

**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
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e.g. Spend 10 minutes a day learning Spanish

*e.g. Do yoga once a week*

[illegible]