

Habit \_\_\_\_\_ Start / /

Why?

### What I Need to Do

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### Challenges

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### Solutions

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### Tracker

	S	M	T	W	T	F	S
Week 1							
Week 2							
Week 3							
Week 4							

### Reviews

#### What Worked?

#### What Didn't

#### Changes to Make

Week 1

Week 2

Week 3

Week 4