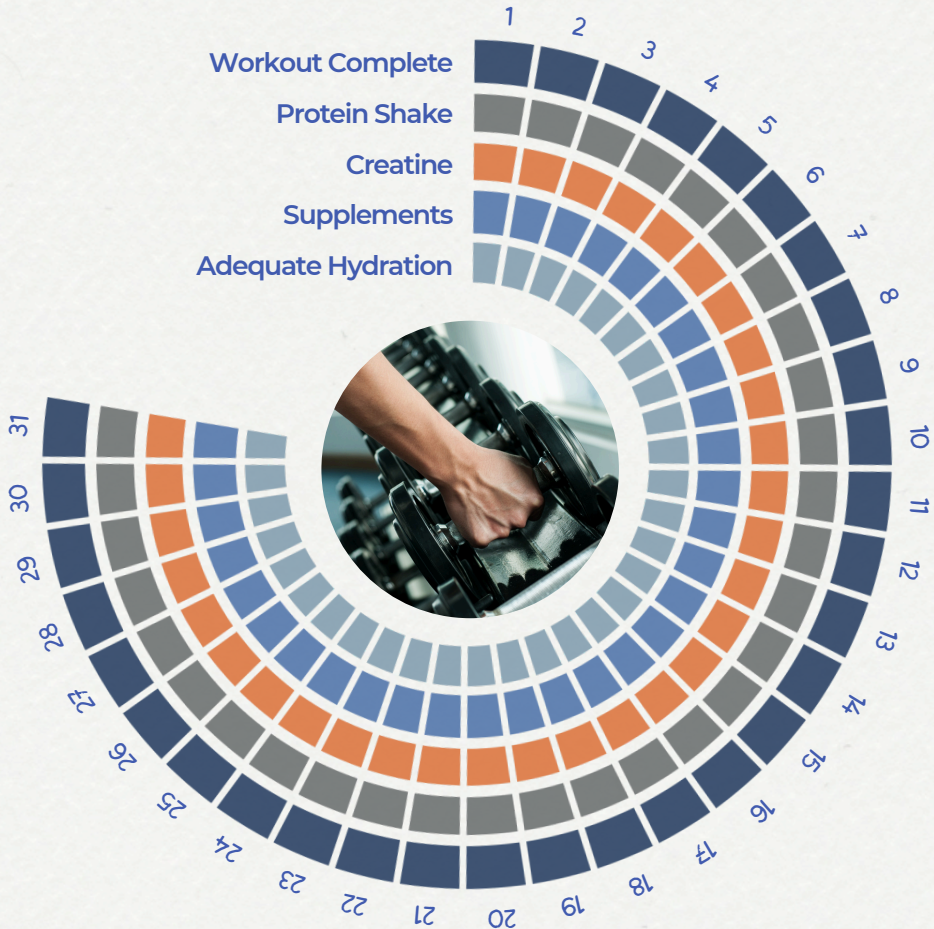


HABIT TRACKER

Consistency is more important than perfection.
Keep tracking, keep showing up, and habits will follow.



Did You Know? The Science of Habit Formation

- » 66 days is the average time to form a habit (range: 18–254 days).
- » Missing a day doesn't ruin your progress — just don't miss twice.
- » Pairing habits with daily routines helps them stick faster.
- » A 1% daily improvement can compound into 37x growth in a year.