

# Healthy Habit Tracker

Month \_\_\_\_\_

Habits	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

## Instructions

Choose habit ideas from the Music and Self-Care lists to the right (or come up with your own!) to list in the habit column of the spreadsheet above. Color in the corresponding boxes as activities are completed for each day of the month.

## Music Habits

- Practice Repertoire
- Practice Sight Reading
- Listen to Music for Fun
- Practice Scales
- Perform a familiar piece of music
- Create a Composition

## Self-Care Habits

- Journal
- Meditation
- Exercise / Movement
- Talk to a friend
- Drink water
- Eat a healthy snack