

The “Adult Sticker Chart”. Choose 5-7 habits that you can nail every single day, and give yourself a total score at the end of the week.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Daily Habit** | **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** | **Total** |
| **1** |  |  |  |  |  |  |  |  |  /7 |
| **2** |  |  |  |  |  |  |  |  |  /7 |
| **3** |  |  |  |  |  |  |  |  |  /7 |
| **4** |  |  |  |  |  |  |  |  |  /7 |
| **5** |  |  |  |  |  |  |  |  |  /7 |
| **6** |  |  |  |  |  |  |  |  |  /7 |
| **7** |  |  |  |  |  |  |  |   |  /7 |