

WEEKLY HABIT TRACKER PRINTABLE

SnugDocs Weekly Habit & Productivity Tracker

Habit Description	M	T	W	T	F	S	S	Target	Actual
1. Morning Hydration (1L)	☐	☐	☐	☐	☐	☐	☐	7/7	___
2. 30-Min Cardio / Gym	☐	☐	☐	☐	☐	☐	☐	5/7	___
3. Read 20 Pages Non-Fiction	☐	☐	☐	☐	☐	☐	☐	7/7	___
4. Deep Work (4 Hours)	☐	☐	☐	☐	☐	☐	☐	5/7	___
5. Sleep Before 11:00 PM	☐	☐	☐	☐	☐	☐	☐	6/7	___

Weekly Reflection Notes:

What went well this week?

Obstacles & Solutions for Next Week:
