75-Day Soft & Hard Wellness Habit Challenge Tracker

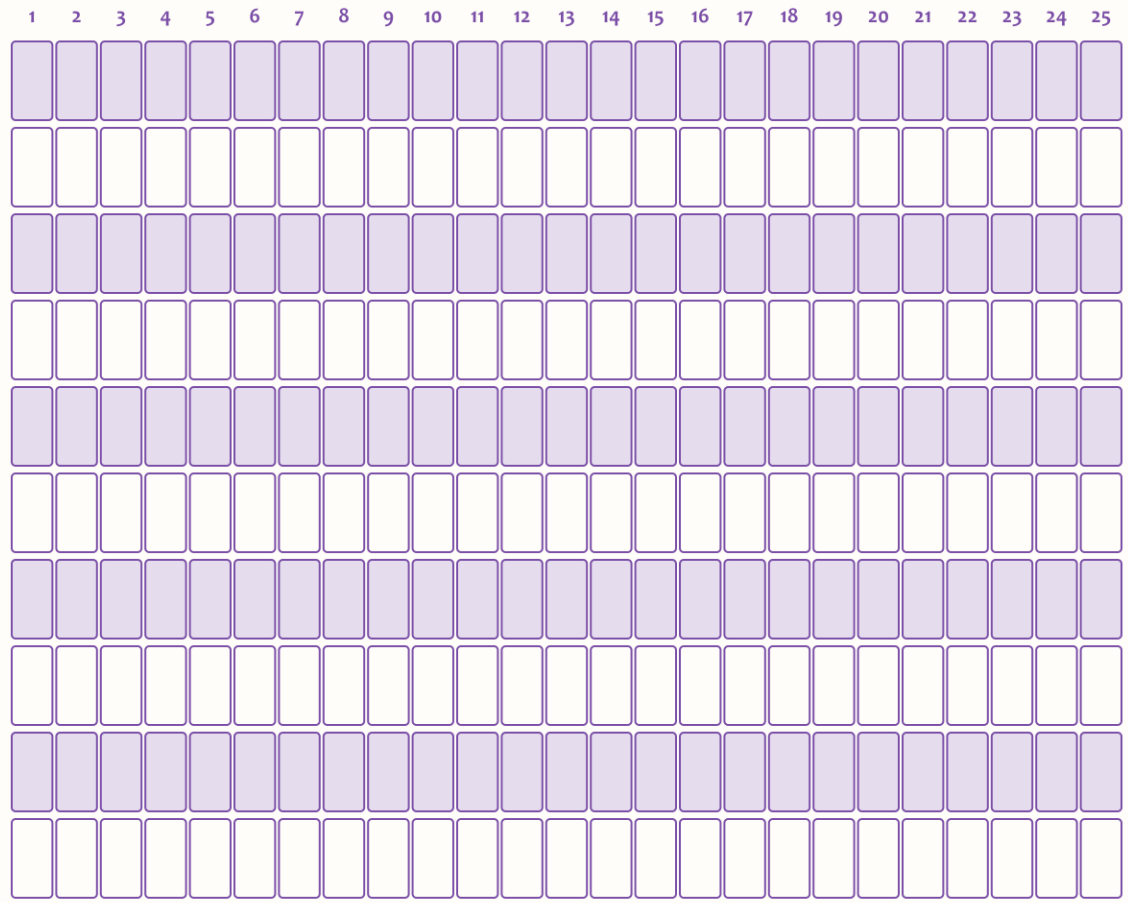
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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
Skincare																									
Workout																									
Call family																									
No phone in bed																									
Eat veggies																									
Walk 10k steps																									
Budget check																									
Gratitude																									
Tidy 10 min																									
Sleep by 10:30																									
Vitamins																									
Practise language																									
Plan tomorrow																									
Meditate																									
Read 20 pages																									

Start date	Streak	Reward

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Reflection