

FALL INTO HEALTHY HABITS

Ready to make a healthy habit part of your fall routine? Use the tracker below to get started and see how many days you can make your habit happen throughout the month.

- Choose one healthy habit and write it in the space provided.
- Check off each day you complete your habit.
- Keep track of your total days throughout the month.
- Complete the submission form at the end of the month to report your total days and earn your Wellbeing Tickets.

HEALTHY HABIT: Add your healthy habit here.

DAYS COMPLETED: 0

MON	TUES	WED	THURS	FRI	SAT	SUN
			01 ☐	02 ☐	03 ☐	04 ☐
05 ☐	06 ☐	07 ☐	08 ☐	09 ☐	10 ☐	11 ☐
12 ☐	13 ☐	14 ☐	15 ☐	16 ☐	17 ☐	18 ☐
19 ☐	20 ☐	21 ☐	22 ☐	23 ☐	24 ☐	25 ☐
26 ☐	27 ☐	28 ☐	29 ☐	30 ☐	31 ☐	