

Weekly Personal Tracker

Date Range _____ to _____ Moon Phase(s) _____

New Habit _____

Goal(s) _____

_____ Met? _____

General Mood _____

What Went Wrong _____

What Went Right _____

What Can I Do Better for Next Week _____

TOTALS

Water (glasses) (**GOAL** ___) _____ Alcohol (glasses) (**GOAL** ___) _____

Sleep Time (hours) (**GOAL** ___) _____ Meditation (**GOAL** ___) _____

Random Money Spent (**GOAL** ___) _____ Tithe (**GOAL** ___) _____

Caffeine (cups) (**GOAL** ___) _____ TV Watched (**GOAL** ___) _____

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