

# weekly habit tracker



DATE:     /     /

## morning routine

**m t w t f s s**

A handwriting practice sheet. The left side contains five rows of dashed lines for tracing. The right side contains a grid of dots for independent practice.

## health + wellness

**m t w t f s s**

A handwriting practice sheet. On the left side, there are five horizontal rows of dashed lines for tracing. On the right side, there is a grid of 35 dots arranged in 5 rows and 7 columns, intended for independent practice.

## self-care + wellbeing

**m t w t f s s**


## evening routine

**m t w t f s s**

Handwriting practice sheet with five rows of dashed lines for tracing and a solid blue line at the bottom. To the right of the lines is a 5x7 grid of gray dots for independent practice.