

LAMY

Workshop

HABIT
Tracker



A hand-drawn diagram on a lined notebook page. The words "HABIT" and "Tracker" are written in blue ink. "HABIT" is in a bold, blocky font, and "Tracker" is in a cursive script. To the right of the text, three circular icons are arranged vertically and connected by a thin line. The top icon is a heart, the middle one is a person running, and the bottom one is a water drop.



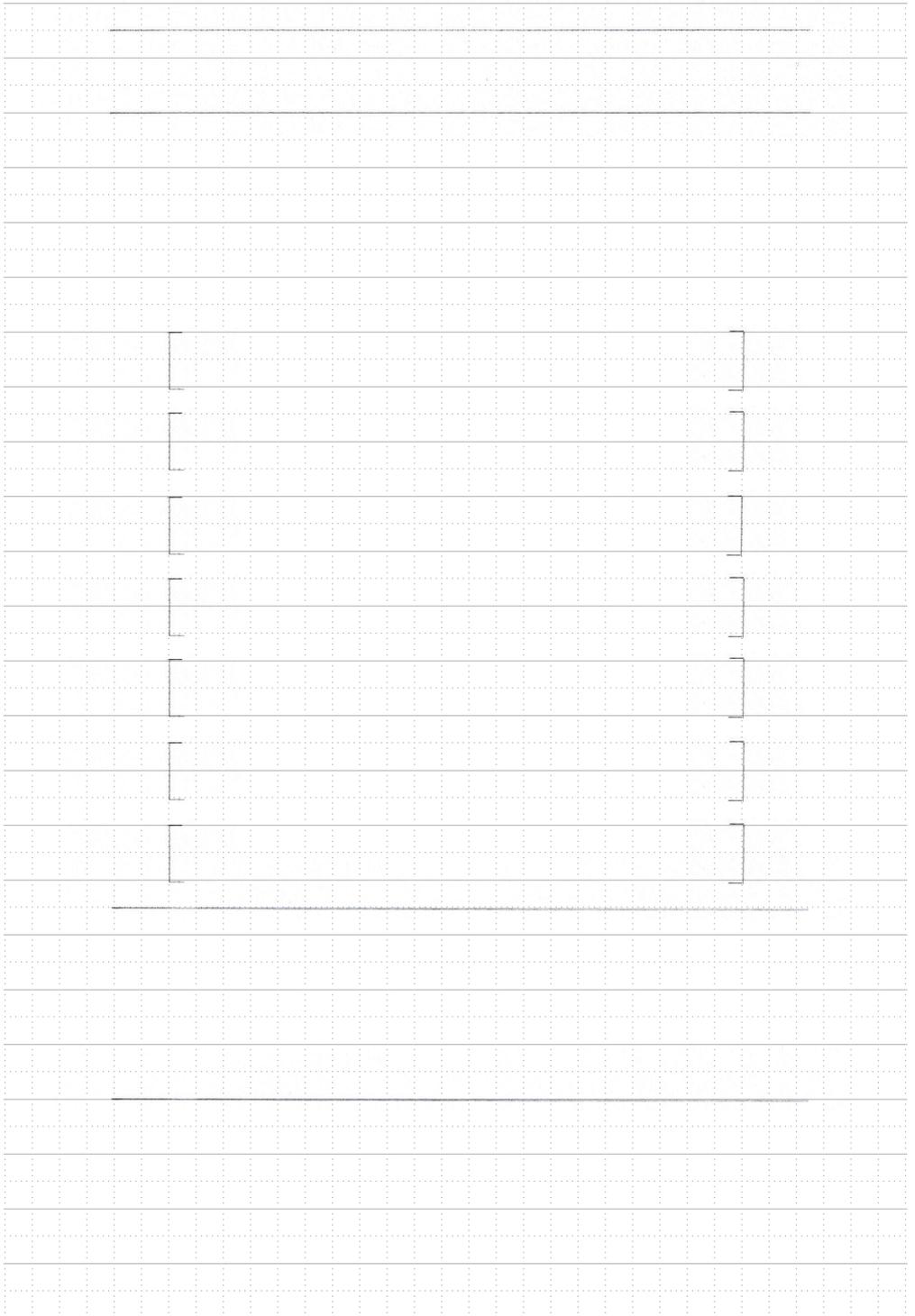
1

2

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1. Give a name to the habit you want to track / Gib deinem Tracker einen Namen.
2. Create horizontal columns for each day of the week / Erstelle eine horizontale Spalte für jeden Wochentag.
3. Draw an outline for each unit of whatever you want to track / Zeichne einen Umriss für jede Einheit, die du verfolgen möchtest.
4. Write down tips to help you focus on your goal / Schreibe Tipps auf, die dir helfen, dich auf dein Ziel zu fokussieren.



Weekly Habit Tracker

Drink Water



MONDAY	10
TUESDAY	10
WEDNESDAY	10
THURSDAY	10
FRIDAY	10
SATURDAY	10
SUNDAY	10

Tips ① SET REMINDER

② REPLACE OTHER DRINKS WITH WATER

③ FLAVOUR YOUR WATER
