WEEKLY HABIT TRACKER

For the week of

to

Daily Habits	Su	Мо	Tu	We	Th	Fr	Sa
	0	0	0	0	0	0	0
	\bigcirc						
	0	\bigcirc	\bigcirc	\bigcirc	0	\bigcirc	\bigcirc
	0	\bigcirc	\bigcirc	\bigcirc	0	\bigcirc	\bigcirc
	0	\bigcirc	\bigcirc	\bigcirc	0	0	\bigcirc
	0	\bigcirc	\bigcirc	\bigcirc	0	\bigcirc	\bigcirc
	0	\bigcirc	\bigcirc	\bigcirc	0	\bigcirc	\bigcirc
	0	\bigcirc	0	0	0	0	0

Boundaries

Setting boundaries takes practice. This week, I'll focus on ...

Wins

This week, I'm celebrating ...

Home	Priorities	S Work			

Hours of Sleep		Su	Мо	Tu	We	Th	Fr	Sa
Goal:	Actual:							
Tasks					Circle	One		Done
				Outsour	ce Auto	omate Do	elegate	0
				Outsour	ce Auto	omate De	elegate	\bigcirc
				Outsour	ce Auto	omate De	elegate	\bigcirc
				Outsour	ce Auto	omate De	elegate	0
				Outsour	ce Auto	mate D	elegate	



Print next week's tracker at cpa-assist.ca/habit-tracker