



## Welcome!

Hi, I'm Becky Schettler,  
I am passionate about living a  
happy and healthy life because it  
was something I struggled with for  
years. Something needed to change!  
I started being intentional about my  
fundamental habits by creating  
habit trackers to keep me  
accountable. It worked for me!! Now I  
use my personal system to help  
other people establish healthy  
routines and create more happiness  
in their life.

 @beckyschettlercoaching

Thank you for requesting my habit tracking system.  
If you want customized tips to help you get started,  
contact me today.

 BECKY SCHETTLER *coaching*

# HABIT TRACKER WORKSHEET

BRAIN DUMP ALL YOUR IDEAS- PICK TOP 5-6 PRIORITIES FOR THE MONTH

SPIRITUAL

MIND

BODY

RELATIONSHIPS



BECKY SCHETTLER *coaching*

# HABIT TRACKER

“Your habits shape your identity and your identity shapes your habits.”

James Clear



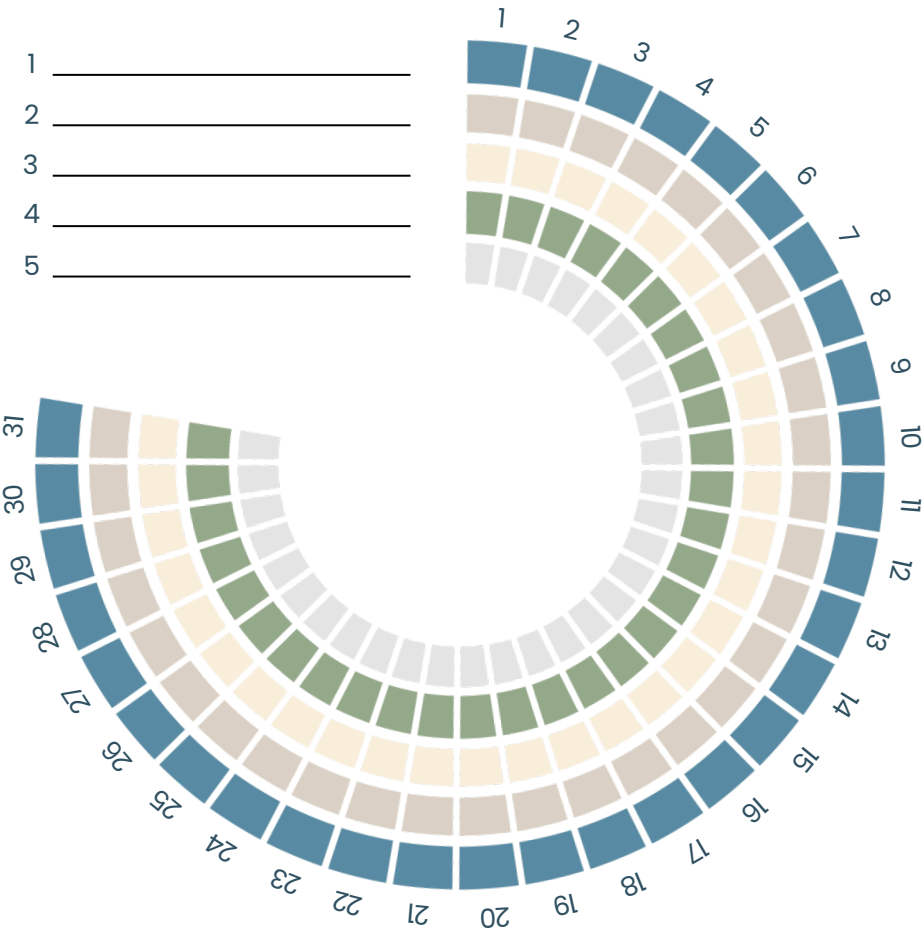
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