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It takes 30 days to form a habit. Use the tracker below to help you reach your goals this year by working them into your daily/weekly routine!

*New Year * New You!

Days 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

e.g. Spend 10 minutes a day learning Spanish	
e.g. Do yoga once a week	

^o Check out our printable goals calendar that can also be found at **ppld.org/new-you**