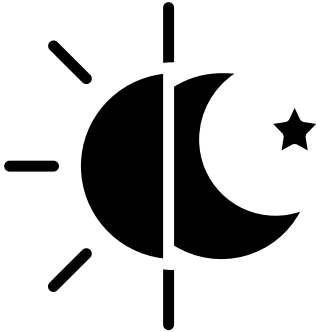


NOVEMBER

**HEALTHY
HABIT
TRACKER**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			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		



Habits throughout the whole day matter.

Learn More about healthy movement and physical wellness with Canadian Society for Exercise Physiology (CSEP) resources.

CLICK HERE

TOP PRIORITY THIS MONTH:

1.

○○○

WHAT WORKED WELL?

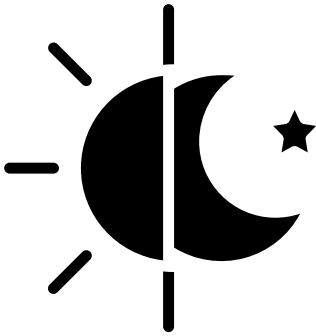


DECEMBER

HEALTHY
HABIT
TRACKER

SUNDAYMONDAYTUESDAYWEDNESDAYTHURSDAYFRIDAYSATURDAY

					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						



Habits throughout the whole day matter.

Want to learn more about healthy habits? Watch the short video based on the book Atomic Habits by James Clear.

CLICK HERE

TOP PRIORITY THIS MONTH:

○○○

WHAT WORKED WELL?

