Printable Habit Tracker

HOW TO PRINT

When selecting your printer in Chrome, Safari, or your printer settings, DO NOT scale down these pages:

1. In Printer Settings click "Advance settings" or "More settings" if applicable

2. "Paper Size" is your default paper size in your printer, each printer is different, a common paper size is "Letter" or "8.5x11"

3. The "Scale" section of settings click on "Printable area", "Paper size", or "Fit" this will print each page without cutting it off

HOW TO FILL IN

With a fillable PDF, you are able to type in habits, check off points, and save it for the next day!

1. Download this PDF from your Chrome or Safari browser

2. Open the downloaded PDF in a PDF reader (like Adobe, for example)

3. Fill in your answers and remember to save it for the next day!

**Disclaimer: make sure your PDF Reader is able to detect a fillable PDF, otherwise it will be a flat PDF and you will not be able to type in your habits.
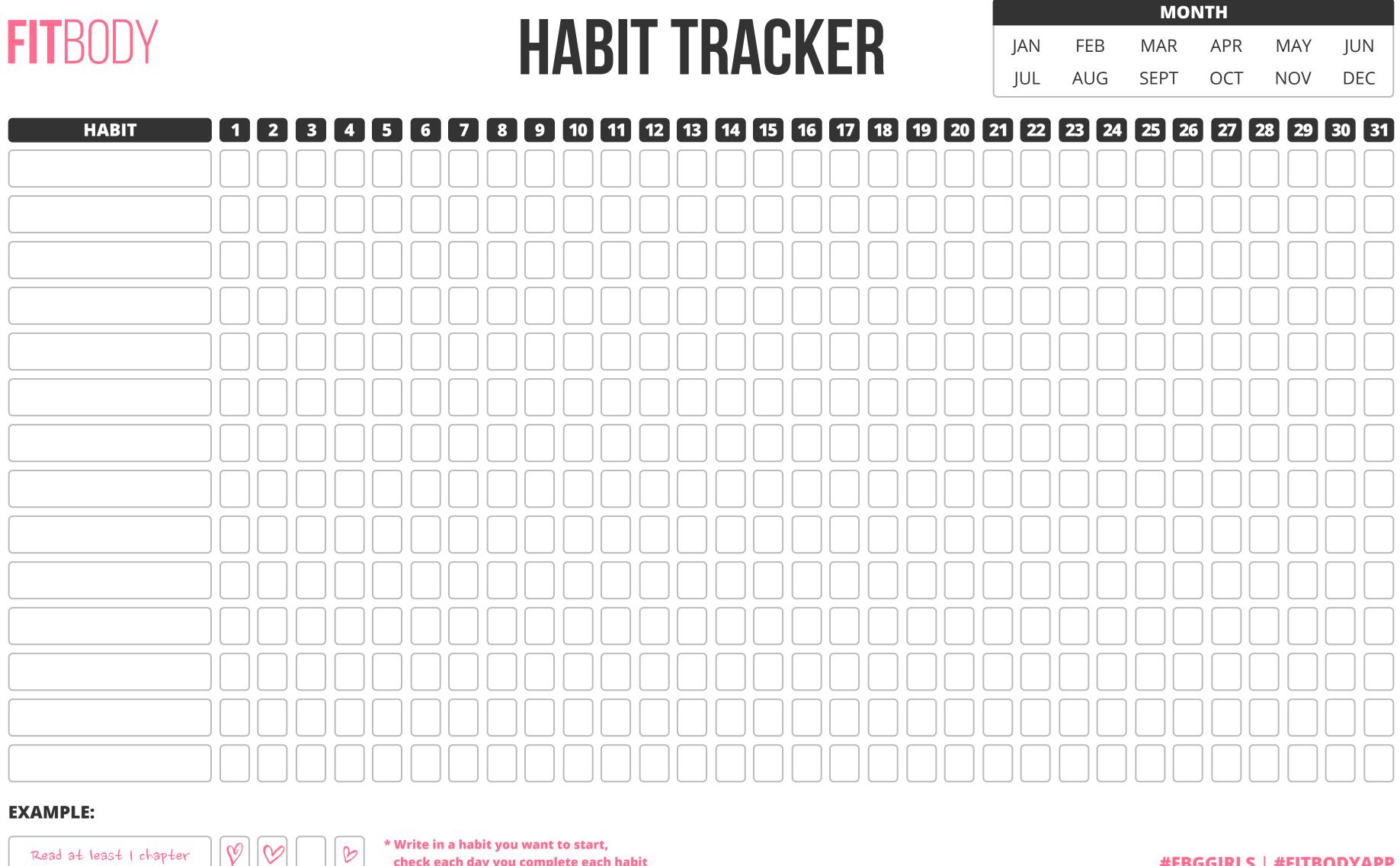
FITBODY

FITBODY

HABIT TRACKER

MONTH					
JAN	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEPT	OCT	NOV	DEC

HABIT	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	31

EXAMPLE:

Read at least 1 chapter ♡ ♡ ☐ ♡

*** Write in a habit you want to start,
check each day you complete each habit**

#FBGGIRLS | #FITBODYAPP

September 2021

HABIT TRACKER

1
2
3
4
5

HABIT 1:
HABIT 2:
HABIT 3:
HABIT 4:
HABIT 5:

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