



be simply free

declutter coaching & life organisation

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
<i>Day of the week</i>																															
Me time																															
Exercise																															
Make my bed																															
Drink the water																															
Kitchen clean up																															

Share your progress using #BeSimplyFreeHabitTracker and tag me so I can cheer you on!



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