

7 days of happy

Habit tracker

circle
month

Jan Feb March April
May June July Aug
Sept Oct Nov Dec

DAYS																															
	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
Made the bed																															
Smile																															
Little act of kindness																															
Get active																															
Eat healthy																															
A little quiet time																															

Print a copy for each family member then tick off each day you achieve your goal.
Add any other goals you would also like to add to the mix like 'drink 2L water' or 'Read my book'!