**21 Days to Happy Habits**

Weekly Tracker

**Name:** \_\_\_\_\_\_\_­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­

**Instructions**: For each day this week, record how you spent your 5 minutes of “ME” time, 3 positive things about your day, and 1 random act of kindness. Return your completed tracker to [Contact Name] by [Date] to be entered into the weekly prize drawing.

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| --- | --- | --- | --- |
| **Day** | **How you spent your past 5 minutes:** | **List 3 positive things about your day:** | **Share your 1 random act of kindness:** |
| **Monday** |  |  |  |
| **Tuesday** |  |  |  |
| **Wednesday** |  |  |  |
| **Thursday** |  |  |  |
| **Friday** |  |  |  |
| **Saturday** |  |  |  |
| **Sunday** |  |  |  |

*Print this tracker 3 times for all 3 weeks.*