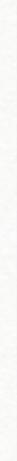


True
Barre
2026

*yearly goals, habit tracker,
+ journal*



true barre
more than a fitness studio

”

Motivation is
what gets you
started.

Habits are what
keep you going.
yearly motivation

true barre
more than a fitness studio

2026 Goals and Dreams

true barre more than a fitness studio

yearly 2026 calendar

JANUARY							01	FEBRUARY							02	MARCH							03		
M	T	W	T	F	S	S		M	T	W	T	F	S	S		M	T	W	T	F	S	S			
					1	2	3	4							1							1			
5	6	7	8	9	10	11		2	3	4	5	6	7	8		2	3	4	5	6	7	8			
12	13	14	15	16	17	18		9	10	11	12	13	14	15		9	10	11	12	13	14	15			
19	20	21	22	23	24	25		16	17	18	19	20	21	22		16	17	18	19	20	21	22			
26	27	28	29	30	31			23	24	25	26	27	28			23	24	25	26	27	28	29			
															30	31									
APRIL							04	MAY							05	JUNE							06		
M	T	W	T	F	S	S		M	T	W	T	F	S	S		M	T	W	T	F	S	S			
					1	2	3	4	5						1	2	3		1	2	3	4	5	6	7
6	7	8	9	10	11	12		4	5	6	7	8	9	10		8	9	10	11	12	13	14			
13	14	15	16	17	18	19		11	12	13	14	15	16	17		15	16	17	18	19	20	21			
20	21	22	23	24	25	26		18	19	20	21	22	23	24		22	23	24	25	26	27	28			
27	28	29	30					25	26	27	28	29	30	31		29	30								
JULY							07	AUGUST							08	SEPTEMBER							09		
M	T	W	T	F	S	S		M	T	W	T	F	S	S		M	T	W	T	F	S	S			
					1	2	3	4	5						1	2		1	2	3	4	5	6		
6	7	8	9	10	11	12		3	4	5	6	7	8	9		7	8	9	10	11	12	13			
13	14	15	16	17	18	19		10	11	12	13	14	15	16		14	15	16	17	18	19	20			
20	21	22	23	24	25	26		17	18	19	20	21	22	23		21	22	23	24	25	26	27			
27	28	29	30	31				24	25	26	27	28	29	30		28	29	30							
OCTOBER							10	NOVEMBER							11	DECEMBER							12		
M	T	W	T	F	S	S		M	T	W	T	F	S	S		M	T	W	T	F	S	S			
					1	2	3	4							1		1	2	3	4	5	6			
5	6	7	8	9	10	11		2	3	4	5	6	7	8		7	8	9	10	11	12	13			
12	13	14	15	16	17	18		9	10	11	12	13	14	15		14	15	16	17	18	19	20			
19	20	21	22	23	24	25		16	17	18	19	20	21	22		21	22	23	24	25	26	27			
26	27	28	29	30	31			23	24	25	26	27	28	29		28	29	30	31						
								30																	

Start where you are.

Show up consistently.

Move with intention. Trust small wins.

Progress over perfection.

Discipline over doubt.

Strong today. Stronger tomorrow.

Become everything you are capable of becoming.

Dream it. Do it. Create your reality.

Make yourself a priority.

Build the habits that build your life.

Consistency and action are
how results are made.

true barre
more than a fitness studio

Chapter 1

January

day one...
or one day...

you decide.
monthly motivation

true barre
more than a fitness studio



2026/01
January

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				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	31

goals

to-dos/ notes



true barre

routine + habit

Tracker

Week 1

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Week 2

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Week 3

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Week 4

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Week 5

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS

To Do List

Weekly

MONDAY	TUESDAY
<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	THURSDAY
<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

MONDAY	TUESDAY
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WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

MONDAY	TUESDAY
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WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
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SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

MONDAY	TUESDAY
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WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
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SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

MONDAY	TUESDAY
<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	THURSDAY
<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
<input type="checkbox"/>	<input type="checkbox"/>

NOTES

January

Monthly Recap + Gratitude Journal

what I learned this month

what I am grateful for this month

what I want to keep from this month.
what can I let go from this month.
what do I want to take into the new month.

accomplishments and successes
from this month

Chapter 2

February

start where you are.
stay consistent.

become
unstoppable.

monthly motivation

true barre
more than a fitness studio



2026/02
February

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
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

goals

to-dos/ notes



true barre

routine + habit

Week 1

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 2

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 3

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

Studio & more

Tracker routine + habit

Week 4

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS

A row of 10 empty square boxes for drawing.

To Do List

Weekly

MONDAY	TUESDAY
<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	THURSDAY
<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

MONDAY	TUESDAY
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WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
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SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

MONDAY	TUESDAY
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WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
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SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

MONDAY	TUESDAY
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WEDNESDAY	THURSDAY
<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
<input type="checkbox"/>	<input type="checkbox"/>

NOTES

February

Monthly Recap + Gratitude Journal

what I learned this month

what I am grateful for this month

what I want to keep from this month.
what can I let go from this month.
what do I want to take into the new month.

accomplishments and successes
from this month

Chapter 3

March

stay motivated.
stay inspired.

never stop
moving.
monthly motivation

true barre
more than a fitness studio



2026/03
March

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
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	31				

goals

to-dos/ notes



true barre

Studio & more

Tracker routine + habit

Week 1

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 2

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

Studio & more

Tracker routine + habit

Week 3

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 4

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 5

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS

To Do List

Weekly

MONDAY	TUESDAY
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WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
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To Do List

Weekly

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To Do List

Weekly

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To Do List

Weekly

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FRIDAY	SATURDAY
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SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

MONDAY	TUESDAY
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WEDNESDAY	THURSDAY
<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
<input type="checkbox"/>	<input type="checkbox"/>

NOTES

March

Monthly Recap + Gratitude Journal

what I learned this month

what I am grateful for this month

what I want to keep from this month.
what can I let go from this month.
what do I want to take into the new month.

accomplishments and successes
from this month

Today is your day.
You are capable and strong.
Move with purpose. Live with intention.
One breath at a time.
Choose strength. Choose joy.
Strong body. Strong mind. Open heart.
Find power in the process.
Stay committed even when motivation fades.
The days you don't want to
show up are the days to keep
showing up.

true barre
more than a fitness studio

Chapter 4

April

make each day
count.

your potential is
limitless.

monthly motivation

true barre
more than a fitness studio



2026/04
April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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		

goals

to-dos/ notes



true barre

routine + habit

Tracker

Week 1

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 2

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 3

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS

A row of 10 empty square boxes for drawing.



true barre

Studio & more

Tracker routine + habit

Week 4

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 5

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start						
Skincare Routine						
Read (10-15 min)						
Acts of Kindness						

ADDITIONAL HABITS

To Do List

Weekly

MONDAY	TUESDAY
<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	THURSDAY
<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

MONDAY	TUESDAY
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WEDNESDAY	THURSDAY
<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

MONDAY	TUESDAY
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WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

MONDAY	TUESDAY
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WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

MONDAY	TUESDAY
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WEDNESDAY	THURSDAY
<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
<input type="checkbox"/>	<input type="checkbox"/>

NOTES

April

Monthly Recap + Gratitude Journal

what I learned this month

what I am grateful for this month

what I want to keep from this month.
what can I let go from this month.
what do I want to take into the new month.

accomplishments and successes
from this month

Chapter 5

May

habits + routine is
consistency in
action.

consistency brings
results.

monthly motivation

true barre
more than a fitness studio



2026/05
May

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
						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
31						

goals

to-dos/ notes



true barre

routine + habit

Week 1

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 2

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 3

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS

A row of 10 empty square boxes for drawing.



true barre

routine + habit

Tracker

Week 4

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 5

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS

To Do List

Weekly

MONDAY	TUESDAY
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WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
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SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

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WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
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SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

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WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
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SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

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WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
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SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

MONDAY	TUESDAY
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WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
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SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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NOTES

May

Monthly Recap + Gratitude Journal

what I learned this month

what I am grateful for this month

what I want to keep from this month.
what can I let go from this month.
what do I want to take into the new month.

accomplishments and successes
from this month

Chapter 6

June

restart.
refocus.
reconnect.

as many times as
you *need*
monthly motivation

true barre
more than a fitness studio



2026/06
June

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	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				

goals

to-dos/ notes



true barre

routine + habit

Tracker

Week 1

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

Studio & more

Tracker routine + habit

Week 2

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 3

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 4

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 5

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS

To Do List

Weekly

MONDAY	TUESDAY
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WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
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SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

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To Do List

Weekly

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To Do List

Weekly

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FRIDAY	SATURDAY
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SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

MONDAY	TUESDAY
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WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
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SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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NOTES

June

Monthly Recap + Gratitude Journal

what I learned this month

what I am grateful for this month

what I want to keep from this month.
what can I let go from this month.
what do I want to take into the new month.

accomplishments and successes
from this month

Yes you can.
Mind over matter.

Sometimes you have to get uncomfortable to be comfortable.

Tiny movements. Major results.
Grind now. Shine later.

Everything is hard before it's easy.

Don't be afraid of the challenge.

Prioritize your health and wellness.

Can't stop. Won't stop.

Body. Mind. Soul. Stay strong. Keep going.

You didn't come this far to
only come this far.

true barre
more than a fitness studio

Chapter 7

July

never underestimate
the power of moving
your body everyday.

results require routine.
routine gives *results*.
monthly motivation



2026/07
July

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				1	2	3
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	31	

goals

to-dos/ notes



true barre

routine + habit

Week 1

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Week 2

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 3

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 4

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 5

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS

To Do List

Weekly

MONDAY	TUESDAY
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To Do List

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To Do List

Weekly

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To Do List

Weekly

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FRIDAY	SATURDAY
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To Do List

Weekly

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FRIDAY	SATURDAY
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SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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NOTES

July

Monthly Recap + Gratitude Journal

what I learned this month

what I am grateful for this month

what I want to keep from this month.
what can I let go from this month.
what do I want to take into the new month.

accomplishments and successes
from this month

Chapter 8

August

success is the result of
small efforts repeated
day in and day out.

move with
grit, drive, + gratitude.

monthly motivation

true barre
more than a fitness studio



2026/08
August

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
						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	31					

goals

to-dos/ notes



true barre

routine + habit

Tracker

Week 1

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 2

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS

A row of 10 empty square boxes for drawing.



true barre

routine + habit

Tracker

Week 3

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Week 4

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 5

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS

To Do List

Weekly

MONDAY	TUESDAY
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FRIDAY	SATURDAY
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To Do List

Weekly

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Weekly

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To Do List

Weekly

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FRIDAY	SATURDAY
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To Do List

Weekly

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WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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NOTES

August

Monthly Recap + Gratitude Journal

what I learned this month

what I am grateful for this month

what I want to keep from this month.
what can I let go from this month.
what do I want to take into the new month.

accomplishments and successes
from this month

Chapter 9

September

you've got to nourish to
flourish.

fall in love with
becoming the best
version of yourself.

monthly motivation



2026/09

September

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			1	2	3	4
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			

goals

to-dos/ notes



true barre

routine + habit

Week 1

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 2

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Week 3

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 4

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 5

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start						
Skincare Routine						
Read (10-15 min)						
Acts of Kindness						

ADDITIONAL HABITS

To Do List

Weekly

MONDAY	TUESDAY
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WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
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To Do List

Weekly

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SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

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FRIDAY	SATURDAY
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SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
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To Do List

Weekly

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To Do List

Weekly

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WEDNESDAY	THURSDAY
<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
<input type="checkbox"/>	<input type="checkbox"/>

NOTES

September Monthly Recap + Gratitude Journal

what I learned this month

what I am grateful for this month

what I want to keep from this month.
what can I let go from this month.
what do I want to take into the new month.

accomplishments and successes
from this month

You are worthy.

Honor your body.

Be proud of your effort. Consistency creates results.

Breathe deep. Big energy. Move with clarity and strength.

Love your body.

Your future self will thank you.

Grounded. Grateful. Strong. Restored.

Dream it. Believe it. See it.

Move together. Grow together. Rise together.

The effort today creates the confidence and strength for tomorrow.

true barre
more than a fitness studio

Chapter 10

October

never underestimate
the power of moving
your body everyday.

results require routine.
routine gives *results*.
monthly motivation



2026/10

October

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					1	2
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	31

goals

to-dos/ notes



true barre

routine + habit

Tracker

Week 1

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 2

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 3

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 4

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Week 5

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS

To Do List

Weekly

MONDAY	TUESDAY
<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	THURSDAY
<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
<input type="checkbox"/>	<input type="checkbox"/>

To Do List

Weekly

MONDAY	TUESDAY
<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	THURSDAY
<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
<input type="checkbox"/>	<input type="checkbox"/>

To Do List

Weekly

MONDAY	TUESDAY
<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	THURSDAY
<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
<input type="checkbox"/>	<input type="checkbox"/>

To Do List

Weekly

MONDAY	TUESDAY
<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	THURSDAY
<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
<input type="checkbox"/>	<input type="checkbox"/>

To Do List

Weekly

MONDAY	TUESDAY
<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	THURSDAY
<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
<input type="checkbox"/>	<input type="checkbox"/>

NOTES

October

Monthly Recap + Gratitude Journal

what I learned this month

what I am grateful for this month

what I want to keep from this month.
what can I let go from this month.
what do I want to take into the new month.

accomplishments and successes
from this month

Chapter 11

November

thankful for movement
and power inside and
out.

embrace strength.
focus on goals.
keep going.
monthly motivation

true barre
more than a fitness studio



2026/11

November

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
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					

goals

to-dos/ notes



true barre

routine + habit

Tracker

Week 1

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS

A row of 10 empty square boxes for drawing.



true barre

routine + habit

Tracker

Week 2

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 3

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS

A row of 10 empty square boxes for drawing.



true barre

routine + habit

Tracker

Week 4

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 5

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS

To Do List

Weekly

MONDAY	TUESDAY
<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	THURSDAY
<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
<input type="checkbox"/>	<input type="checkbox"/>

To Do List

Weekly

MONDAY	TUESDAY
<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	THURSDAY
<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
<input type="checkbox"/>	<input type="checkbox"/>

To Do List

Weekly

MONDAY	TUESDAY
<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	THURSDAY
<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
<input type="checkbox"/>	<input type="checkbox"/>

To Do List

Weekly

MONDAY	TUESDAY
<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	THURSDAY
<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
<input type="checkbox"/>	<input type="checkbox"/>

To Do List

Weekly

MONDAY	TUESDAY
<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	THURSDAY
<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
<input type="checkbox"/>	<input type="checkbox"/>

NOTES

November Monthly Recap + Gratitude Journal

what I learned this month

what I am grateful for this month

what I want to keep from this month.
what can I let go from this month.
what do I want to take into the new month.

accomplishments and successes
from this month

Everyday choose you.
Movement is healing.
Small steps create powerful change.
Choose gratitude.
Growth over fear. Dream big.
Commit to you. Invest in you.
You can be both a masterpiece and work of
progress at the same time.
Move for joy. Move for you.
Be mindful. Be purposeful. Set the tone.
Finish strong. Start stronger.

true barre
more than a fitness studio

Chapter 12

December

strong through every
season.

finish stronger than you
started.

*strong finishes create strong
beginnings.*
monthly motivation

true barre
more than a fitness studio



2026/12

December

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			1	2	3	4
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	31		

goals

to-dos/ notes



true barre

routine + habit

Tracker

Week 1

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 2

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



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routine + habit

Tracker

Week 3

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 4

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

Exercise & Move Your Body							
Drink Water							
Healthy Meals							
Take Vitamins/ Supplements							

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS



true barre

routine + habit

Tracker

Week 5

MIND & MOOD

Daily Gratitude							
Journaling							
Screen-Free Time (1 hr)							
6-8 hours of sleep							

BODY & HEALTH

SELF-CARE & GROWTH

Tidy Up For A Fresh Daily Start							
Skincare Routine							
Read (10-15 min)							
Acts of Kindness							

ADDITIONAL HABITS

To Do List

Weekly

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To Do List

Weekly

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Weekly

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FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	SOMETIME THIS WEEK OR NEXT WEEK
<input type="checkbox"/>	<input type="checkbox"/>

NOTES

December

Monthly Recap + Gratitude Journal

what I learned this month

what I am grateful for this month

what I want to keep from this month.
what can I let go from this month.
what do I want to take into the new month.

accomplishments and successes
from this month

Just show up.
Mind over matter.
Embrace the challenge. Stay focused.
You can be both, perfect and imperfect, at the same time.
Don't be afraid to add new goals.
Celebrate resilience.
Trust your growth.
Make your future self proud.
Move with purpose and intention.
Every step. Every breath. Every pulse. Every rep matters.
Don't be afraid to push past
that comfort zone.

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more than a fitness studio

2026 Yearly Reflections

what I learned this year

things I'm grateful for this year
favorite things from this year

what I want to keep from this year
what to leave behind this year
goals for the new year ahead

accomplishments and successes
from this year

2026
Thank You!

true barre
more than a fitness studio

XOXO,

*True
Barre*

true barre
more than a fitness studio