

My Good Habit tracker - From ____ / ____ / 2022 TO ____ / ____ / 2022

Sr No.	My Good Habits Challenge	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1.	Multi beneficial Meditation							
2.	Worship – God is Great							
3.	Value Reading - Today a READER tomorrow a LEADER							
4.	Charan Sparsh - Bado ko respect dena to banta hain							
5.	News Paper reading - Aaj ki taza khabar							
6.	Smart student affirmation reading – believe in my self and to be better version							
7.	Workout - health is wealth aur dusre anek fayde bhi..							
8.	I am cool & calm – I am responsible for my nature not others							
9.	Respect elders and be polite to everyone - Me hu sachha bacha aur sabse achha bacha							
10.	Make your own bed - Ye to mere daye hath ka khel hain							
11.	Keep your room clean - Neki ki sharuat apne room se kare							
12.	Family time - I LOVE my family							
13.	Sorry & thank you - Achhchha hain Aur aasan hain..							
14.	My bank - Wow... I am wealthy							
15.	Show your love to your family - Mera Parivar khushio ka Parivar							
16.	Clean your plate once in a week - If mummy and papa can do it, I can do it too							
17.	Never leave food in your plate - Samajdari ka kadam							
18.	Do not bully or tease others - Give respect and take respect							
19.	Stop being couch potato - Abhi to bahot kaam baki hain							
20.	Be kind and helpful to others - World is beautiful							
21.	Never miss your breakfast - Din ki Shubh Sharuat							
22.	Self-study and or Homework - I am Crazy for education and learning							
23.	Brush your teeth twice in a day – I don't want to lose my teeth							
24.	100% Attendance in school without distraction - Because I love study							
25.	Following Smart Study Cycle properly - I am SMART Safal Dhyey Student							
26.	Eating all food prepared by mummy, papa or any family members - I am not dramebaz							
27.	Minimum 01 Glass milk everyday -01 glass Dudh ki shakti ka ahasas hain muje							
28.	I am good learner – Itna sara GYAAN kaha se aata hain?							
29.	Punctuality - On time attending all online class or sessions – Ilife main apna ek usul, hain I hate to be late							
30.	I am Safal Dhyey Champ - Implementing all Safal Dhyey learnings - I am Pro Safal Dhyey Student							
	ZARA DEKHE TO AAJ KA KYA SCORE HAIN MERA							

Parent's Autograph		My Autograph
Best Father in the world:	Best Mother in the World:	Best Child in the world:
_____	_____	_____