

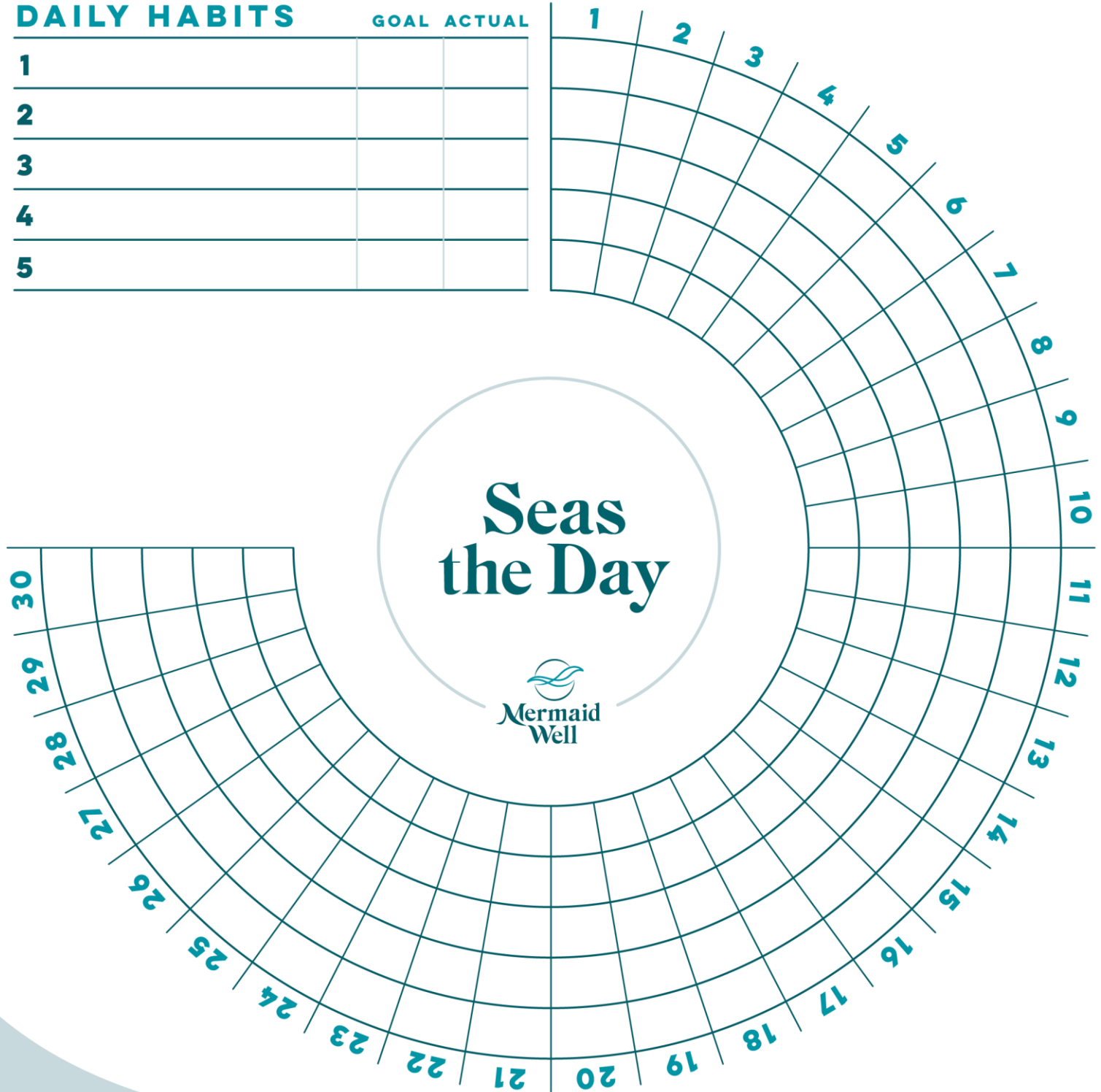
# Habit Tracker

APRIL 2025

## DAILY HABITS

GOAL ACTUAL

	GOAL	ACTUAL
1		
2		
3		
4		
5		



THIS  
MONTH'S  
MANTRA

ONE WAVE AT A TIME—PROGRESS IS MOMENTUM.