

# Healthy Habit Tracker

Month \_\_\_\_\_

Habits	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

## Instructions

Choose habit ideas from the Music and Self-Care lists to the right (or come up with your own!) to list in the habit column of the spreadsheet above. Color in the corresponding boxes as activities are completed for each day of the month.

## Music Habits

Practice Repertoire  
Practice Sight Reading  
Listen to Music for Fun  
Practice Scales  
Perform a familiar piece of music  
Create a Composition

## Self-Care Habits

Journal  
Meditation  
Exercise / Movement  
Talk to a friend  
Drink water  
Eat a healthy snack



**Alfred Music**  
LEARN • TEACH • PLAY