

Monthly New Year

Resolution Tracking

Journal

My 2019 Resolutions and Goals

1. _____

2. _____

3. _____

4. _____



January 2019

Things I am thankful for this month:

1. _____
2. _____
3. _____
4. _____

Treat Yo Self Plans

1. _____
2. _____
3. _____
4. _____

4 Wins I had this month

1. _____
2. _____
3. _____
4. _____

Motivational Quote:

Habit Tracker

February 2019

Things I am thankful for this month:

1. _____
2. _____
3. _____
4. _____

Treat Yo Self Plans

1. _____
2. _____
3. _____
4. _____

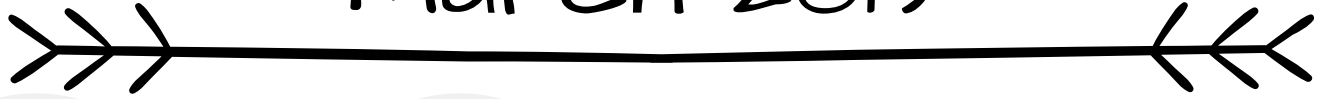
4 Wins I had this month

1. _____
2. _____
3. _____
4. _____

Motivational Quote:

Habit Tracker

March 2019



Things I am thankful for this month:

1. _____
2. _____
3. _____
4. _____

Treat Yo Self Plans

1. _____
2. _____
3. _____
4. _____

4 Wins I had this month

1. _____
2. _____
3. _____
4. _____

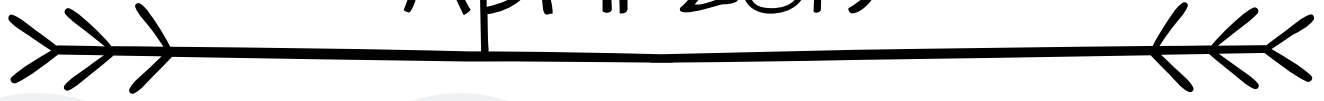
Motivational Quote:

Habit Tracker



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April 2019



Things I am thankful for this month:

1. _____
2. _____
3. _____
4. _____

Treat Yo Self Plans

1. _____
2. _____
3. _____
4. _____

4 Wins I had this month

1. _____
2. _____
3. _____
4. _____

Motivational Quote:

Habit Tracker



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May 2019

Things I am thankful for this month:

1. _____
2. _____
3. _____
4. _____

Treat Yo Self Plans

1. _____
2. _____
3. _____
4. _____

4 Wins I had this month

1. _____
2. _____
3. _____
4. _____

Motivational Quote:

Habit Tracker

June 2019



Things I am thankful for this month:

1. _____
2. _____
3. _____
4. _____

Treat Yo Self Plans

1. _____
2. _____
3. _____
4. _____

4 Wins I had this month

1. _____
2. _____
3. _____
4. _____

Motivational Quote:

Habit Tracker



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July 2019

Things I am thankful for this month:

1. _____
2. _____
3. _____
4. _____

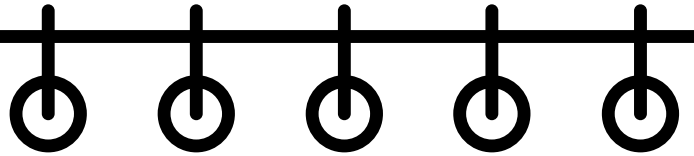
Treat Yo Self Plans

1. _____
2. _____
3. _____
4. _____

4 Wins I had this month

1. _____
2. _____
3. _____
4. _____

Motivational Quote:



Habit Tracker

August 2019

Things I am thankful for this month:

1. _____
2. _____
3. _____
4. _____

Treat Yo Self Plans

1. _____
2. _____
3. _____
4. _____

4 Wins I had this month

1. _____
2. _____
3. _____
4. _____

Motivational Quote:

Habit Tracker

September 2019

Things I am thankful for this month:

1. _____
2. _____
3. _____
4. _____

Treat Yo Self Plans

1. _____
2. _____
3. _____
4. _____

4 Wins I had this month

1. _____
2. _____
3. _____
4. _____

Motivational Quote:

Habit Tracker

October 2019



Things I am thankful for this month:

1. _____
2. _____
3. _____
4. _____

Treat Yo Self Plans

1. _____
2. _____
3. _____
4. _____

4 Wins I had this month

1. _____
2. _____
3. _____
4. _____

Motivational Quote:

Habit Tracker



November 2019



Things I am thankful for this month:

1. _____
2. _____
3. _____
4. _____

Treat Yo Self Plans

1. _____
2. _____
3. _____
4. _____

4 Wins I had this month

1. _____
2. _____
3. _____
4. _____

Motivational Quote:

Habit Tracker



December 2019

Things I am thankful for this month:

1. _____
2. _____
3. _____
4. _____

Treat Yo Self Plans

1. _____
2. _____
3. _____
4. _____

4 Wins I had this month

1. _____
2. _____
3. _____
4. _____

Motivational Quote:

Habit Tracker						

