HABBIT TRACKER

PRANITA VITALITY
Healthy and Happy Heart

JAN	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEP	OCT	NOV	DEC

HABITS	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

"YOU ARE WHAT YOU REPEATEDLY DO . EXCELLENCE IS NOT AN EVENT. IT IS A HABIT. " - ARISTOTLE

SUGGESTED HABITS :

Meditate for ten minutes
Walk for twenty minutes
Connect with parents
Focused work