Notion Habit Tracker

Import this table into Notion as a database. Each row is one day; each habit column becomes a checkbox.

Date	Exercise	Read	Water	Meditate	No phone in bed	Notes
2027-01-01	☐	☐	☐	☐	☐	
2027-01-02	☐	☐	☐	☐	☐	
2027-01-03	☐	☐	☐	☐	☐	
2027-01-04	☐	☐	☐	☐	☐	
2027-01-05	☐	☐	☐	☐	☐	
2027-01-06	☐	☐	☐	☐	☐	
2027-01-07	☐	☐	☐	☐	☐	