

# EQ MINDS

## Habit Tracker

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MY NEW HABIT:

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WHY:

GOAL:

REWARD:

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<input type="checkbox"/> Day 1	<input type="checkbox"/> Day 2	<input type="checkbox"/> Day 3	<input type="checkbox"/> Day 4	<input type="checkbox"/> Day 5
<input type="checkbox"/> Day 6	<input type="checkbox"/> Day 7	<input type="checkbox"/> Day 8	<input type="checkbox"/> Day 9	<input type="checkbox"/> Day 10
<input type="checkbox"/> Day 11	<input type="checkbox"/> Day 12	<input type="checkbox"/> Day 13	<input type="checkbox"/> Day 14	<input type="checkbox"/> Day 15
<input type="checkbox"/> Day 16	<input type="checkbox"/> Day 17	<input type="checkbox"/> Day 18	<input type="checkbox"/> Day 19	<input type="checkbox"/> Day 20
<input type="checkbox"/> Day 21	<input type="checkbox"/> Day 22	<input type="checkbox"/> Day 23	<input type="checkbox"/> Day 24	<input type="checkbox"/> Day 25
<input type="checkbox"/> Day 26	<input type="checkbox"/> Day 27	<input type="checkbox"/> Day 28	<input type="checkbox"/> Day 29	<input type="checkbox"/> Day 30

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