



# Self-care Tracker

## HABITS TRACKER

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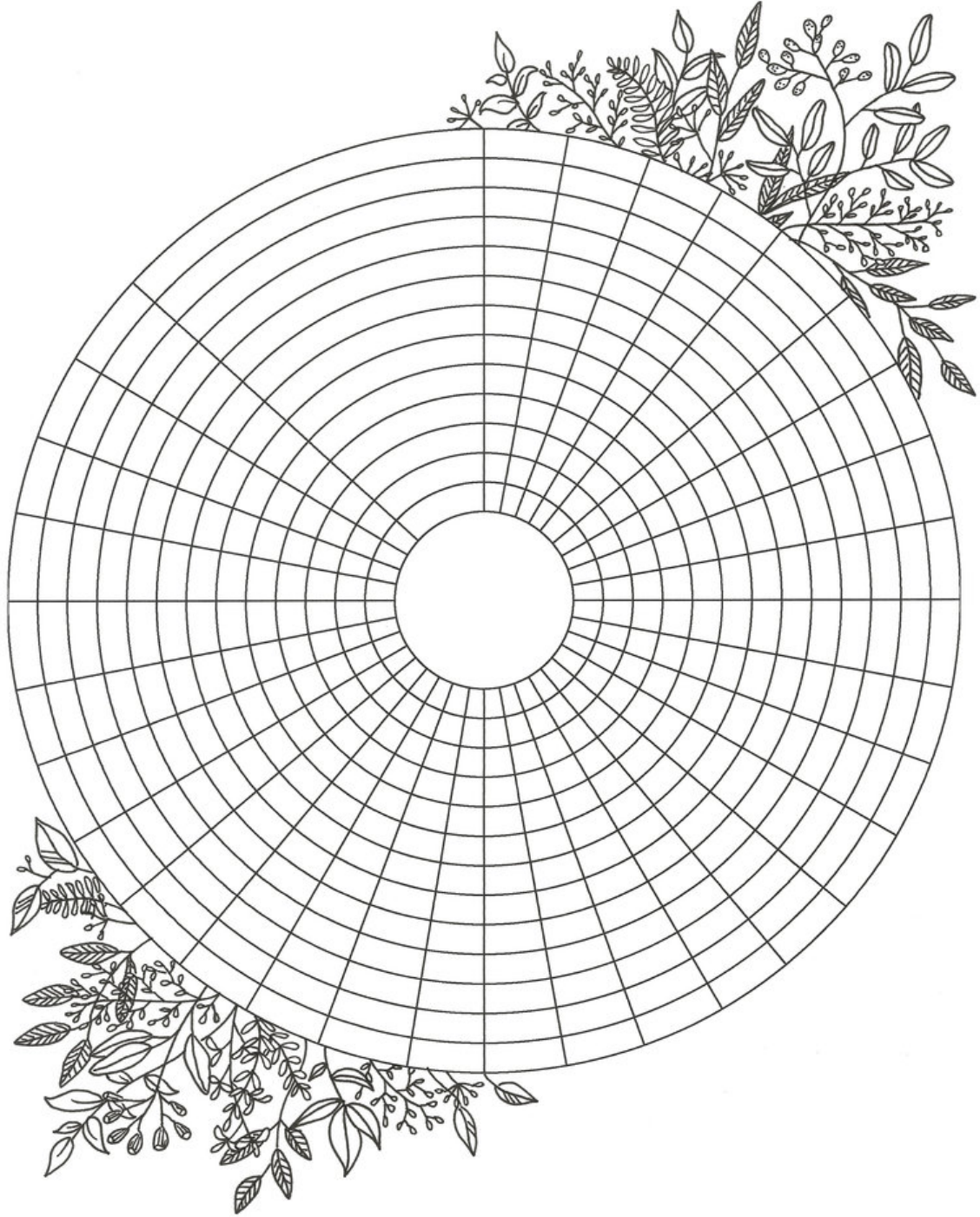
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# Habit Tracker

Month/Year: \_\_\_\_\_

A circular habit tracker grid. The outer ring contains numbers 1 through 30, representing the days of the month. The inner grid is divided into five concentric rings, each representing a habit. The grid is currently empty, with some faint horizontal lines visible on the left side, possibly indicating where to write habit names.