

# HABIT TRACKER

1. Mark the month of tracking
2. List the habits to build
3. Mark it up along the way!

bought a local produce  
\_\_\_\_\_ times a week / month

tracked my food waste  
\_\_\_\_\_ times a week / month

packed lunch to school  
\_\_\_\_\_ times a week / month

visited a farm  
\_\_\_\_\_ times a week / month

spent time outdoors  
\_\_\_\_\_ times a week / month

ate a meal with a local produce used  
\_\_\_\_\_ times a week / month

had 3 fruits servings  
\_\_\_\_\_ times a week / month

talked to a farmer  
\_\_\_\_\_ times a week / month

had 5 veggies servings  
\_\_\_\_\_ times a week / month

exercised  
\_\_\_\_\_ times a week / month

\_\_\_\_\_ times a week / month

\_\_\_\_\_ times a week / month

\_\_\_\_\_ times a week / month

\_\_\_\_\_ times a week / month

\_\_\_\_\_ times a week / month

\_\_\_\_\_ times a week / month

fill in the blank ones with habits you want to form, and tag us @sgyoungfarmers and #growingrootsg on Instagram!