

Intentional Living Habit Tracker

Small Steps, Big Changes Track What Matters Most!

WEEK OF: _____

Your Weekly Habit Focus

What's ONE habit I want to focus on this week?

Why is this important to me right now?

Financial Clarity & Future Planning

Did I check on my finances this week?

Yes ☐ No ☐

Any unexpected expenses?

Yes ☐ No ☐

One thing I did to feel financially empowered?

Energy & Physical Wellness

Hydration: Did I drink enough water?

S M T W T F S
☐ ☐ ☐ ☐ ☐ ☐ ☐

Strength & Movement: Even 5 minutes counts!

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Sleep Quality: 1 (poor) - 5 (great)

S M T W T F S

Stress Level: 1 (poor) - 5 (great)

S M T W T F S

Mental & Emotional Wellness

Did I set a boundary this week? What was it?

YES ☐ NO ☐

One thing I did just for ME:

Connections & Relationships

Did I have a meaningful conversation?

Yes ☐ No ☐

Did I spend time OFF my phone when with others?

Yes ☐ No ☐

One way I connected with someone I care about:

Reflections & Adjustments

What went WELL this week?

What habit didn't work, and how can I tweak it?

What's ONE small shift for next week?