

## Habit Tracker

Choose at least 3 boxes each day and write down the steps you plan to take this week to help maintain your wellbeing and make you feel good.'

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Give</b>							
<b>Connect</b>							
<b>Be Active</b>							
<b>Learn</b>							
<b>Notice</b>							