



Drayton's View
THERAPY AND WELLNESS
SERVICES, PLLC

Where Healing Meets Perspective

HABIT TRACKER

How to Use This Habit Tracker

This tracker is designed to help you stay consistent with the habits that support your well-being. Write down the habit you want to build, then check off each day you complete it. Over time, you'll see patterns in your progress, celebrate your wins, and notice areas that may need extra attention. Remember—progress is more important than perfection!

HABIT	SUN	MON	TUES	WED	THURS	FRI	SAT