	Habit	Sta	art / /		Habit	Sta	nrt / /	
Wh	Why?			Why?				
What I N	Vhat I Need to Do Challenges			What I Need to Do		Challenges	Challenges	
		Solutions				Solutions		
Tracker S M T W T F S Week 1 Week 2 Week 3 Week 4					Tracker M T W T F			
Reviews Week 1	What Worked?	What Didn't	Changes to Make	Reviews Week 1	What Worked?	What Didn't	Changes to Make	
Week 2				Week 2				
Week 3				Week 3				
Week 4		4 1 10		Week 4				
		Scattered Squirred FP				Scattered Squirrel FD		