# Living LEAN Positive Habit Tracker

#### **MONTH:**

#### **Daily Habits**

Day of Week (SMTWTFS)																															
HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

## **Weekly Habits**

HABIT	W1	W2	W3	W4

### **Monthly Habits**



<sup>&</sup>quot;Depending on what they are, our habits will either make us or break us. We become what we repeatedly do." —Sean Covey