

# Social **Media** Habit Tracker ---

*Track your consistency using the chart below. List out the specific habits you would like to focus on in column one. Check off each day you successful complete the habit. Don't stop the chain!*

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