

Week:



Daily Habit Tracker

Monday	Tuesday	Wednesday
<input type="checkbox"/> Nasal Breathing	<input type="checkbox"/> Nasal Breathing	<input type="checkbox"/> Nasal Breathing
<input type="checkbox"/> Tongue Posture	<input type="checkbox"/> Tongue Posture	<input type="checkbox"/> Tongue Posture
<input type="checkbox"/> Exercises	<input type="checkbox"/> Exercises	<input type="checkbox"/> Exercises
<input type="checkbox"/> Hydration	<input type="checkbox"/> Hydration	<input type="checkbox"/> Hydration

Thursday	Friday	Saturday
<input type="checkbox"/> Nasal Breathing	<input type="checkbox"/> Nasal Breathing	<input type="checkbox"/> Nasal Breathing
<input type="checkbox"/> Tongue Posture	<input type="checkbox"/> Tongue Posture	<input type="checkbox"/> Tongue Posture
<input type="checkbox"/> Exercises	<input type="checkbox"/> Exercises	<input type="checkbox"/> Exercises
<input type="checkbox"/> Hydration	<input type="checkbox"/> Hydration	<input type="checkbox"/> Hydration

