

# MONTHLY HABIT TRACKER

Fill in the bubble each day you successfully complete your daily habit!

Symptom	Day
<p>Morning Sunlight (within 30-min of waking)</p>	<p>○ ○</p>
<p>Morning Protein (eat within 1-hour of waking)</p>	<p>○ ○</p>
<p>Deep Breathing (3 breaths before meals)</p>	<p>○ ○</p>
<p></p>	<p>○ ○</p>
<p></p>	<p>○ ○</p>
<p></p>	<p>○ ○</p>