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BRING IT TO LIFE WITH EMPOWERED

BREAK A HABIT, MAKE A HABIT

Use this simple habit tracker to write down your goals and hold yourself accountable. Keep this in a place where you will see it often like your fridge or your desk so you'll constantly be reminded.

EVERYDAY ACTION	NEW HABIT
After breakfast I will...	
When I'm on a break I will...	
As soon as I get home I will...	

14-DAY HABIT TRACKER

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14