

30 DAYS
to form a new
HABIT

#1 Determine a
DAILY TASK
(WRITE IT IN THE SPACE ABOVE)

#2 Start a
STREAK
by crossing a
BIG "X"
OVER EACH DAY
YOU ACCOMPLISH
YOUR DAILY TASK

#3 AFTER 30 DAYS
CELEBRATE
your success!

Day #1	2	3	4	5
6	7	8	9	10
11	12	13	14	15 (HALF-WAY THERE!)
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30 days!