



Do at least one per day

- 1
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- 3
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- 30
- 31

Horizontal lines for tracking progress, one for each day from 1 to 31.

I told someone how I feel about them
I wrote down 3 things I'm grateful for
I took a walk or exercised
I meditated
I did one thing differently today
I took a break to stretch at least once

Vertical columns of circles for tracking progress, one for each activity across 31 days.

daily resilience habit

TRACKER