

**Goal Creation Notification** Inbox X[Print all](#)

ClearWorth and HabitForge to me

[show details](#) 4:49 PM (0 minutes ago)[Reply](#)*new goal creation*

Hi hftesting1.

Thanks for adding a new goal in ClearWorth's My Learning Habit hosted by HabitForge!

Starting on Wed, May 26, 2010 through Wed, Jun 16, 2010, a "Checkpoint Email" will be sent to you daily to ask how things went the day before.

The email will ask you: *"Were you successful yesterday at jogging?"*.

Simply click "yes" or "no", and your answer will be recorded. You'll then be taken to a web page where you can view your stats.

Best of luck with your goal!

**ClearWorth**

**My Learning Habit, hosted by [HabitForge](#)**

<http://mylearninghabit.com>

Questions? Email [support@habitforge.com](mailto:support@habitforge.com)

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