

HABIT TRACKER

GOALS

Blank area for writing goals.

ACTIONS

	M	T	W	T	F	S	S
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHAT WORKED

Blank area for writing what worked.

TO IMPROVE ON

Blank area for writing what to improve on.