

Habit Tracker

*We are what we repeatedly do. EXCELLENCE, then, is not an act, but a **HABIT** ~Aristotle*

*You can create a new habit in 90 days!
Choose ONE and commit to it
for the next 90 days!*

My Goal for the next 90 days is: _____
I want to make this change because _____
I am willing to give up _____ to reach my goal.

First 30 Days

Dates: _____

I Did It!!!

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Next 30 Days

Dates: _____

I Did It!!!

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Next 30 Days

Dates: _____

I Did It!!!

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