

Habit Journal

Name: _____

ENTRY 1

Date: _____ dd / mm / yyyy Morning routine Wake-up time: _____

Stretching/yoga:

☐ Done ☐ Skipped

Meditation:

☐ Done ☐ Skipped

Breakfast:

☐ Healthy ☐ Unhealthy

Physical health Exercise:

☐ Done ☐ Skipped

Number of steps: _____

Water intake:

☐ Met goal ☐ Below goal ☐ Above goal

Mental well-being Gratitude journal:

☐ Done ☐ Skipped

Affirmations:

☐ Done ☐ Skipped

Reading:

☐ Completed ☐ Skipped

Productivity To-do list:

☐ Completed ☐ Partially completed ☐ Skipped

Focus sessions:

☐ Done ☐ Skipped

Time wasted on distractions: _____

Self-care Skincare routine:

☐ Followed ☐ Skipped

Healthy snack:

☐ Consumed ☐ Skipped

Relaxation activity:

☐ Done ☐ Skipped

Reflection Overall mood: _____

Challenges faced today:

Wins and achievements:

Areas for improvement:

ENTRY 2

Date: _____ dd / mm / yyyy Morning routine Wake-up time: _____

Stretching/yoga:

☐ Done ☐ Skipped

Meditation:

☐ Done ☐ Skipped

Breakfast:

☐ Healthy ☐ Unhealthy

Physical health Exercise:

☐ Done ☐ Skipped

Number of steps: _____

Water intake:

☐ Met goal ☐ Below goal ☐ Above goal

Mental well-being Gratitude journal:

☐ Done ☐ Skipped

Affirmations:

☐ Done ☐ Skipped

Reading:

☐ Completed ☐ Skipped

Productivity To-do list:

☐ Completed ☐ Partially completed ☐ Skipped

Focus sessions:

☐ Done ☐ Skipped

Time wasted on distractions: _____

Self-care Skincare routine:

☐ Followed ☐ Skipped

Healthy snack:

☐ Consumed ☐ Skipped

Relaxation activity:

☐ Done ☐ Skipped

Reflection Overall mood: _____

Challenges faced today:

Wins and achievements:

Areas for improvement:

ENTRY 3

Date: _____ dd / mm / yyyy Morning routine Wake-up time: _____

Stretching/yoga:

☐ Done ☐ Skipped

Meditation:

☐ Done ☐ Skipped

Breakfast:

☐ Healthy ☐ Unhealthy

Physical health Exercise:

☐ Done ☐ Skipped

Number of steps: _____

Water intake:

☐ Met goal ☐ Below goal ☐ Above goal

Mental well-being Gratitude journal:

☐ Done ☐ Skipped

Affirmations:

☐ Done ☐ Skipped

Reading:

☐ Completed ☐ Skipped

Productivity To-do list:

☐ Completed ☐ Partially completed ☐ Skipped

Focus sessions:

☐ Done ☐ Skipped

Time wasted on distractions: _____

Self-care Skincare routine:

☐ Followed ☐ Skipped

Healthy snack:

☐ Consumed ☐ Skipped

Relaxation activity:

☐ Done ☐ Skipped

Reflection Overall mood: _____

Challenges faced today:

Wins and achievements:

Areas for improvement: