Daily Habit  
  
Goal: Wake up at 8 AM everyday

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| Day: | Result: |
| Monday | Coffee maker woke me up at 8, ignored it and slept in to 8:30 |
| Tuesday | Woke up at 8 with coffee |
| Wednesday | Woke up at 8 with coffee |
| Thursday | Slept in until 9 |
| Friday | Woke up at 8 with coffee |
| Saturday | Woke up at 8 without coffee |
| Sunday | Slept in until 10 |

Conclusion: Coffee is too good