

My New Habit

Habit:

Why do I want to build this habit?

What challenges might I face while building this habit?

How can I deal with the challenges?

D	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12	Wk 13	Wk 14
M														
T														
W														
T														
F														
S														
S														

Reward: