



Green Hearts Habit Tracker

Cultivating **health**
and **wellbeing** within
the **Irish** community
Britain

NEW 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
Exercise ___ minutes per day																														
Drink ___ litres of water per day																														
Healthy Breakfast																														
Healthy Lunch																														
Healthy Dinner																														
Practice mindfulness																														
Alcohol-free day																														
Smoking-free day																														
Complaint-free day																														
___ Hours of sleep																														
Swapped _____ for _____																														

'We are what we repeatedly do'
Aristotle

Remember to download your helpful **Green Hearts** challenge guide from www.irishinbritain.org

