

Personal Daily Habit Checklist

Date:

Habit	Done
Wake Up Routine	<input type="checkbox"/>
Exercise / Physical Activity	<input type="checkbox"/>
Healthy Breakfast	<input type="checkbox"/>
Meditation / Mindfulness	<input type="checkbox"/>
Read / Learning	<input type="checkbox"/>
Main Task / Work Focus	<input type="checkbox"/>
Hydration	<input type="checkbox"/>
Self-care / Reflection	<input type="checkbox"/>
Evening Review	<input type="checkbox"/>

Additional Habits

Habit	Done
	<input type="checkbox"/>
	<input type="checkbox"/>

Notes / Reflections

Write your observations, improvements, or feelings about your day...