Winter Arc 90-Day Lock-In Habit Tracker Printable

FREE GOAL SETTING & WEEKLY CHECK-IN 2-PAGE PDF

	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
Skincare																															
Floss																															
Protein goal																															
Vitamins																															
Tidy 10 min																															
Drink 2L water																															
Call family																															
Practise language																															
Cold shower																															
Read 20 pages																															
Sunlight AM																															
No sugar																															
Eat veggies																															
Sleep by 10:30																															

Start date	Streak	Reward

Winter Arc 90-Day Lock-In Habit Tracker Printable

FREE GOAL SETTING & WEEKLY CHECK-IN 2-PAGE PDF



	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
Tidy 10 min																															
Cold shower																															
Gratitude																															
Journal																															
Plan tomorrow																															
No sugar																															
Eat veggies																															
Drink 2L water																															
Call family																															
Stretch																															

REFLECTION