

Daily Routine Tracker Sheet

| Habit | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--------------------|-----|-----|-----|-----|-----|-----|-----|
| Wake up before 7am | | | | | | | |
| Drink 2L water | | | | | | | |
| Exercise | | | | | | | |
| Read 20 mins | | | | | | | |
| Meditate | | | | | | | |

Notes / Reflections:

Write your thoughts, progress, or challenges here...