



DAILY ROUTINE TRACKER | COVID PREVENTION HABITS

Take time each day to track your progress - are you practicing these healthy prevention habits as part of your daily routine?

HABITS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Wore a mask any time I left the house.							
Carried hand sanitizer with me at all times in my purse or pocket.							
Washed my hands as soon as I returned home.							
Stayed 6 feet away from others.							
Avoided poorly ventilated indoor areas, like grocery stores.							
Cleaned frequently touched surfaces, like doorknobs and stair railings							
Avoided touching my eyes, nose and mouth							
Avoided large gatherings or crowds							

TIP: Have a growth mindset. If some of these habits aren't quite a routine for you yet, focus on making progress. Changing behaviors is hard but with a bit of effort and dedication you can improve.