



# January 2024 Habit Tracker

	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
Daily																															
Walk																															
Hover																															
Hydrate*																															
Meditate																															
No-sugar																															

For basic fitness, do these things daily:

Walk for 21 minutes.

Hover for 1 minute.

Meditate for at least 5 minutes.

\*Drink enough water to stay hydrated (your body weight X .67 = recommended ounces of water per day)

Avoid added sugar.