

# BULLET JOURNAL

## HABIT TRACKER IDEAS

- Exercise.
- Drink enough water each day.
- Meditation & mindfulness.
- Skincare.
- Spend time outdoors.
- Diary entries.
- Bedtime — go to sleep earlier.
- Daily walks/steps.
- Limit your time on social media.
- Cooking & baking.
- Learn a new skill.
- TV & Netflix time.
- Read for 30 minutes.
- Wake up early.
- Cleaning & chores
- No caffeine (coffee, soda, etc).
- Journaling.
- Eat breakfast.
- Play sports.
- Spending & empties.
- Search for new music.
- Games.
- Make your bed in the morning.
- Garden.
- Work on projects.
- Date nights.
- Pick up a newspaper.
- Treat yourself.
- Dancing.
- Vitamins & medication.
- Evening bubble baths.
- Art (paint, doodle, sew, etc).
- Oral care (floss, mouthwash, etc).
- Studying & homework.
- Routine doctor appointments.
- Hang out with loved ones.
- Eat healthy (less sugar, more veggies, etc).
- Write in your agenda.
- Track your period.
- Answer emails & texts.
- Bills & budget
- Declutter.
- Mood lifters & tracker.
- Empty dishwasher and sink.
- Beauty, makeup, fashion etc.
- Amount of rest & sleep.
- Sunscreen.
- Gratitude.
- Take a pause to relax.
- DIY projects (sewing, crafts, home decor, etc).