

# Habits

Month: \_\_\_\_\_

Habit: \_\_\_\_\_

(I will <behavior> at  
<time> at <where>  
after/while <already  
established habit>.)

Start Date: \_\_\_\_\_

Tracker:

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

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Notes/  
Adjustments:

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