



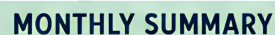
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**YEAR:**

\_\_\_\_\_

➤ SMALL HABITS, BIG CHANGES. ➤

## NOTES



10

**TOTAL GOAL DAYS**

10

| TOTAL COMPLETED DAYS |     |
|----------------------|-----|
| 1                    | 1   |
| 2                    | 2   |
| 3                    | 3   |
| 4                    | 4   |
| 5                    | 5   |
| 6                    | 6   |
| 7                    | 7   |
| 8                    | 8   |
| 9                    | 9   |
| 10                   | 10  |
| 11                   | 11  |
| 12                   | 12  |
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| 14                   | 14  |
| 15                   | 15  |
| 16                   | 16  |
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| 19                   | 19  |
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| 21                   | 21  |
| 22                   | 22  |
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| 28                   | 28  |
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| 91                   | 91  |
| 92                   | 92  |
| 93                   | 93  |
| 94                   | 94  |
| 95                   | 95  |
| 96                   | 96  |
| 97                   | 97  |
| 98                   | 98  |
| 99                   | 99  |
| 100                  | 100 |

7

### AVERAGE SUCCESS RATE

[illegible]

## REWARD



My Reward for  
a Great Month!



FOCUS ♥ CONSISTENCY ♥ PROGRESS

