

COMMUNITY MEAL AND COOKING DEMONSTRATION

**Door prizes, and other give aways
including gift cards.
Kids activities as well!**

Sunday, November 30, 2025

3 PM

First Baptist Church

600 Dayton St., Yellow Springs, Ohio

Directions

Decide which goals you want to track and type them in the boxes above each month's circles.

When a day is complete, select the corresponding circle. Then choose Shape Fill and pick any color you'd like to represent that you completed your goal. If printing, use pen or marker to color in, or cross off, days.



Healthy habit tracker 1

Month of _____

Drink 32 oz of water

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Get new water bottle. Sara recommended glass
instead of plastic.

Healthy habit tracker 2

Month of _____

Drink 32 oz of water

Water plants

Walk to work

M T W T F S S

M T W T F S S

M T W T F S S

A grid of 35 empty circles arranged in 5 rows and 7 columns, intended for plotting data points for the number of books read.

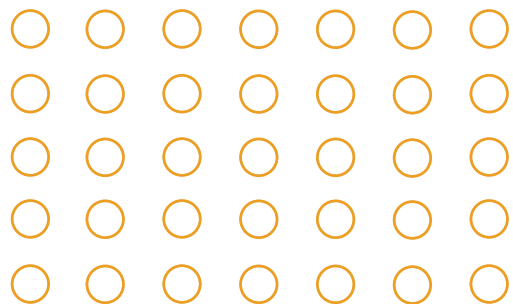
A grid of 35 empty circles arranged in 5 rows and 7 columns, intended for plotting data points for the number of books read.

Healthy habit tracker 3

Month of _____

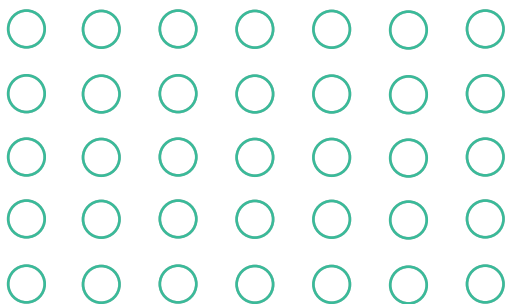
Drink 32 oz of water

M T W T F S S

[illegible]

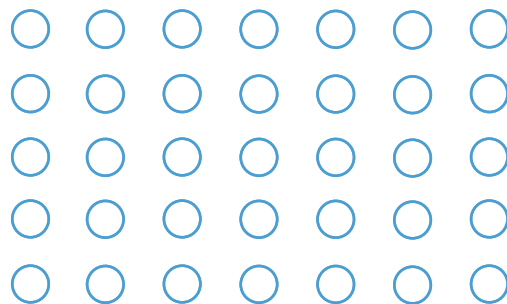
Water plants

M T W T F S S

[illegible]

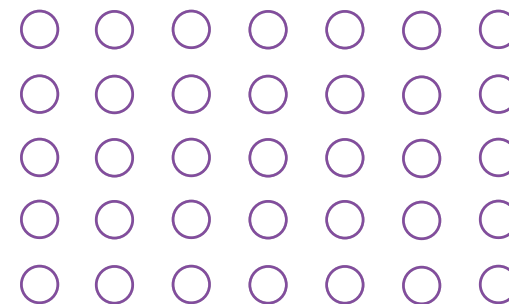
Walk to work

M T W T F S S

[illegible]

Read before bed

M T W T F S S

[illegible]