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Research shows that habits can begin to take shape in as little as 28 days. Use this habit tracker to build a new routine that becomes a lasting lifestyle.

Week 1	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 2	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 3	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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				000			
Week 4	Sun	O O Mon		O O O O O O O O O O O O O O O O O O O	O O Thu	O O Fri	O O Sat
							Sat
Week 4							Sat
Week 4							