

Habit Tracker

This tool is for mentees to track their habits visually, backed by the idea that a visual aid and the fulfilment of tick-boxes helps encourage continued progress. This sentiment is echoed by many experts in the space, including bestselling author of "Atomic Habits", James Clear.

Habit	Date (e.g. for October 2024)																
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Meditate 5min																	
Read 5 pages																	
Exercise																	
Bed by 11pm																	