



Labels



Social

3 habits



Food & drink

1 habit



Emotions

1 habit





Text my ex

Social



Consume sugary drinks

Food & drink



Have unprotected se



Lie

Social



Rage over criticism

Social



Feel sorry for myself

Emotions

Done



Eat candy

Food & drink



Today



Log



D

W

M

Y



4 June 2020



67% Avoided

Avoided 2 habits.

Avoided



Text my ex

Social



Consume sugary drinks

Food & drink

Done



Eat candy

Food & drink



Today



Log



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1-7 June 2020

>



60% Avoided

Avoided 20 habits 60 times.

- Most avoided
- Least avoided
- Text my ex
- Rage over criticism



Today



Log



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June 2020

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60% Avoided

Avoided 20 habits 60 times.

Most avoided	Text my ex
Least avoided	Rage over criticism



Today



Log



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60% Avoided

Avoided 20 habits 60 times.

Most avoided	Text my ex
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Today



Log

