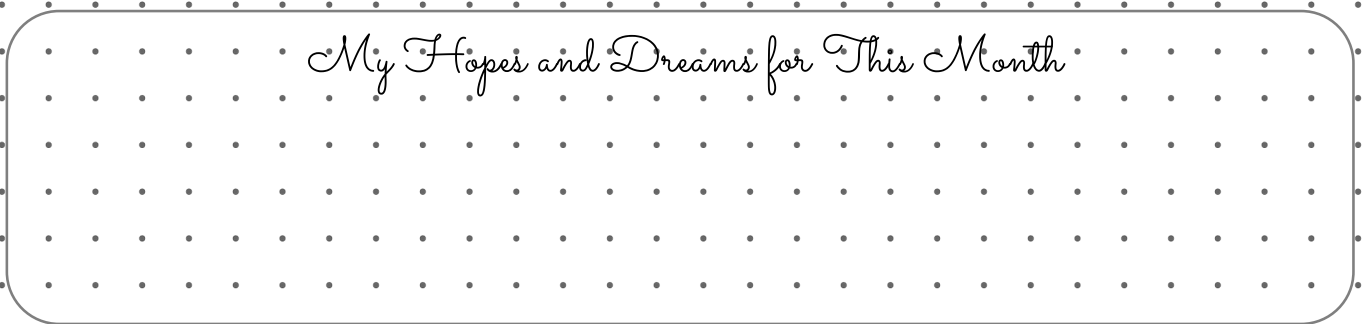
January



My Journal Page for the Month of: _____

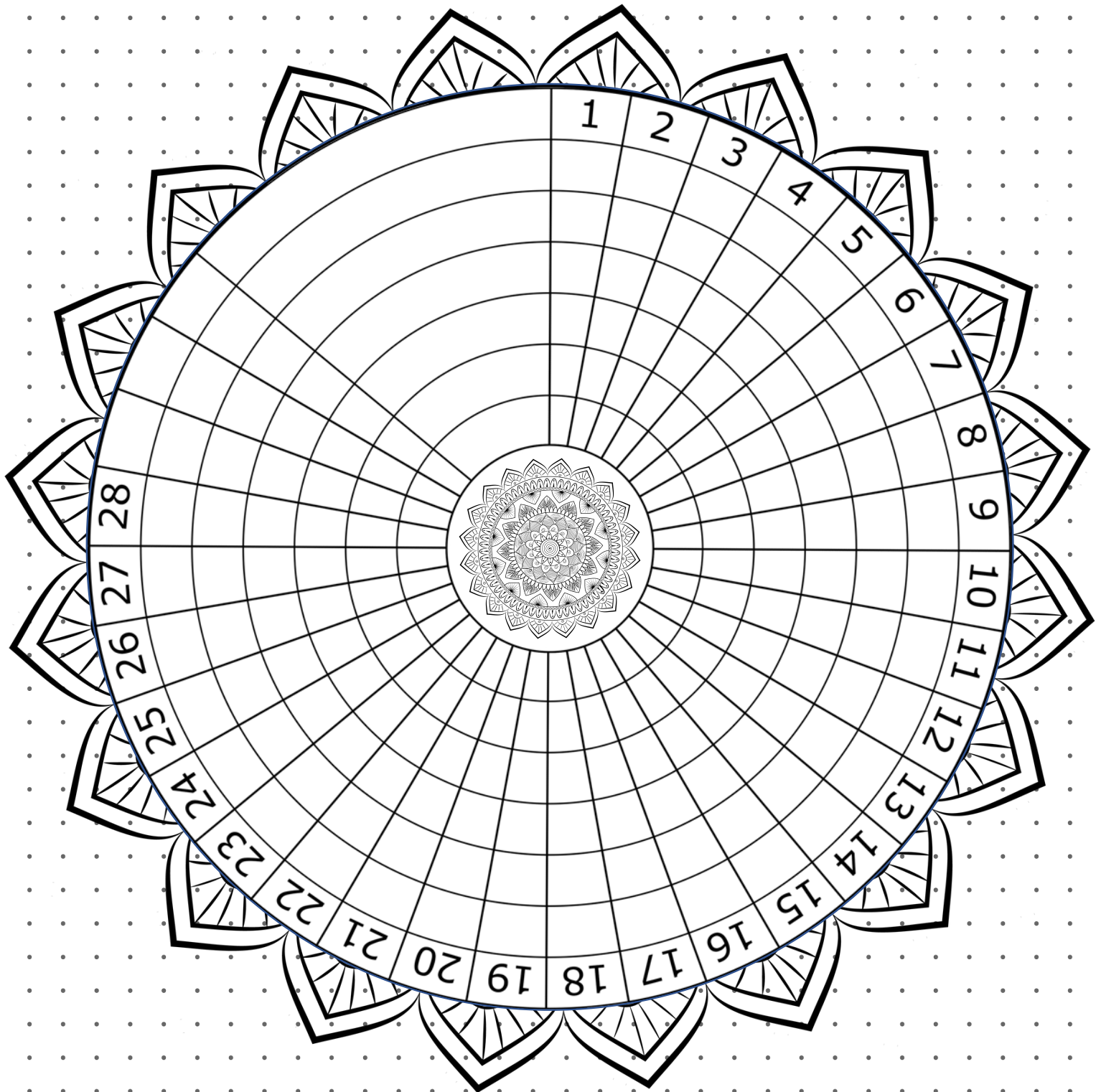
A large, empty rounded rectangular box with a dotted grid pattern, intended for journaling.A large, empty rounded rectangular box with a dotted grid pattern, intended for journaling.

My Hopes and Dreams for This Month

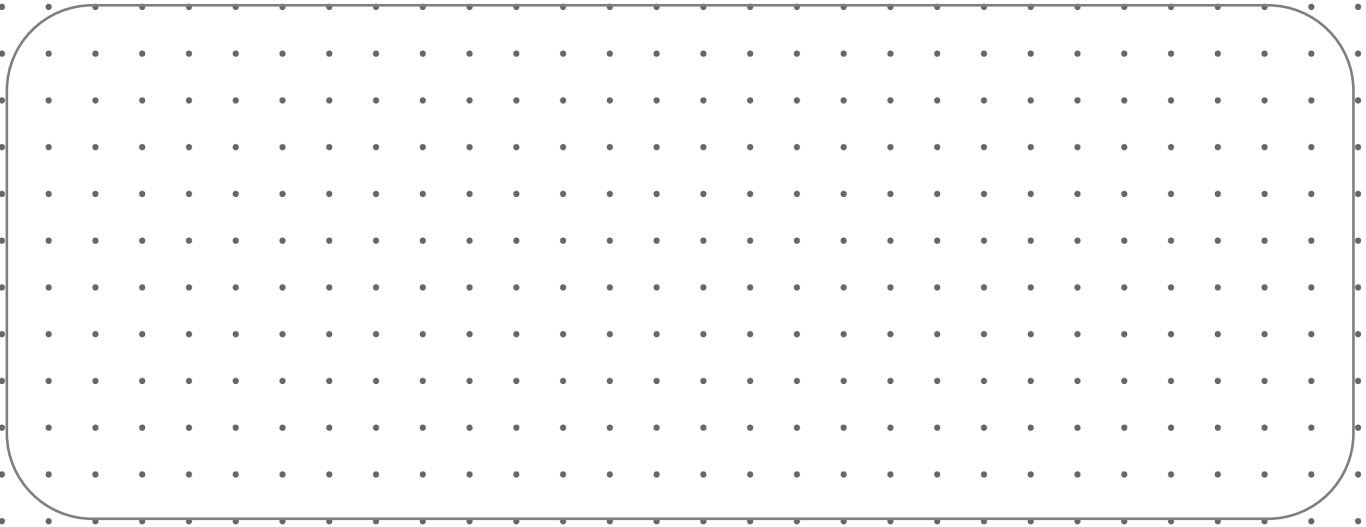
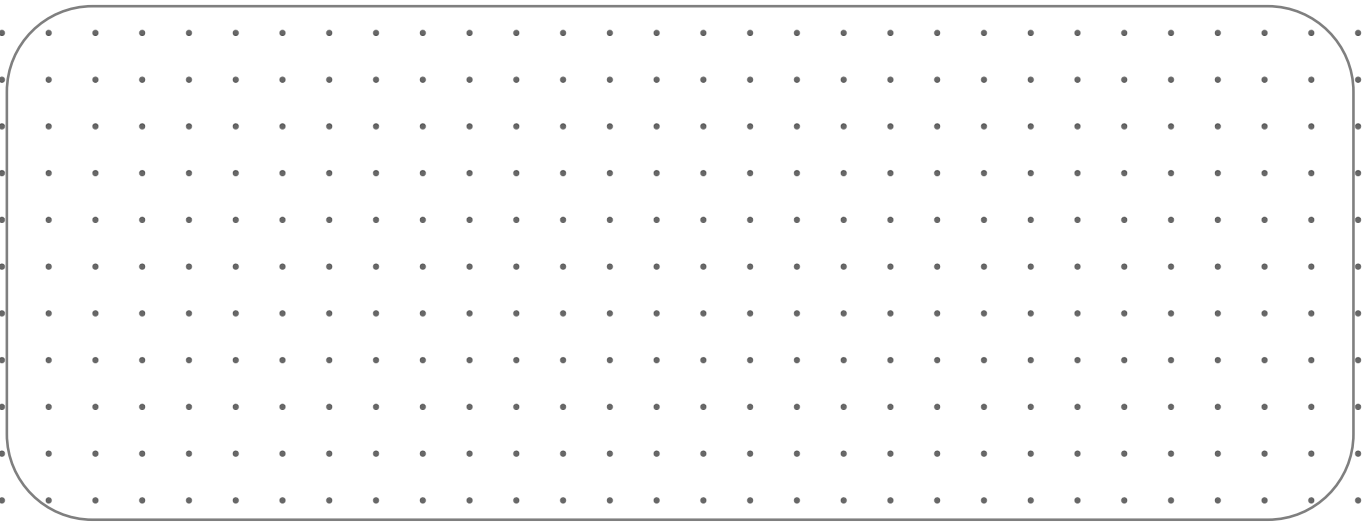
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Habit Tracker

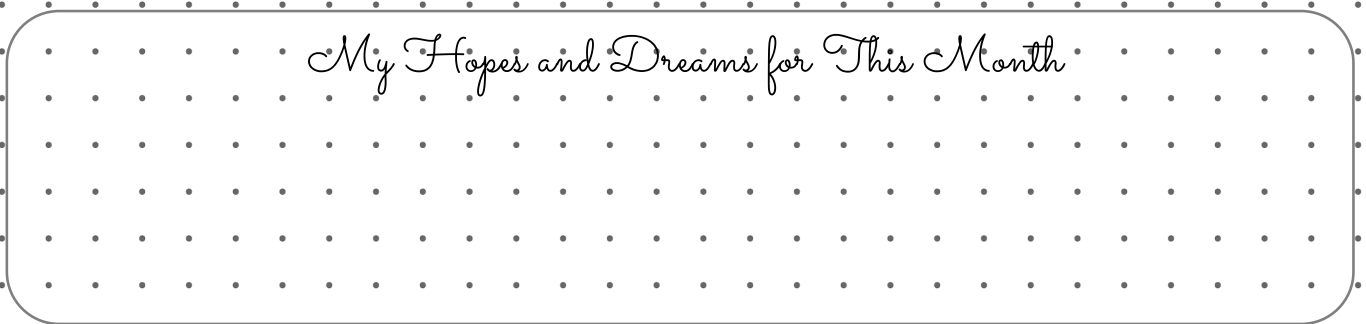
February



My Journal Page for the Month of: _____

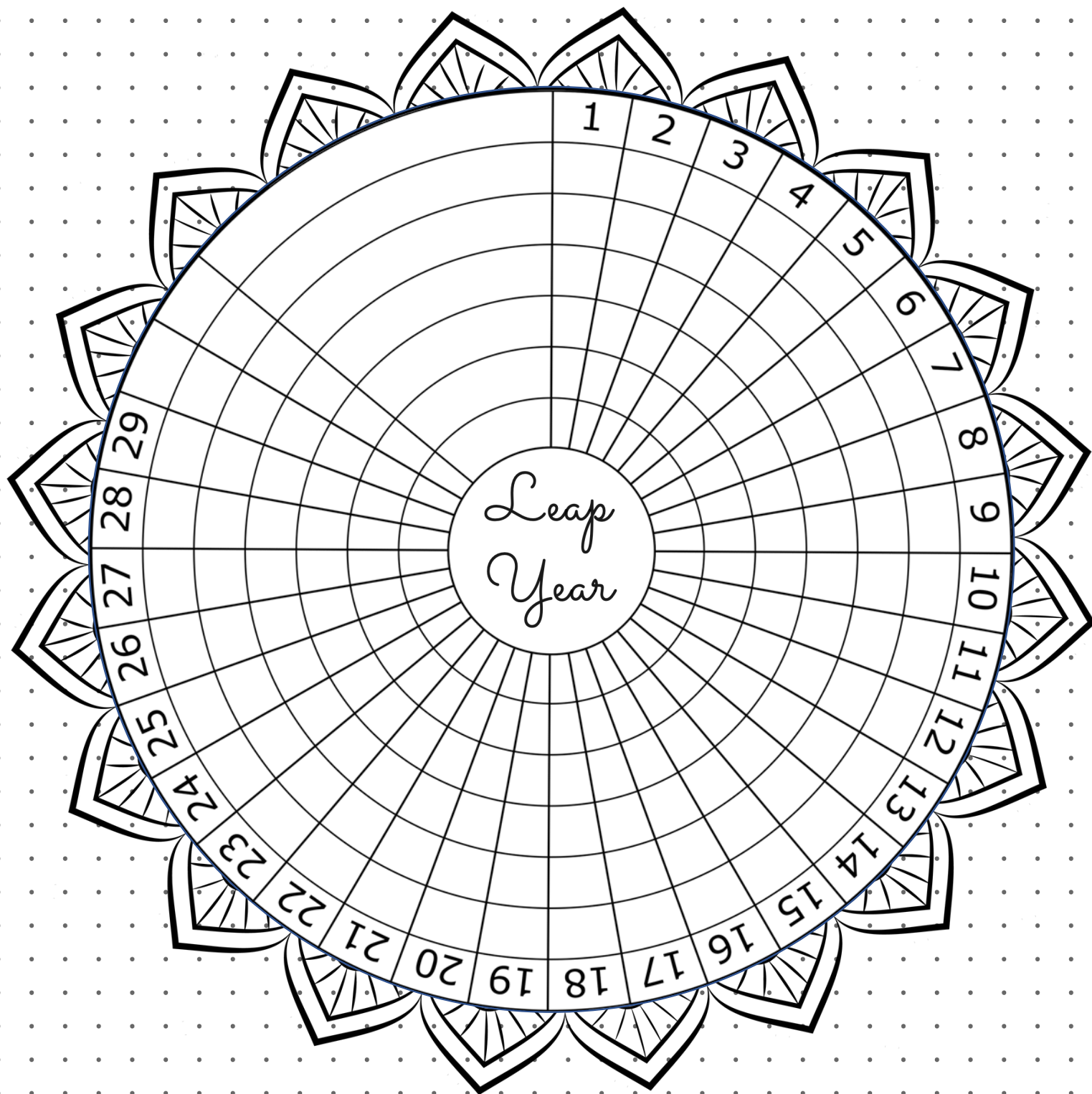
A large, empty rectangular box with rounded corners, spanning most of the width of the page. It is filled with a light gray dot grid pattern, intended for writing or drawing.A second large, empty rectangular box with rounded corners, identical in size and dot grid pattern to the first one, providing another space for journaling.

My Hopes and Dreams for This Month

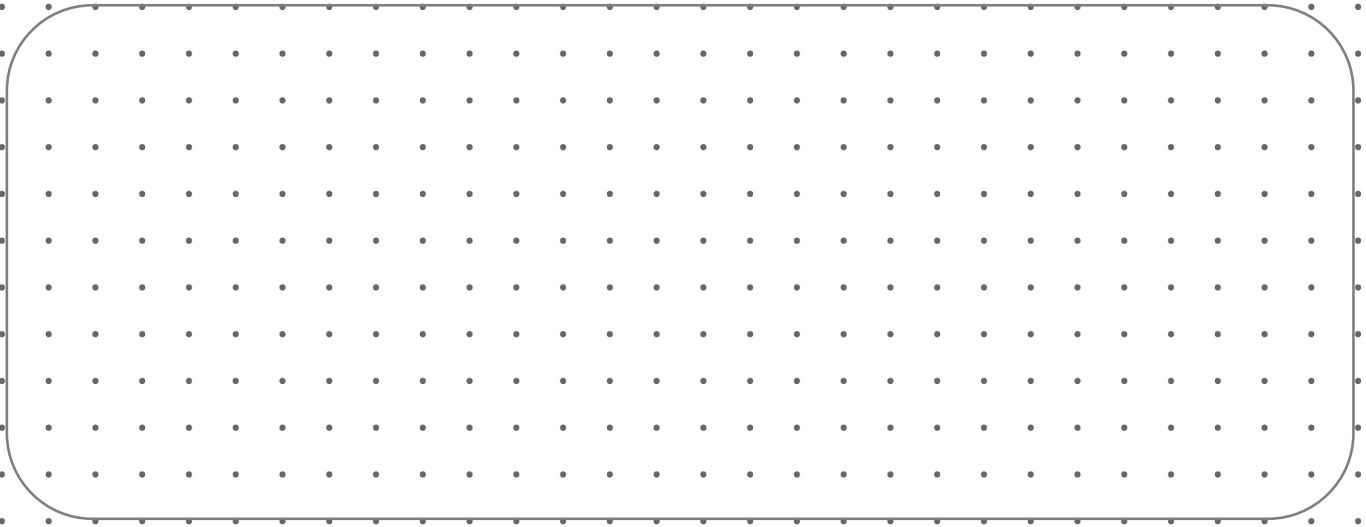
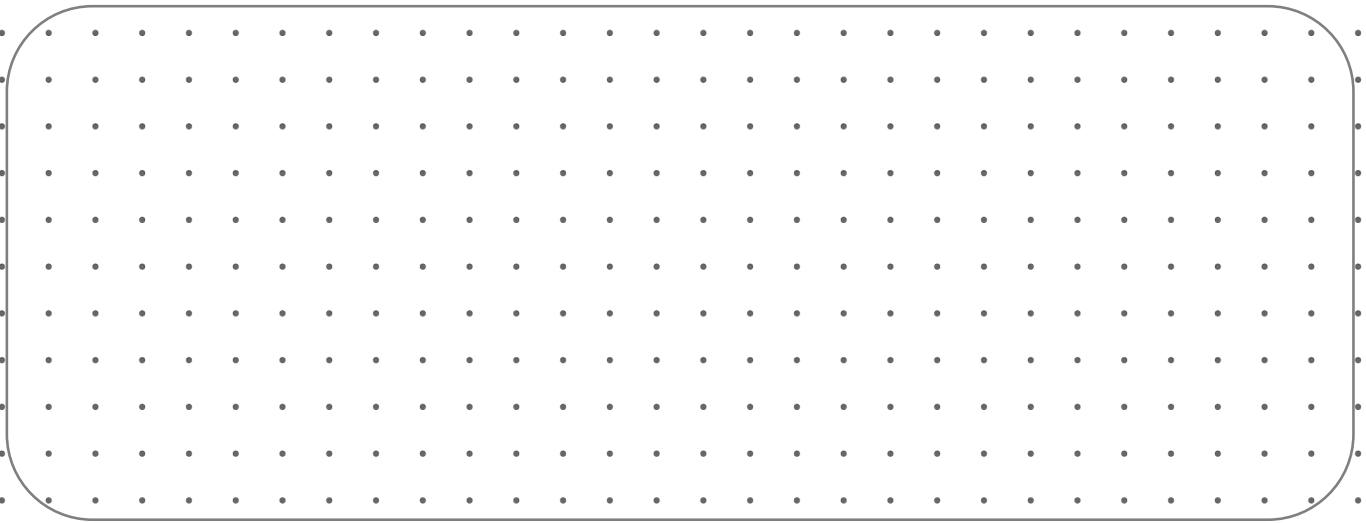
A third large, empty rectangular box with rounded corners, continuing the dot grid pattern, intended for writing about hopes and dreams for the month.

Habit Tracker

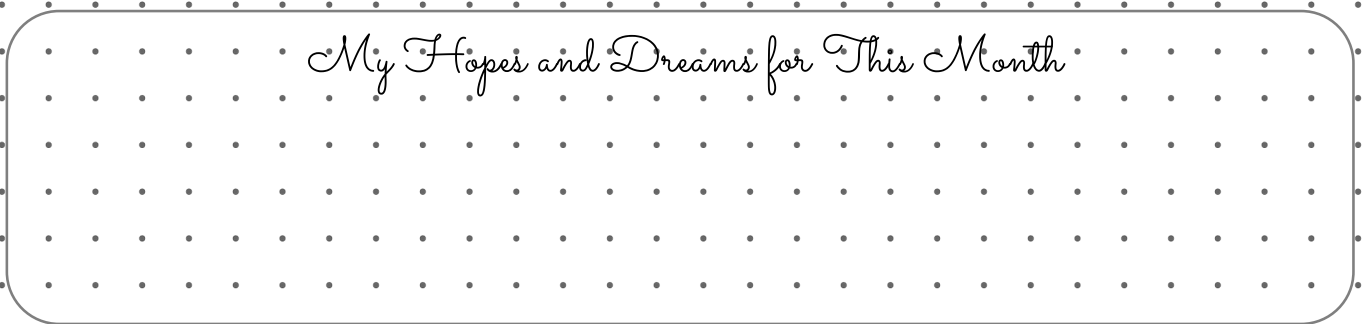
February



My Journal Page for the Month of: _____

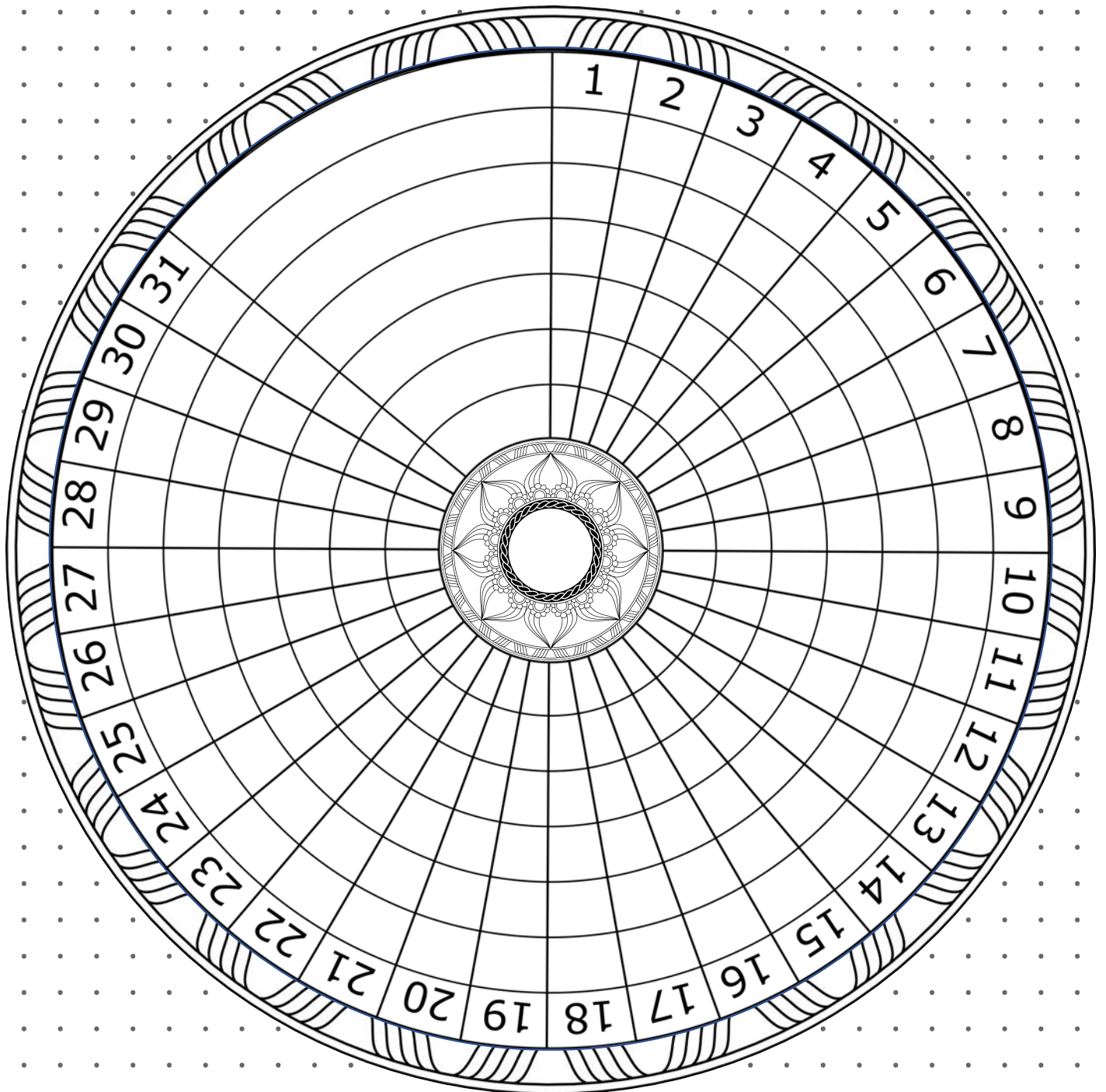
A large, empty rectangular box with rounded corners, designed for journaling. It is filled with a grid of small dots for writing.A large, empty rectangular box with rounded corners, designed for journaling. It is filled with a grid of small dots for writing.

My Hopes and Dreams for This Month

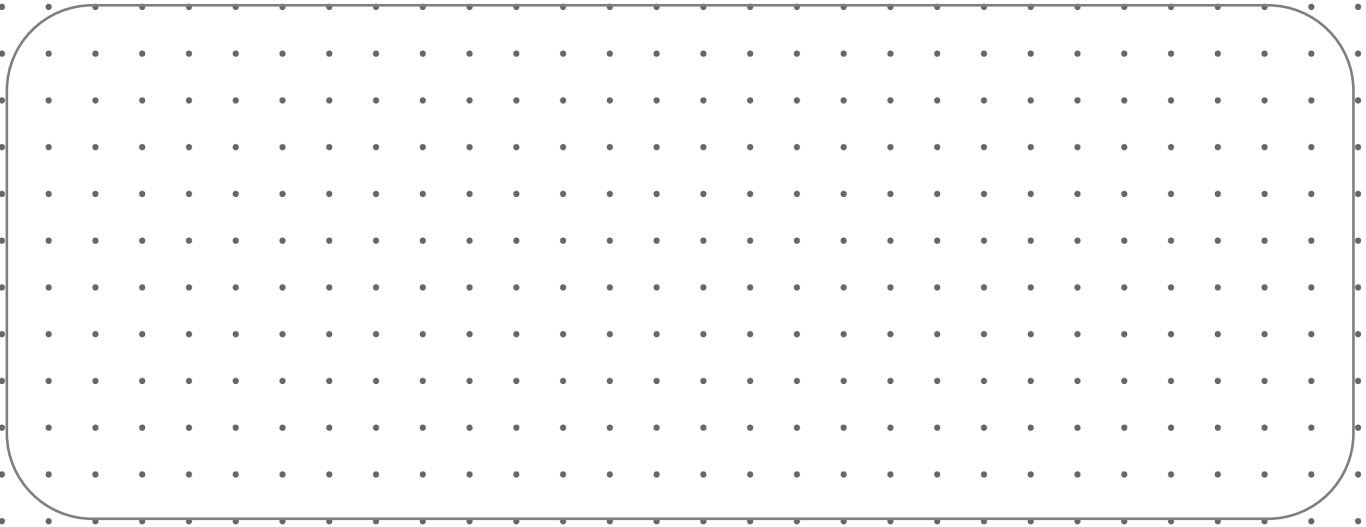
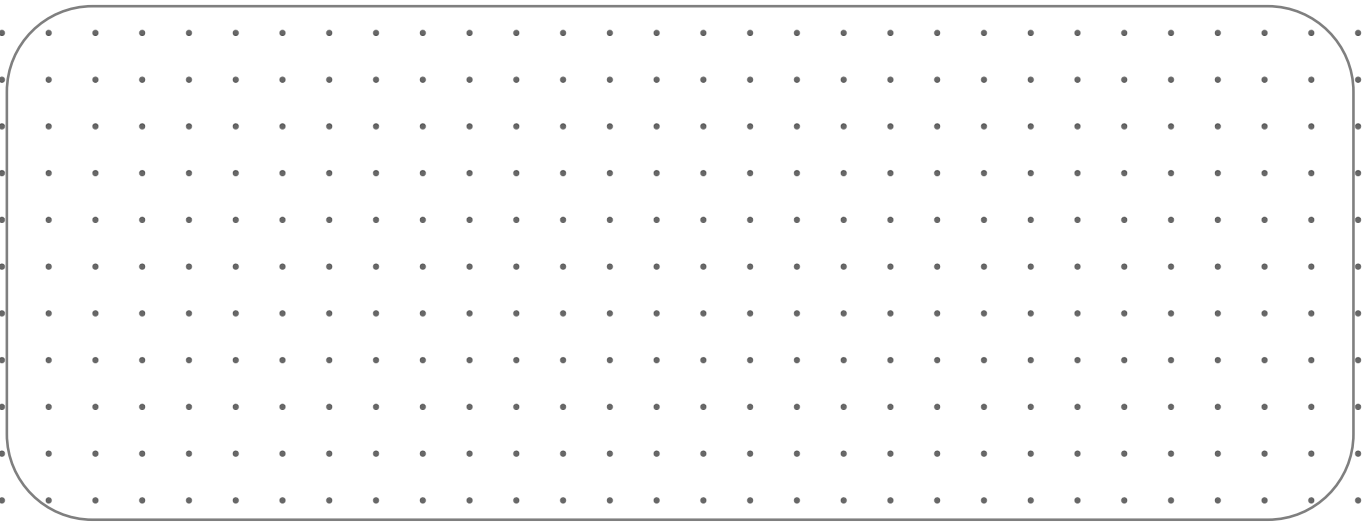
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Habit Tracker

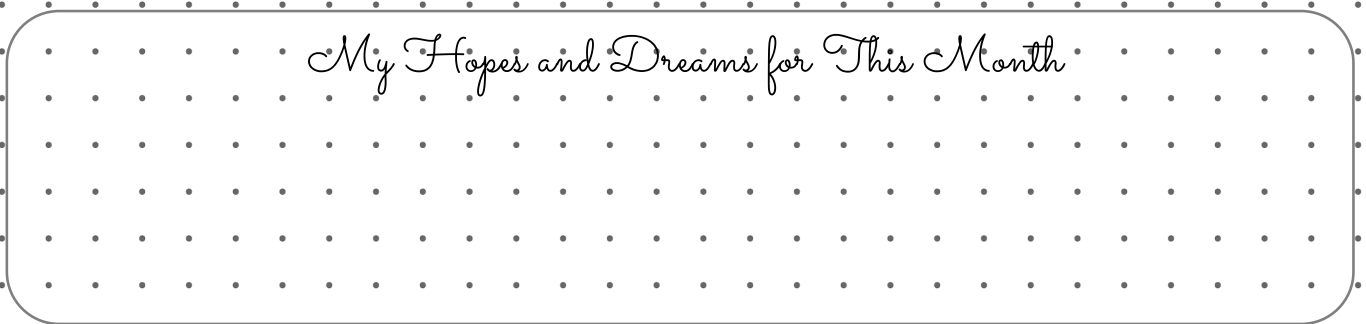
March



My Journal Page for the Month of: _____

A large, empty rounded rectangular box with a dotted grid pattern, intended for journaling.A large, empty rounded rectangular box with a dotted grid pattern, intended for journaling.

My Hopes and Dreams for This Month

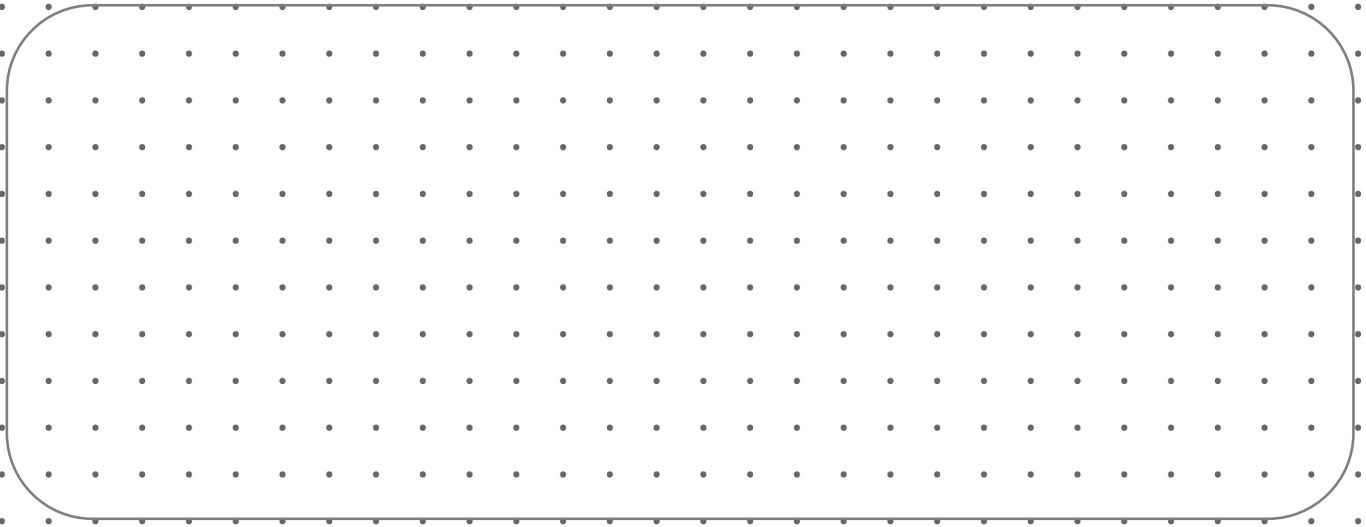
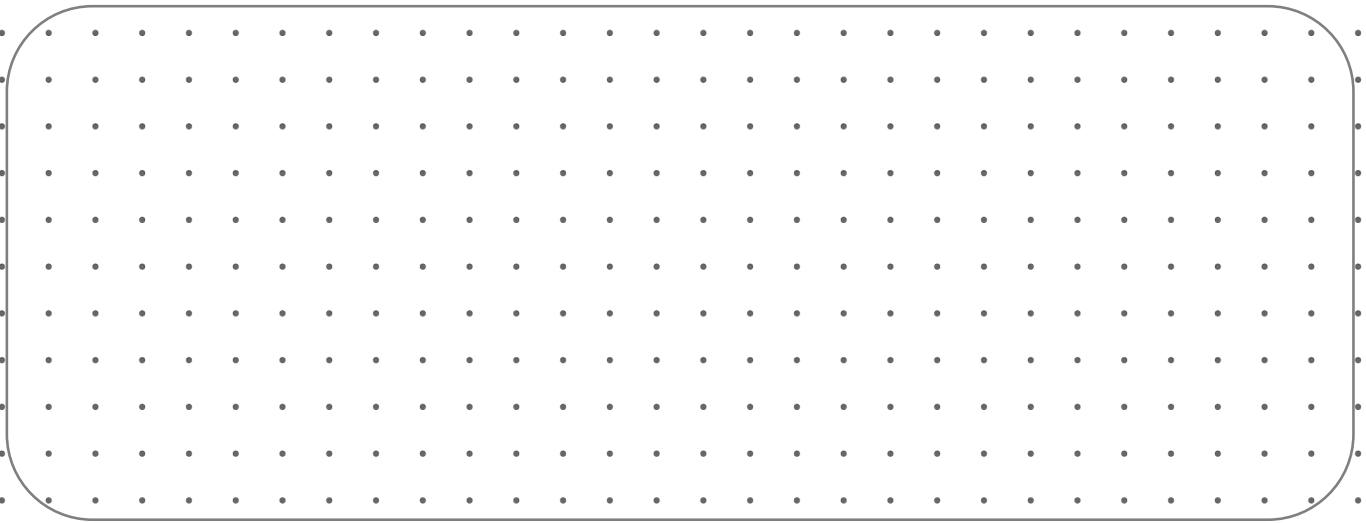
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Habit Tracker

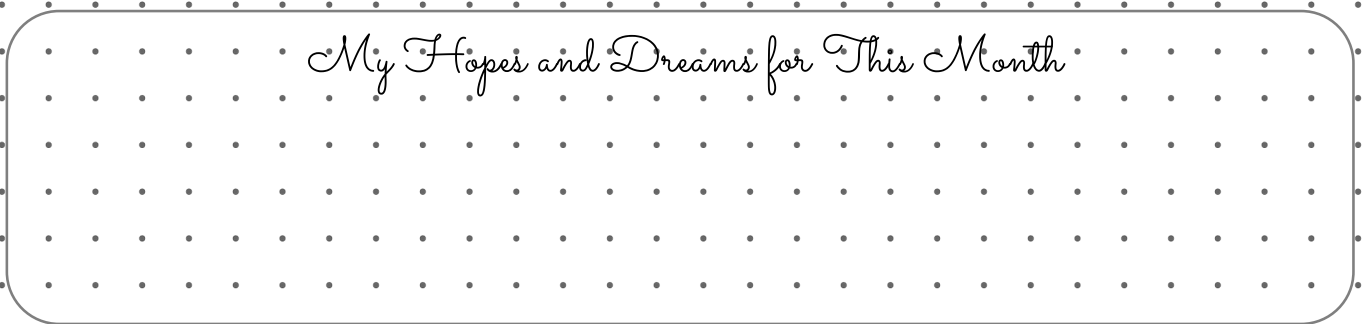
April

A circular habit tracker for the month of April. The outer ring contains the days of the month from 1 to 30. The interior is divided into concentric rings and radial lines, creating a grid for tracking habits. The entire design is framed by a decorative, wavy border.

My Journal Page for the Month of: _____

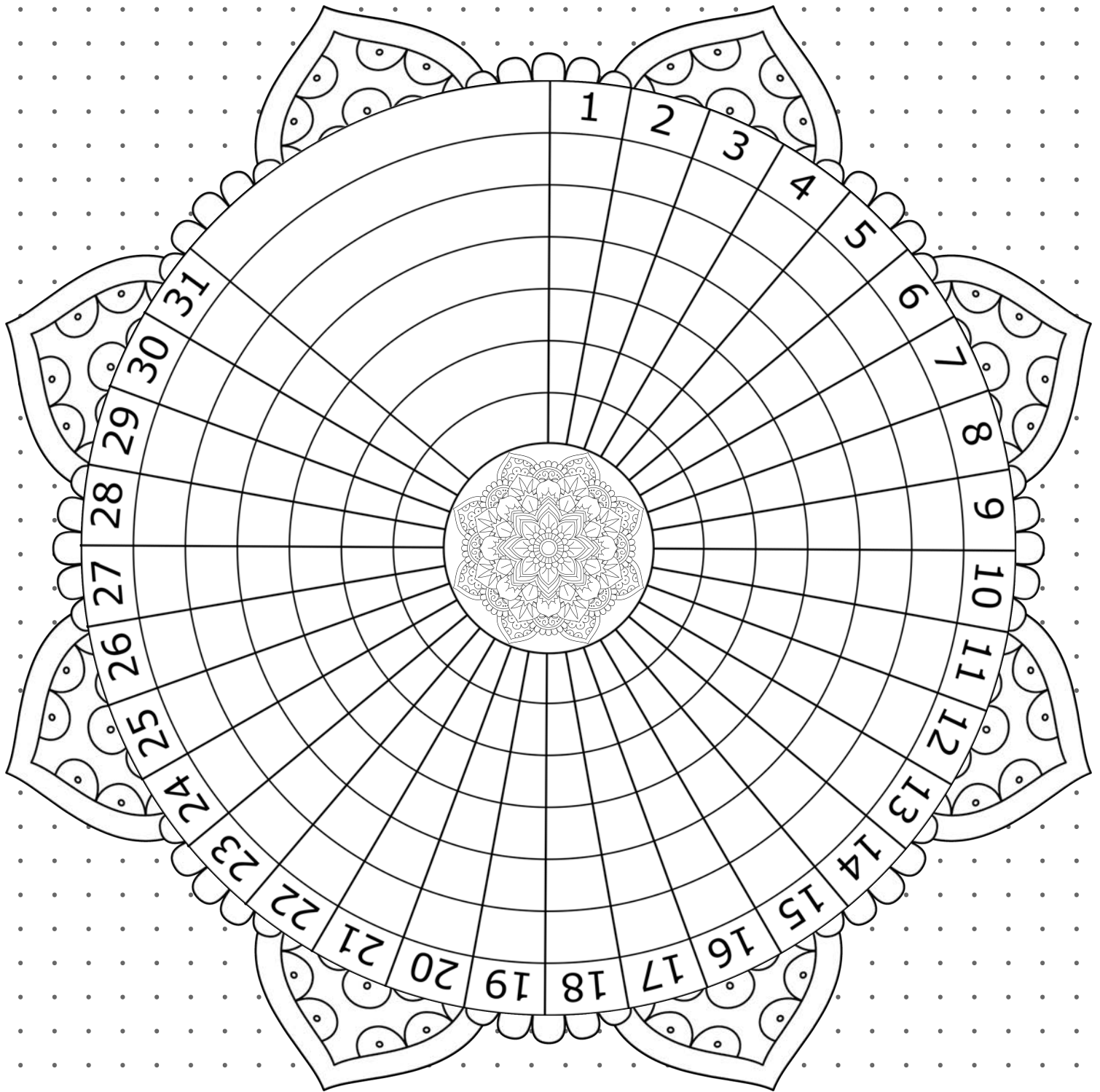
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My Hopes and Dreams for This Month

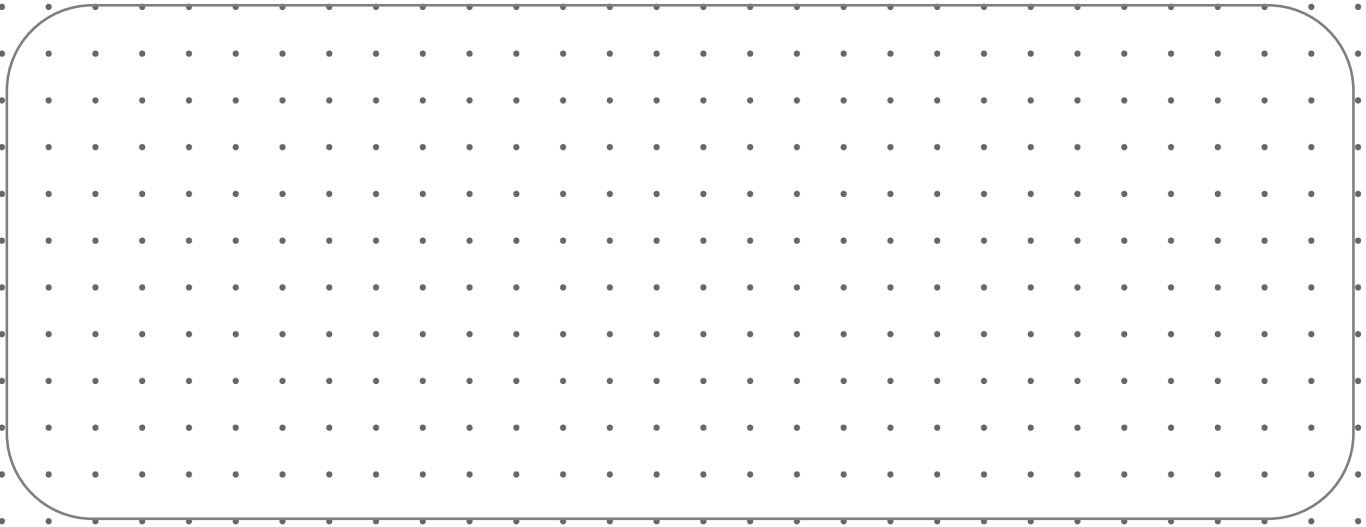
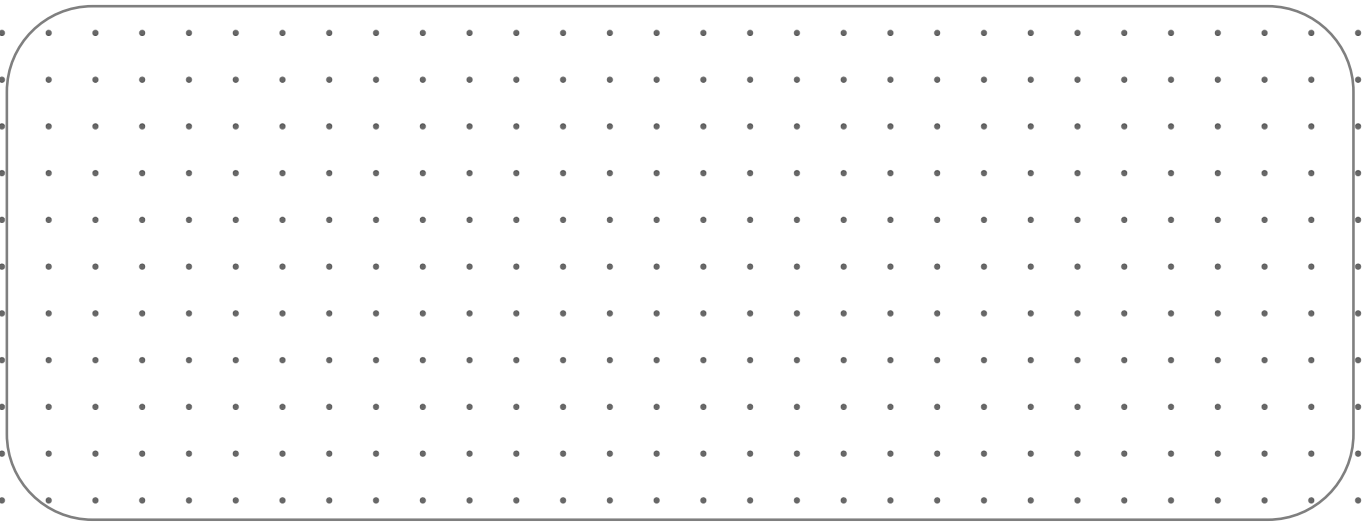
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Habit Tracker

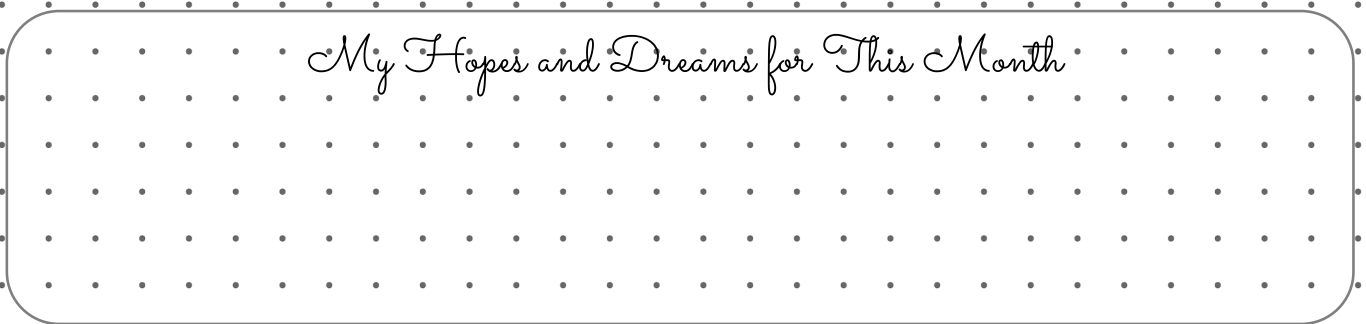
May



My Journal Page for the Month of: _____

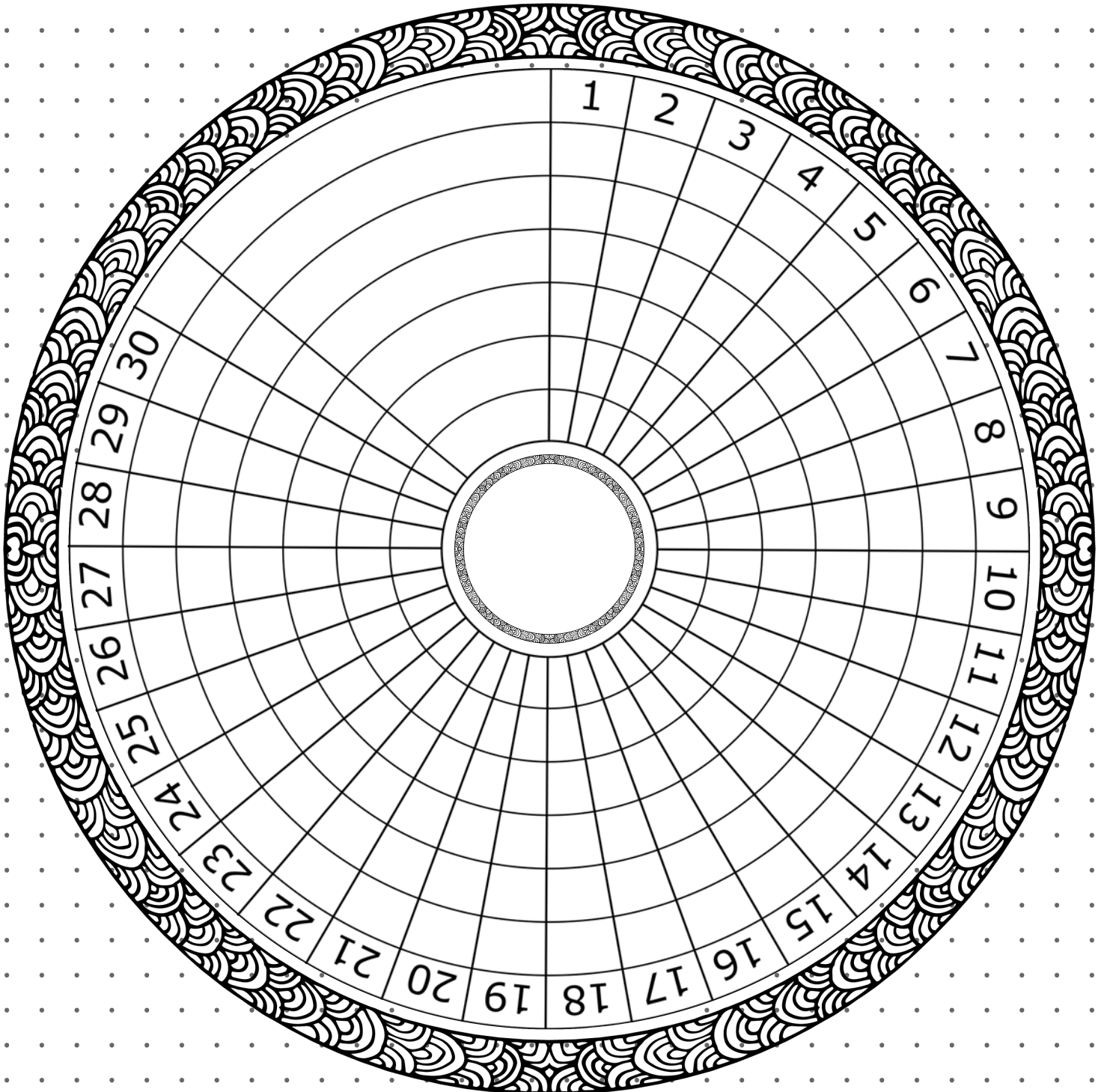
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My Hopes and Dreams for This Month

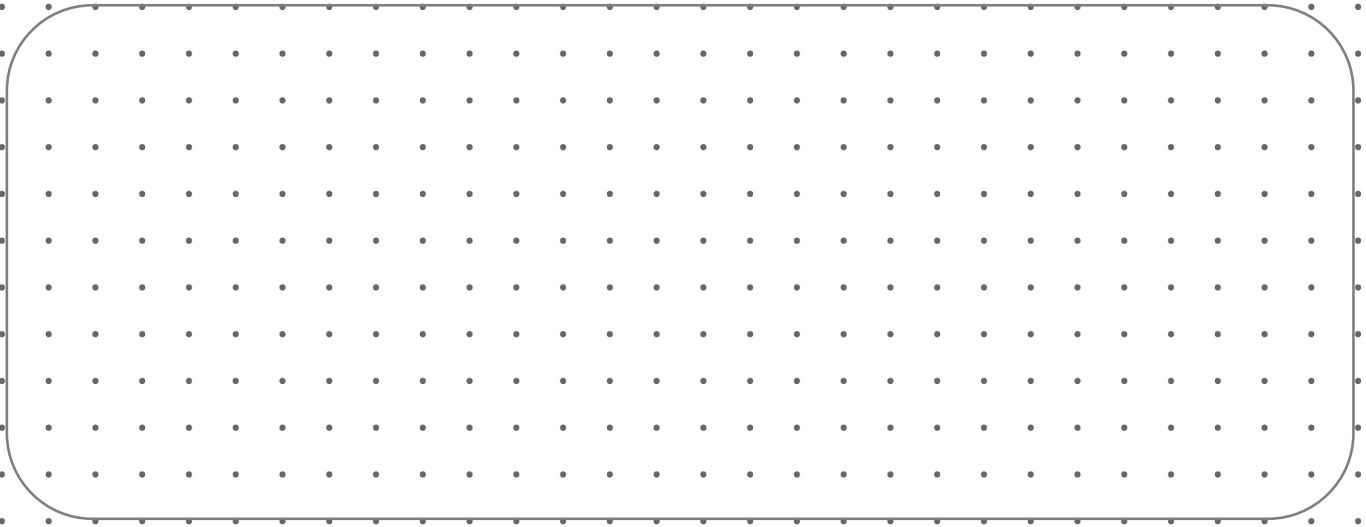
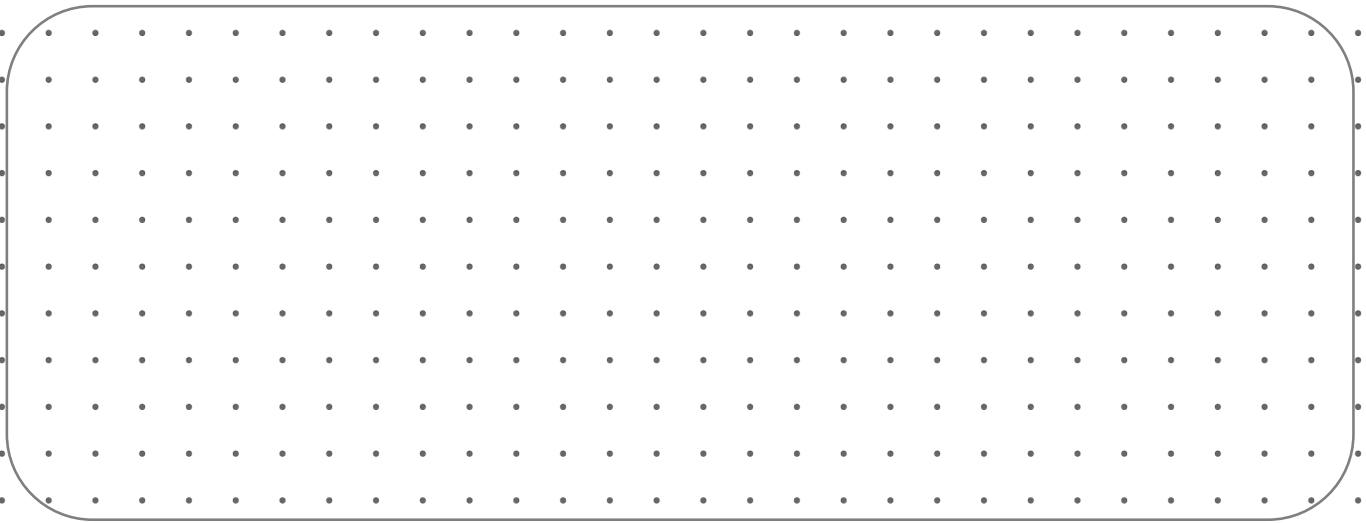
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Habit Tracker

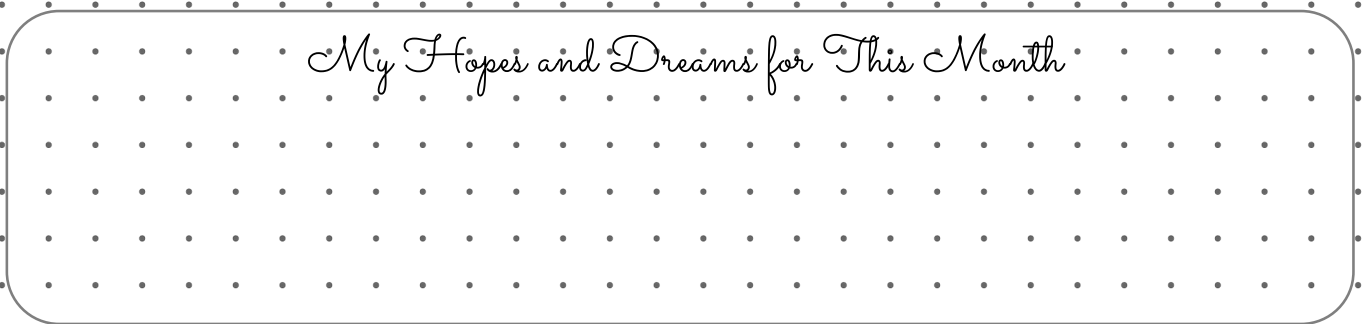
June



My Journal Page for the Month of: _____

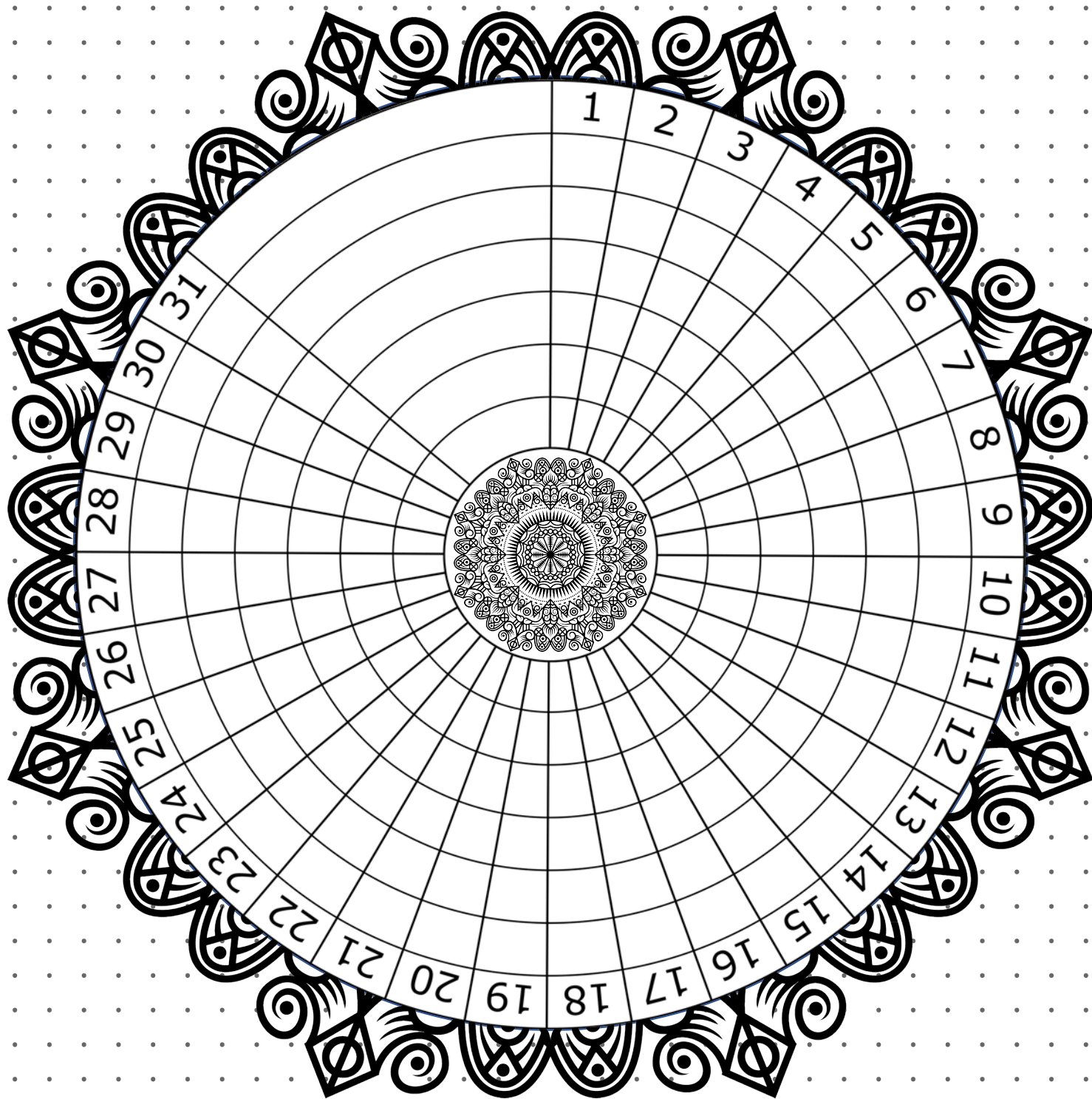
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My Hopes and Dreams for This Month

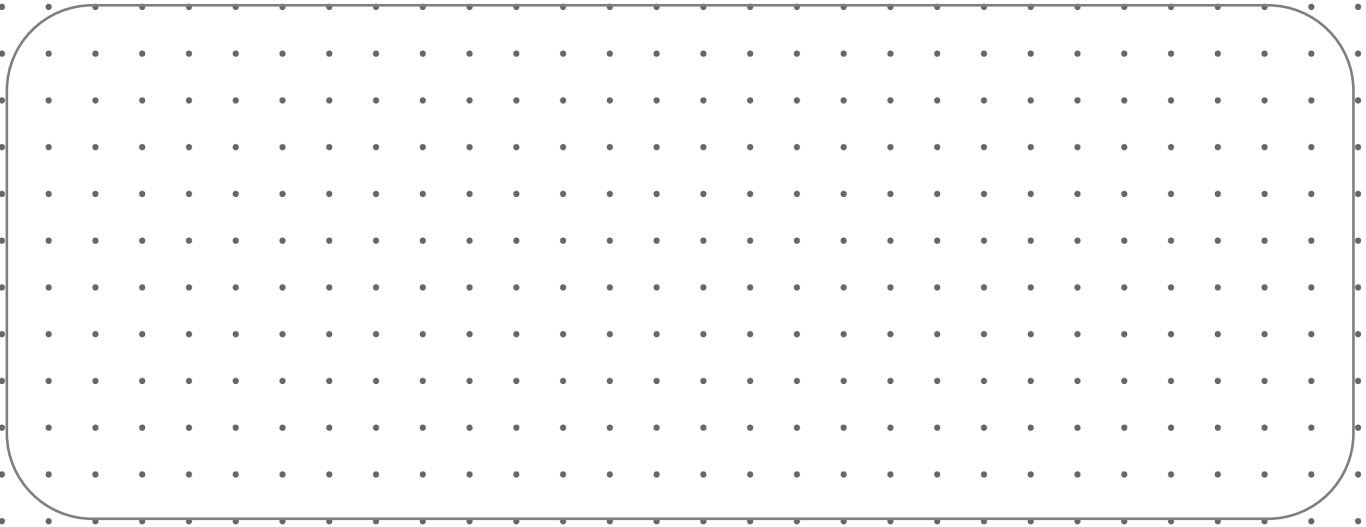
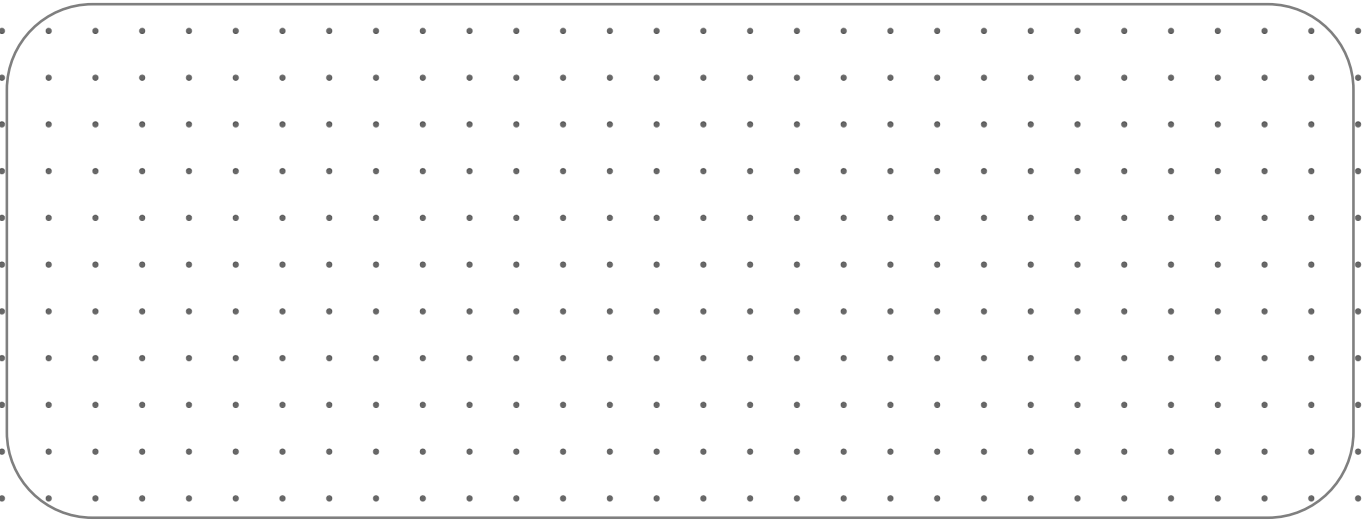
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Habit Tracker

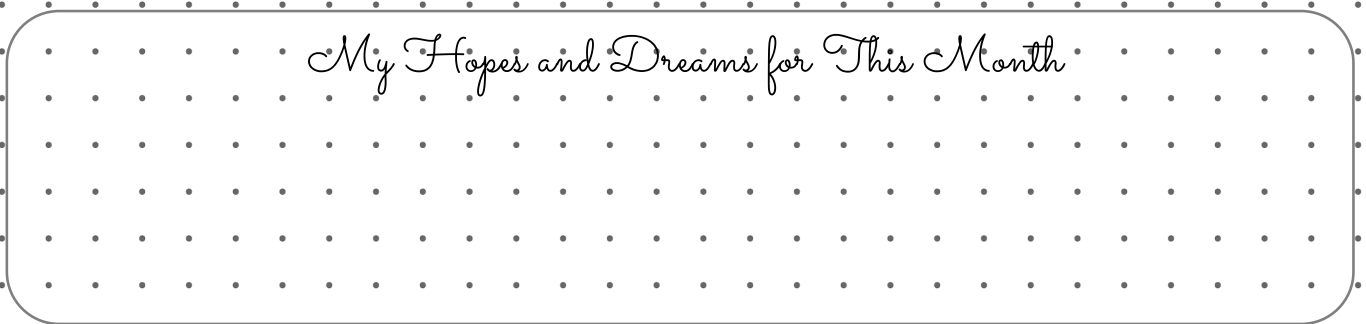
July



My Journal Page for the Month of: _____

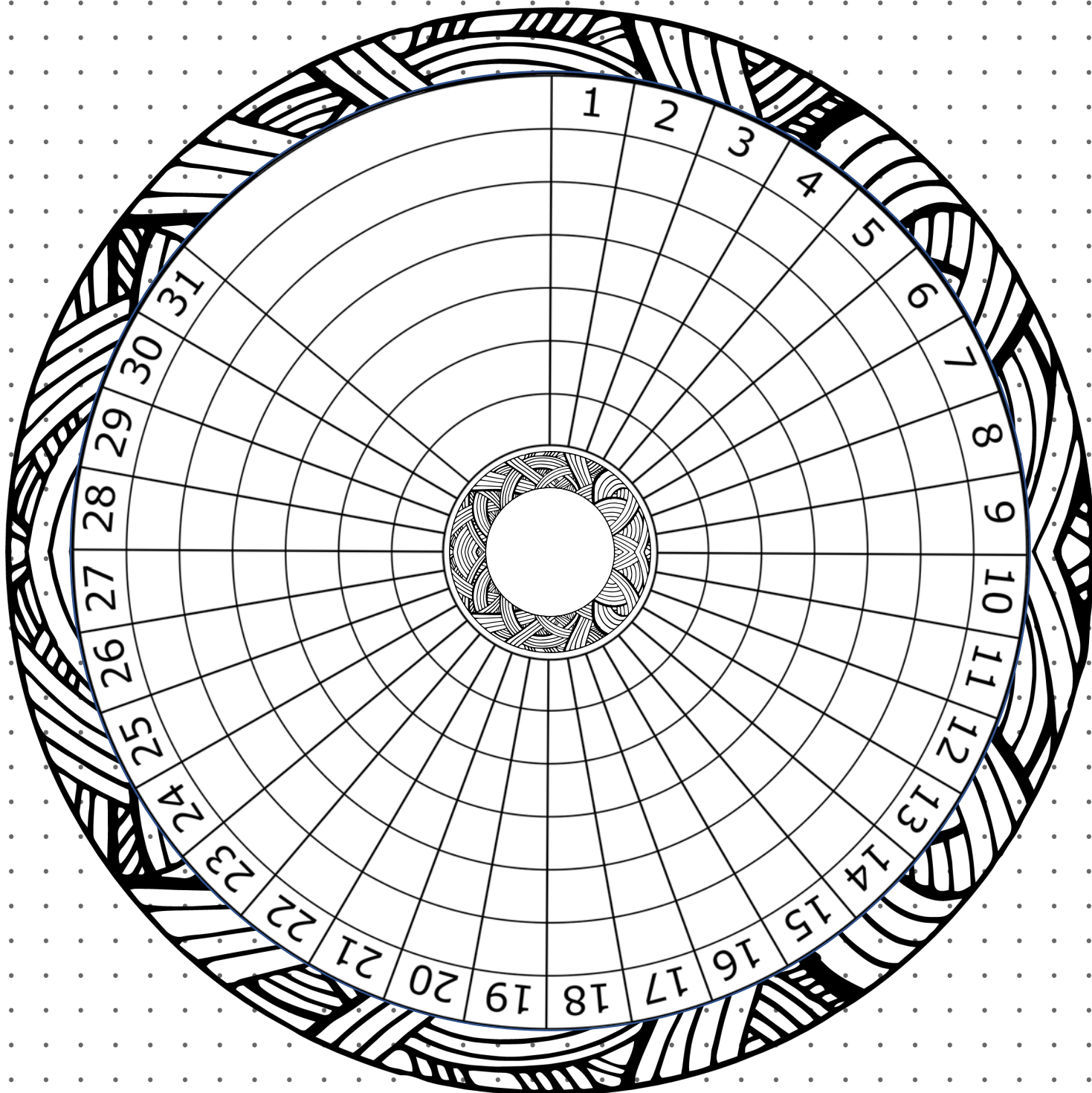
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My Hopes and Dreams for This Month

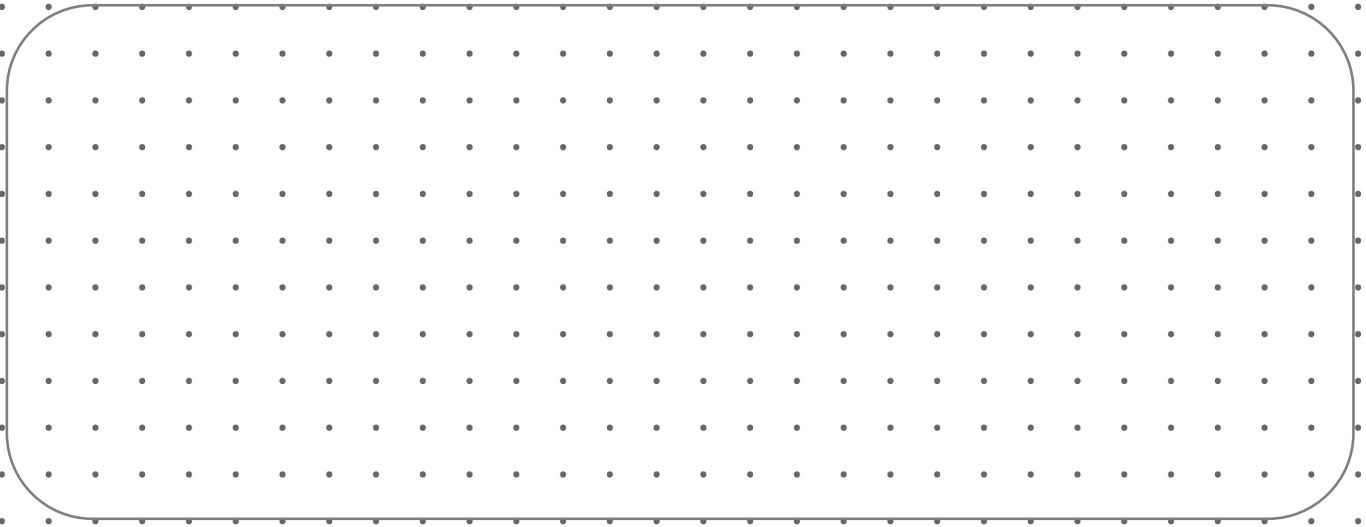
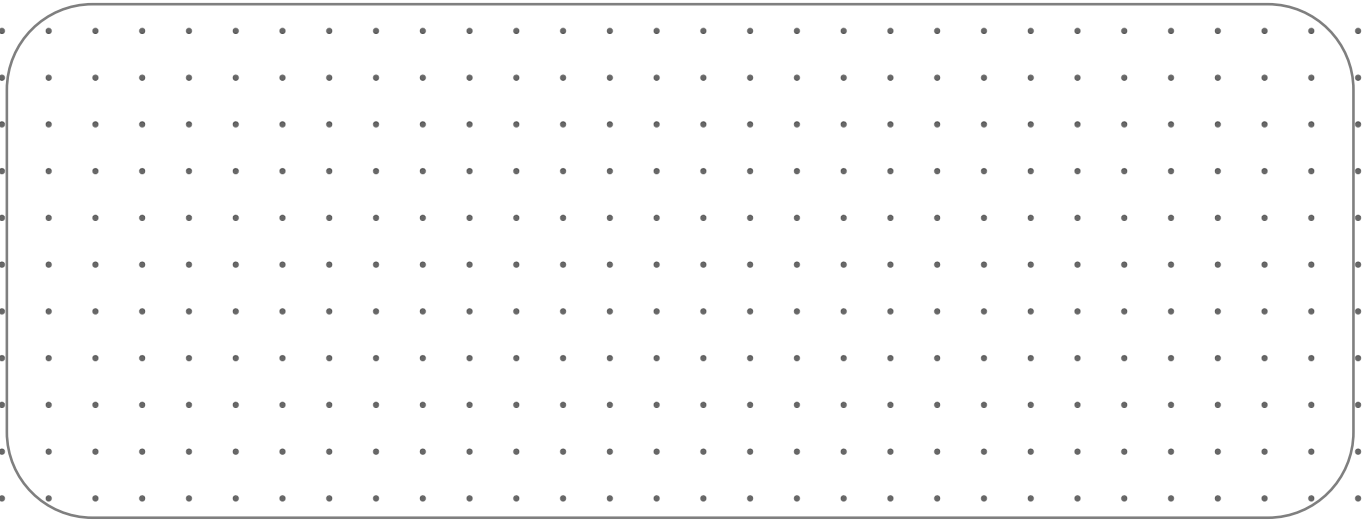
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Habit Tracker

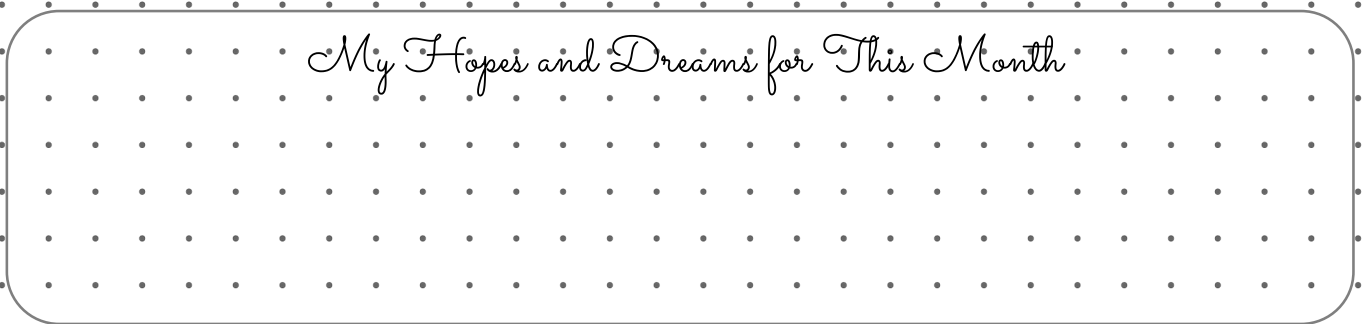
August



My Journal Page for the Month of: _____

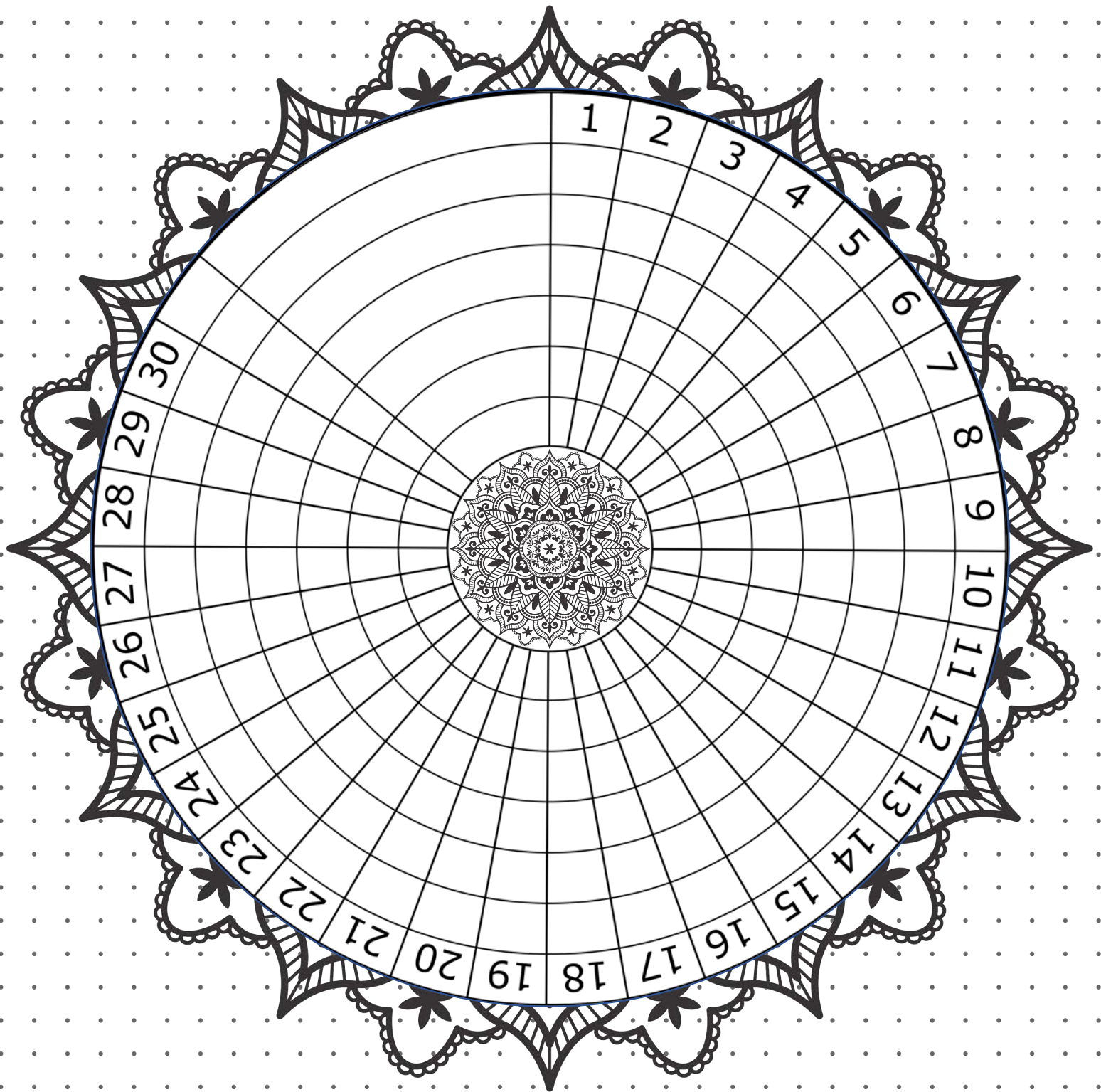
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My Hopes and Dreams for This Month

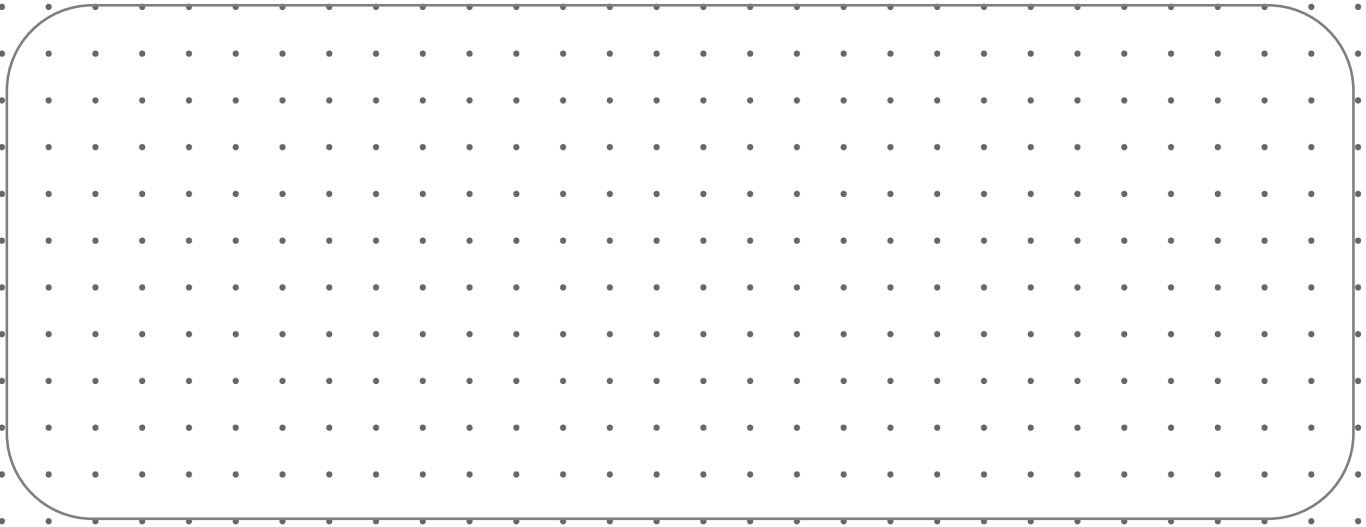
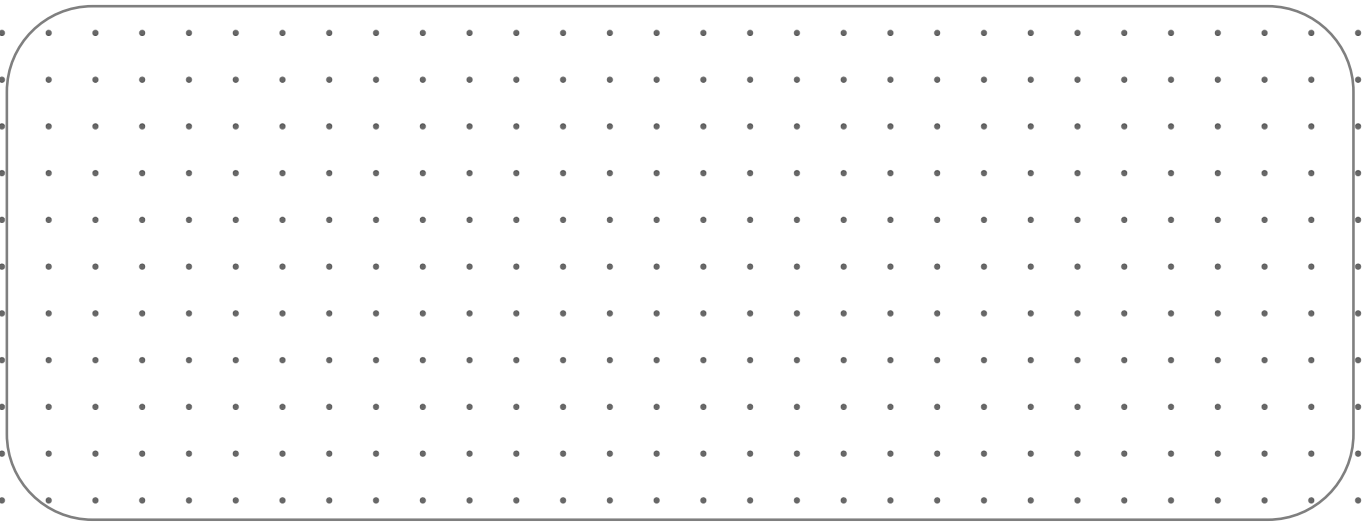
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Habit Tracker

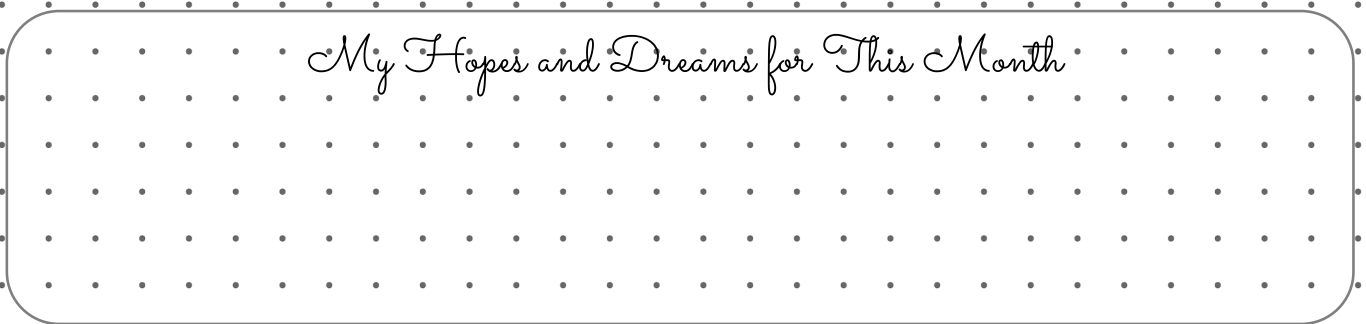
September



My Journal Page for the Month of: _____

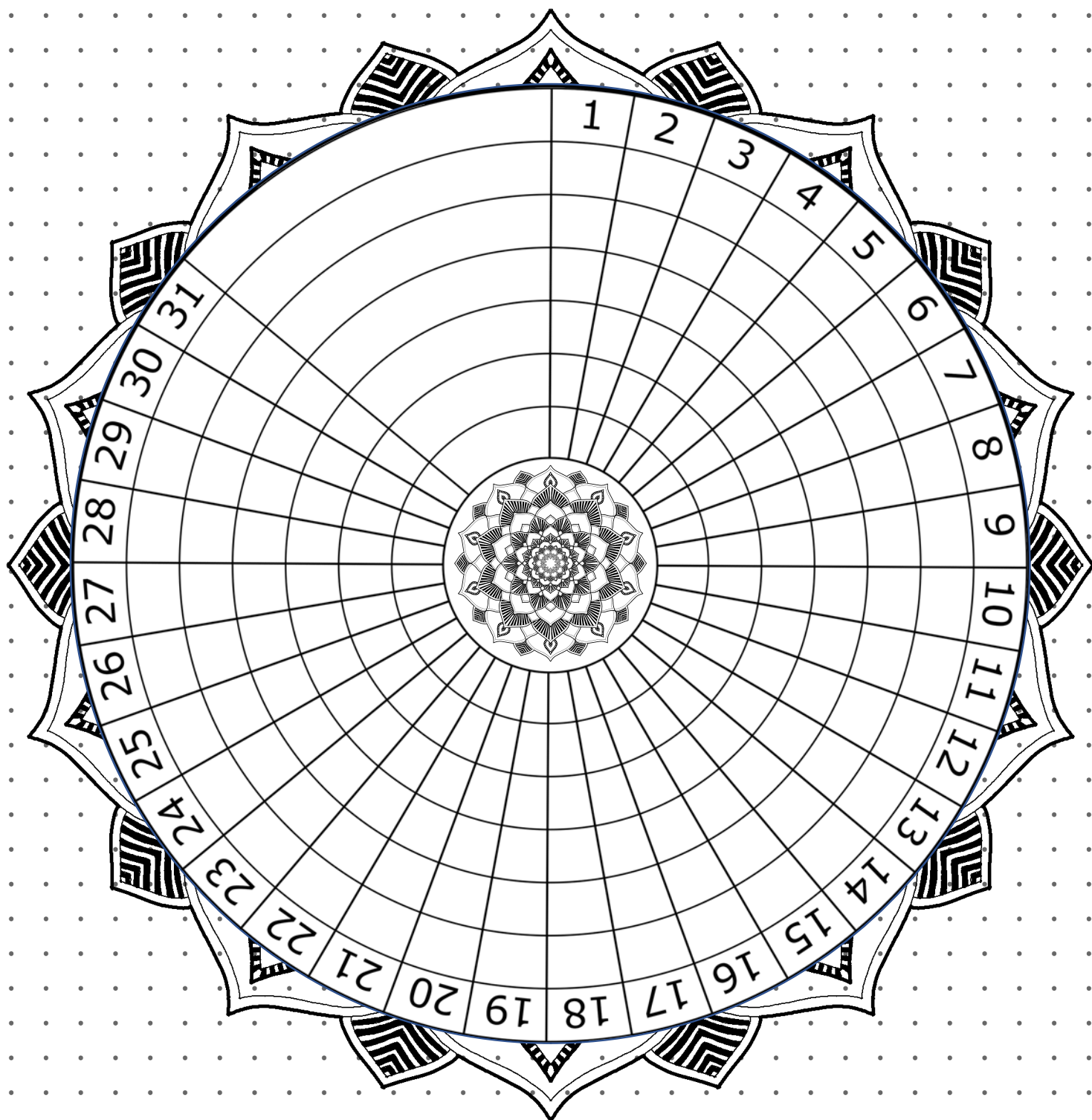
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My Hopes and Dreams for This Month

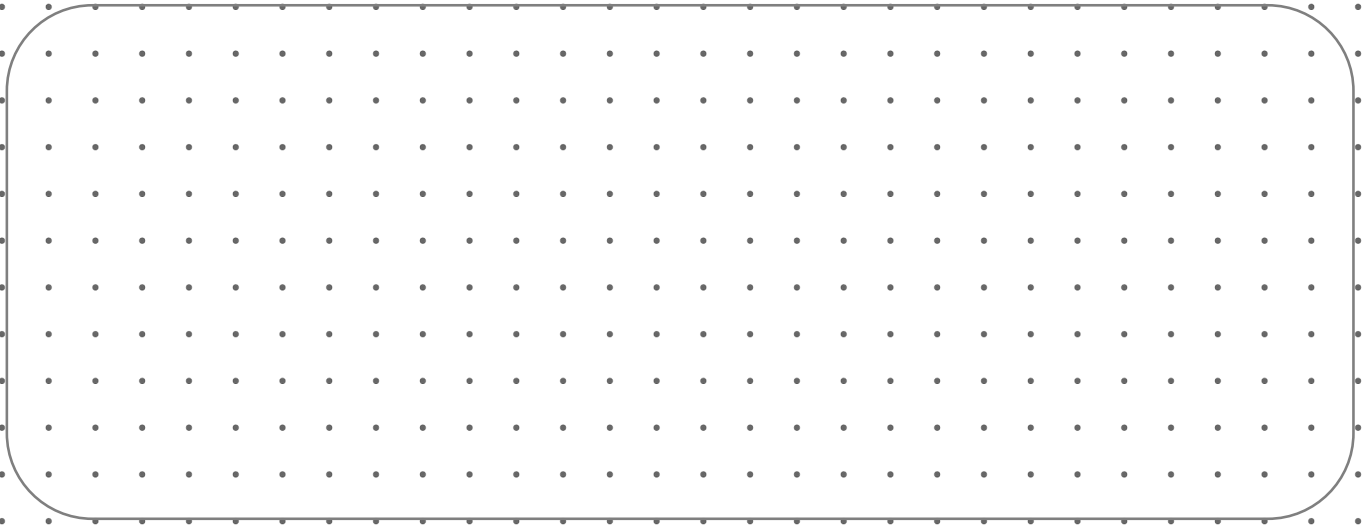
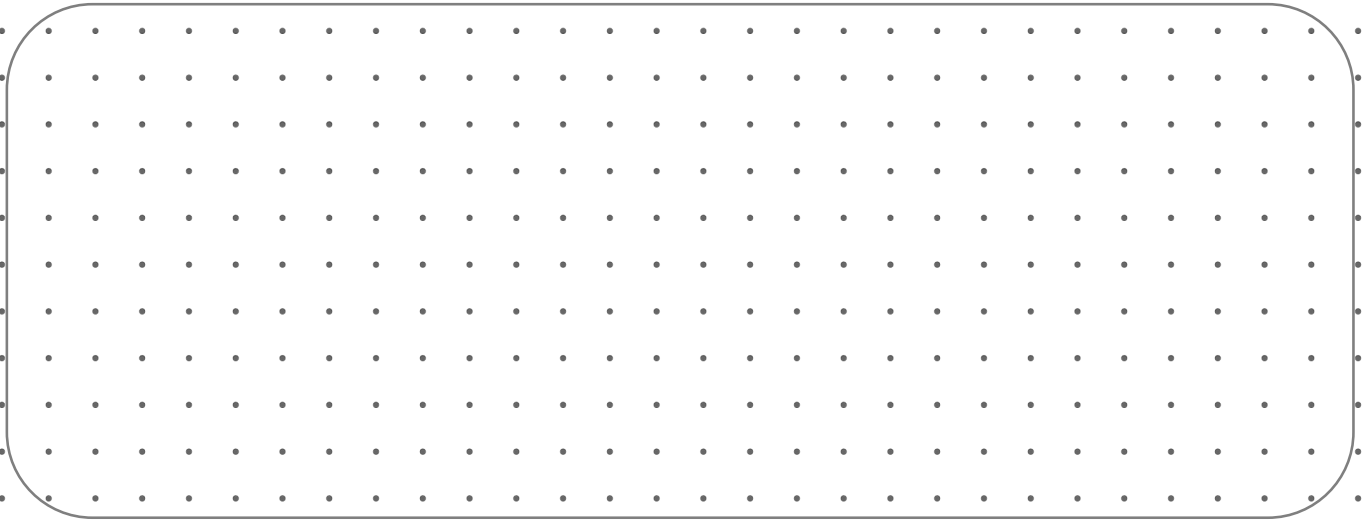
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Habit Tracker

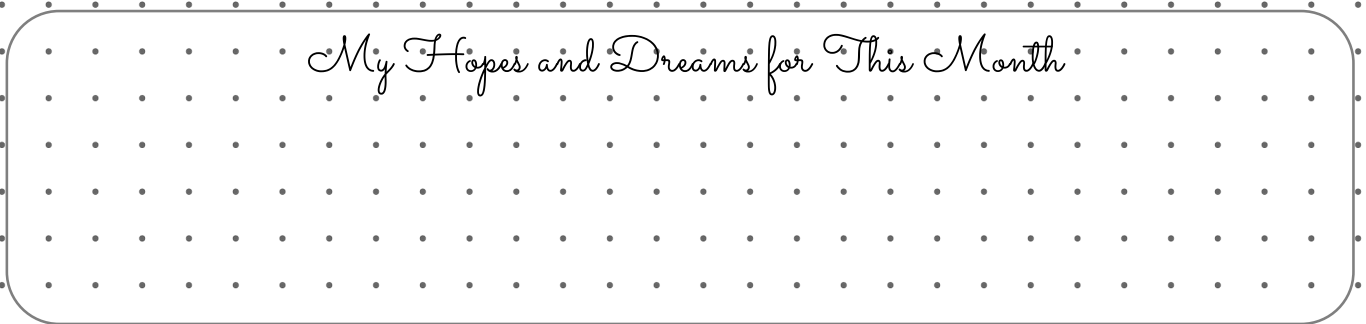
October



My Journal Page for the Month of: _____

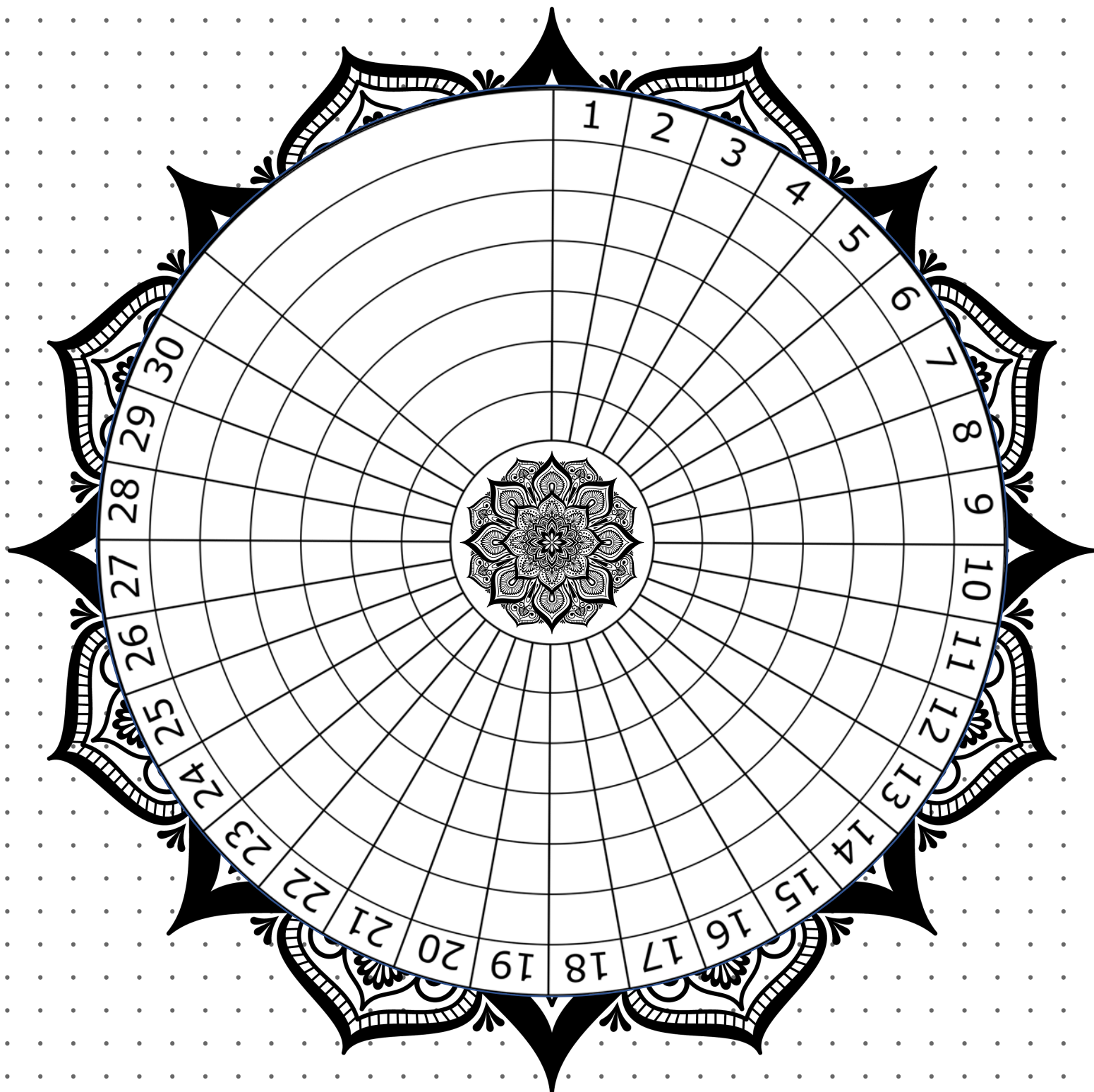
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My Hopes and Dreams for This Month

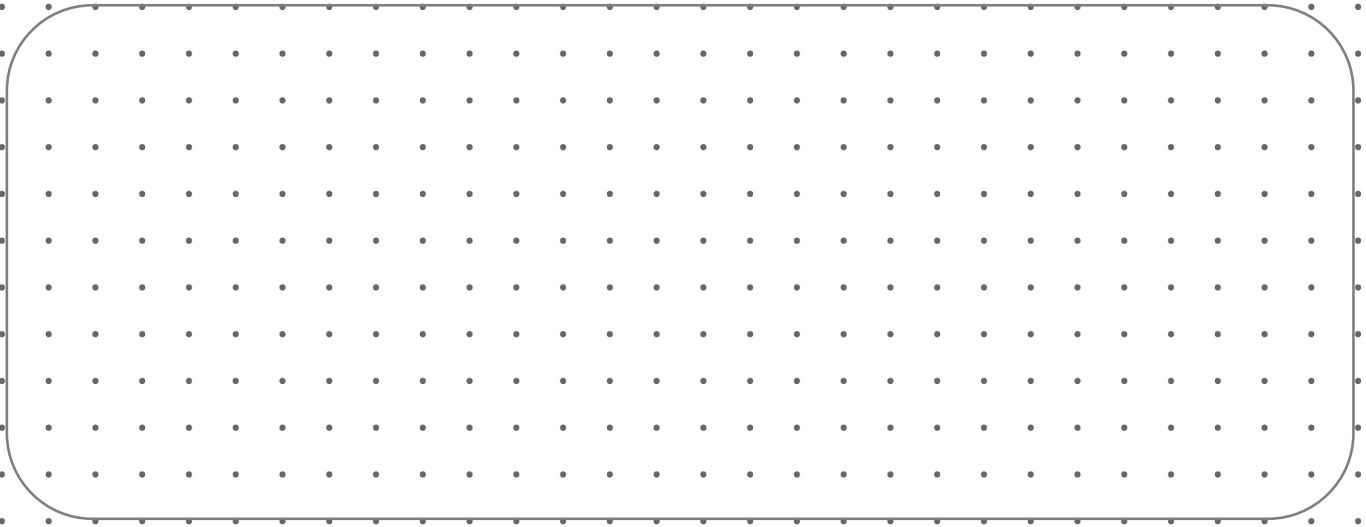
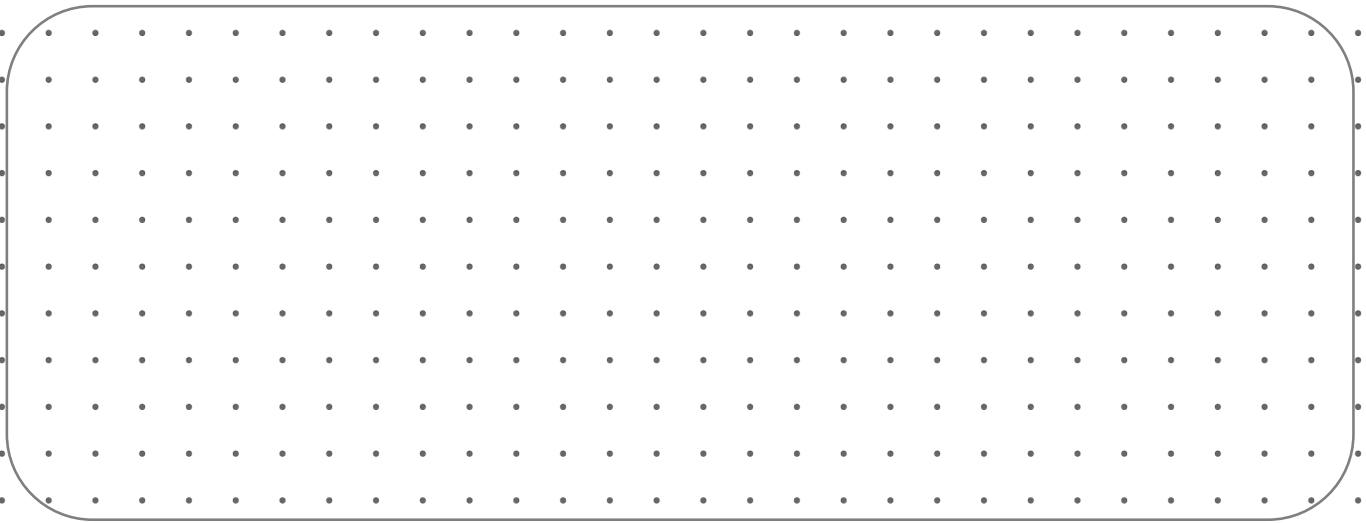
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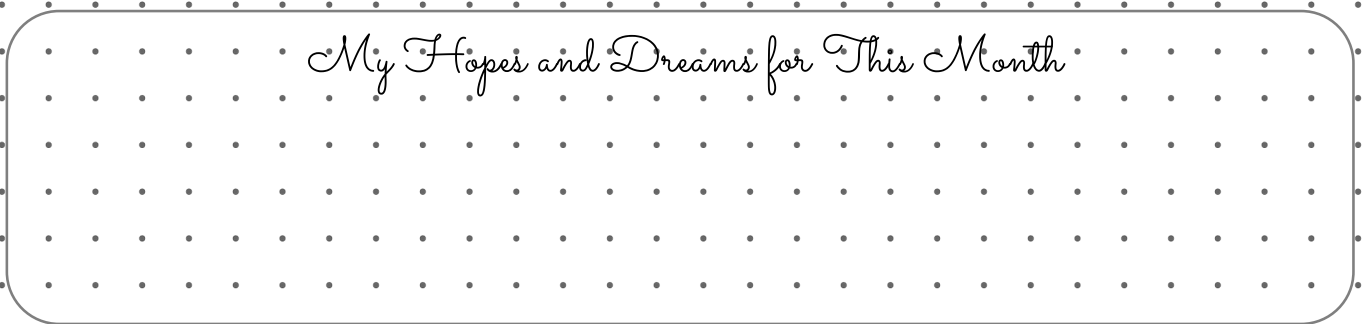
November



My Journal Page for the Month of: _____

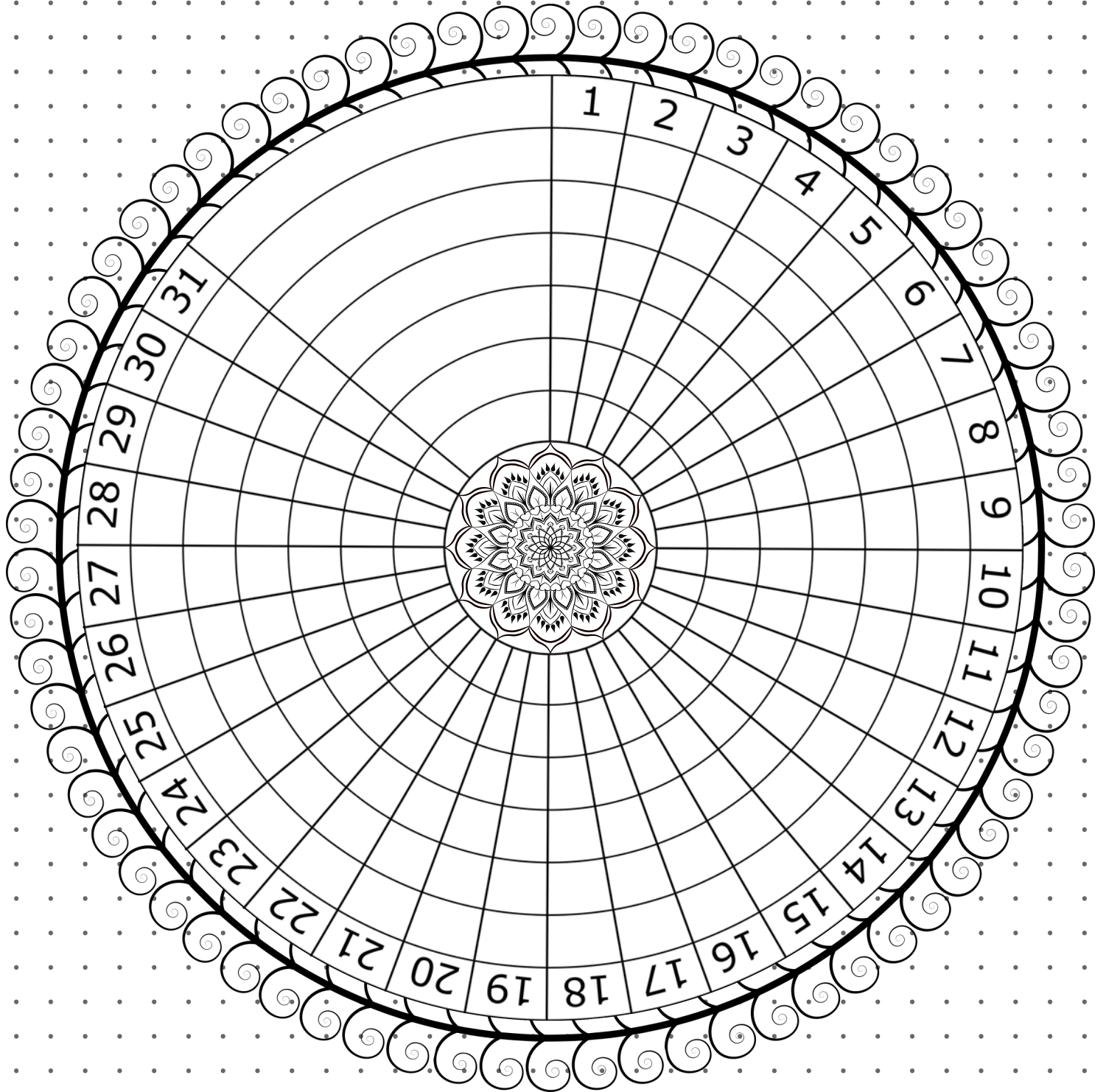
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My Hopes and Dreams for This Month

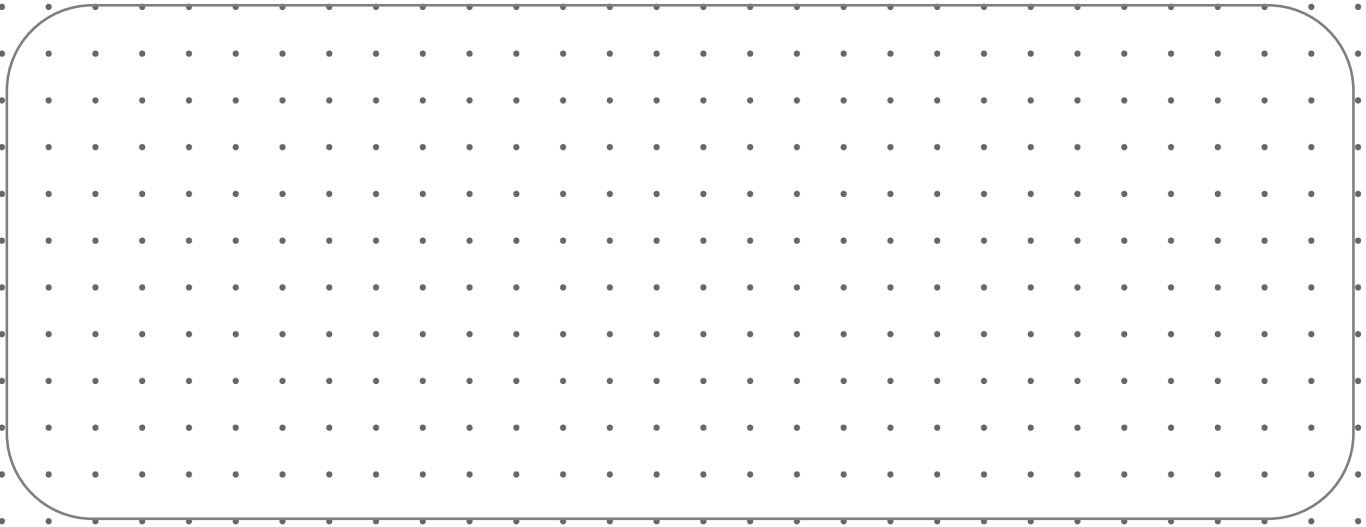
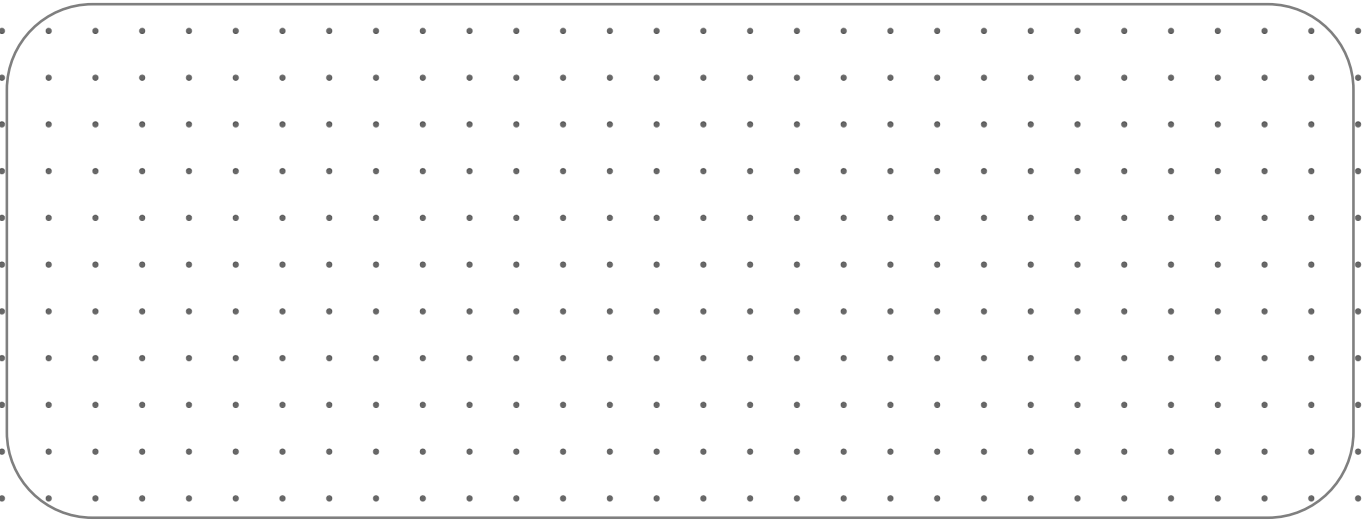
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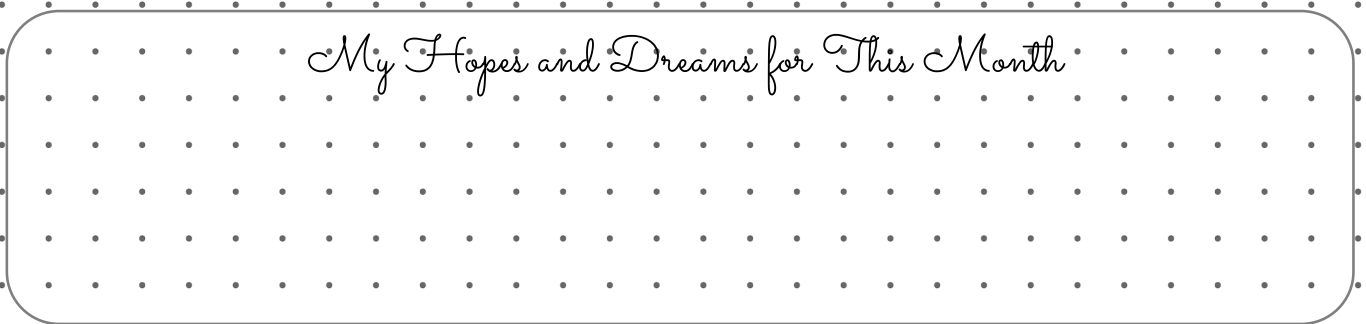
December



My Journal Page for the Month of: _____

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My Hopes and Dreams for This Month

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