

GOOD HABITS!

Habit: _____ Start Date: _____

Goal Date: _____ Goal Achieved: _____

Mark off a number for each day you accomplish your goal. If you miss a day, start over. When you have successfully completed 21 days in a row your goal will have become a good habit.

TRIAL #1:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

TRIAL #4:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

TRIAL #2:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

TRIAL #5:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

TRIAL #3:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

TRIAL #6:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21