Routines

Am Routines	M	T	W	T	F	S	S
Bed							
Bathroom							
Dishes							

Pm Routines	M	T	W	T	F	S	S
EHAP							
Counters							
Sweep							

Weekly

- ☐ Sweep & Mop
- ☐ Vacuum 2x
- ☐ Laundry 2x
- ☐ Bathroom
- ☐ Trash (F)
- ☐ Litter Box 2x
- ☐ Shopping & Prep
- ☐ Zone _____
- ☐ Zone_____

Water Intake

M										
T										
W										
T										
F										
S										
S										

Daily Habit Tracker

Month Of _____

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