



Monthly Healthy Living Habit Tracker

What healthy habits will you take on this month? Whether it's intentionally meal planning, focusing on making time for more sleep or committing to getting more active, every step helps move you towards your healthy living goals. Write in a few habits or goals that you want to work towards on the left column and check in with yourself daily to track your progress!

MONTH OF:

	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

A few example habits to track might be your water intake, getting 20 minutes of activity, spending time outdoors, eating whole foods or consistently following your skincare routine. Partner with someone in your Arbonne community to stay accountable to your habits and goals. Here are a few prompts to consider:

- What will you celebrate this month?
- What are your goals for a healthy lifestyle or aging well?
- What are some things you've always wanted to try that you can do this month?

