



# DAILY HABIT TRACKER

SIMPLY TICK EACH DAY WHEN YOU DO YOUR HABIT

[illegible]



## SIMPLY TICK EACH DAY WHEN YOU DO YOUR HABIT

HABIT	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
USE NIMUE CLEANSE GEL ON FACE IN MORNING																															
USE NIMUE CONDITIONER IN MORNING																															
APPLY EYE CREAM IN MORNING																															
APPLY SPECIFIC NIMUE SERUM IN MORNING																															
APPLY DAY CREAM IN MORNING																															
* APPLY SPF IN MORNING *																															
TAKE BRA OFF & GET COMFIES ON																															
CLEANSE FACE IN EVENING																															
APPLY SERUM AND NIGHT CREAM																															
ACTIVE GEL ALTERNATELY UNDER NIGHT CREAM																															
TAKE MULTI VITAMIN OR OTHER SUPPLEMENT																															
WRITE IN YOUR JOURNAL																															
WRITE 3 THINGS YOU ARE GRATEFUL FOR TODAY																															
ORGANISE SOME PAPERWORK/ LETTERS																															
CLEAN AN AREA OF YOUR HOME																															
READ SOMETHING (NOT ON A SCREEN)																															
DO SOME DAILY STRETCHING																															
WALK THE DOGS OR JUST GO FOR A WALK																															
DRINK 8 LARGE GLASSES OF WATER																															
HAVE AN HOUR OF NO SCREEN TIME BEFORE BED																															
LISTEN TO A SLEEP STORY																															
APPLY AROMATHERAPY OILS TO PULSE POINTS																															
APPLY PILLOW MIST TO HELP YOU SLEEP																															
WEAR A SPACEMASK FOR BED																															
MEDITATE OR SIT QUIETLY FOR 15 MINUTES																															
DO EXFOLIATING ENZYME ONCE A WEEK																															
PUT A FACE MASK ON ONCE A WEEK																															