

10 Daily Habits

Write your 10 daily habits in the space provided. Each day shade the box for that day and that habit to track your progress. The objective is to fill in all the boxes for the month. Choose how many days per week you will practice these habits – 5 or 7.

For the Month of:

Habit	1	2	3	4	5	6	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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10.																														