January 2027 Habit Tracker

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HABIT	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
Drink enough water																															
Move for 30 minutes																															
Read for 15 minutes																															
Sleep for 8 hours																															
No unplanned spending																															
Plan tomorrow																															
Eat fruit or vegetables																															
Limit social media																															
Write one gratitude note																															
Morning stretch																															