



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	REWARD
Extra Box								
Extra Box								

Here is your habit tracker.

Instructions: Each day draw a line through any behavior that you DID indulge in whether on purpose or out of habit and put an X on any behavior you DID not indulge in.

At the end of each week, look over the week to see what you need to improve on, as well as what area(s) you do well in as it relates to guarding your mouth. The goal is to improve from day to day as well from week to week. Please be honest! We can only get delivered from that which we confront, and we can only truly confront that which we are honest about. Based on your assessment, determined if you have truly improved towards the end of the week, if so, in the reward box put a V for victory.