

Habit _____ Start / /

Why?

What I Need to Do

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Challenges

Solutions

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			

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