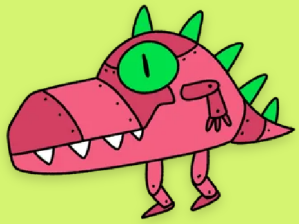
SEL · GOAL SETTING · GRADES 2–5

Five-Week Habit Tracker

Pick one healthy habit, like reading or stretching, and check off each day for five weeks to see your streak grow.



Name: _____ **Date:** _____

The habit I want to build: _____

When and where I will do it: _____

Check a box each day you do your habit.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							

My longest streak: _____ **How I will celebrate:** _____

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