

HABIT + WATER TRACKER CALENDAR

Use this 30-day calendar to build habits and boost hydration consistently.

DAILY TRACKING:

Date: _____

Habit 1: _____ ☐ Done

Habit 2: _____ ☐ Done

Habit 3: _____ ☐ Done

Water Intake (8+ cups): ☐ Yes ☐ No

Energy Level (1-10): _____

NOTES:

Print 30 copies or reuse digitally.

- MetabolismBoostLab