

**HABITS:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**STARTS:** \_\_\_\_\_

**ENDS:** \_\_\_\_\_

**IMPORTANCE**

**TRIGGERS?**

**REWARD**

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<b>DAY 1 DONE!</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>
<b>DAY 8</b>	<b>DAY 9</b>	<b>DAY 10</b>	<b>DAY 11</b>	<b>DAY 12</b>	<b>DAY 13</b>	<b>DAY 14</b>
<b>DAY 15</b>	<b>DAY 16</b>	<b>DAY 17</b>	<b>DAY 18</b>	<b>DAY 19</b>	<b>DAY 20</b>	<b>DAY 21</b>
<b>DAY 22</b>	<b>DAY 23</b>	<b>DAY 24</b>	<b>DAY 25</b>	<b>DAY 26</b>	<b>DAY 27</b>	<b>DAY 28</b>
<b>DAY 29</b>	<b>DAY 30</b>	<b>DAY 31</b>				

**HOW DID IT GO? WHAT HAVE YOU LEARNED?**

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