

HABIT *tracker*

WEEK OF _____

HABIT	M	T	W	T	F	S	S

WEEK OF _____

HABIT	M	T	W	T	F	S	S

REFLECTION

TIME SPENT ON PHONE LAST WEEK:
TIME SPENT ON PHONE THIS WEEK:
DIFFERENCE:

HOW DO I FEEL WITH MY PHONE USAGE THIS WEEK?

GOALS FOR NEXT WEEK?