### HABITS OR DIE

# This Is Thirty - August 2017

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Date	Workout	Blog	Pre-natal Vitamins	Clean Other things	Study- Coding	Commit- Ship Code	Cook New Stuff	Read from Fiverr	Apply to a Job	Complete AEA CEC
1					✓	$\checkmark$				
2					$\checkmark$		$\checkmark$			
3		<b>✓</b>			<b>✓</b>					
4										
5	<b>✓</b>									
6			<b>✓</b>							
7	✓		<b>✓</b>		$\checkmark$					
8	<b>✓</b>		<b>✓</b>	$\checkmark$	$\checkmark$		$\checkmark$	$\checkmark$		
9				$\checkmark$	<b>✓</b>			$\checkmark$		
10			<b>✓</b>		$\checkmark$	$\checkmark$				
11	<b>✓</b>		<b>✓</b>		$\checkmark$			$\checkmark$		
12			<b>✓</b>		$\checkmark$			$\checkmark$		
13			<b>✓</b>			$\checkmark$		$\checkmark$		
14		$\checkmark$			$\checkmark$	$\checkmark$		$\checkmark$		
15			<b>✓</b>		<b>✓</b>			<b>✓</b>		
16			<b>✓</b>		$\checkmark$			$\checkmark$		
17	<b>✓</b>		<b>✓</b>		<b>✓</b>	<b>✓</b>				
18			<b>✓</b>		$\checkmark$			$\checkmark$		
19			<b>✓</b>		$\checkmark$			$\checkmark$		
20					$\checkmark$			$\checkmark$		
21			<b>✓</b>	$\checkmark$	$\checkmark$		$\checkmark$	$\checkmark$		
22	<b>✓</b>		<b>✓</b>	$\checkmark$	$\checkmark$	$\checkmark$				
23	<b>✓</b>		<b>✓</b>		<b>✓</b>	<b>✓</b>				
24			$\checkmark$						$\checkmark$	
25			<b>✓</b>		✓	<b>✓</b>				
26	<b>✓</b>							$\checkmark$		
27			<b>✓</b>		<b>✓</b>					
28			$\checkmark$		$\checkmark$					
29										
31										
Total	8	2	19	4	22	8	3	13	1	0

### HABITS OR DIE

## This Is Thirty - August 2017

Date	Vitamin -C AM	Retin - A 0.1% PM	Azelaic Acid - PM	BHA - PM	AHA - PM			
1								
2								
3								
4								
5								
6								
7		$\checkmark$						
8	✓			$\checkmark$	<b>✓</b>			
9	✓		<b>✓</b>					
10	✓			$\checkmark$	$\checkmark$			
11	✓	<b>✓</b>						
12	✓			$\checkmark$	$\checkmark$			
13	✓		<b>✓</b>					
14	✓			$\checkmark$				
15	✓	<b>✓</b>						
16	✓			$\checkmark$	$\checkmark$			
17	✓							
18	✓							
19		<b>✓</b>		<b>✓</b>	✓			
20								
21	✓		<b>✓</b>	$\checkmark$				
22	✓	$\checkmark$						
23	✓			<b>✓</b>				
24	✓		<b>✓</b>	<b>✓</b>				
25	✓			<b>✓</b>				
26	✓							
27				<b>✓</b>				
28	✓	$\checkmark$						
29								
31								
Total	18	6	4	11	5	0	0	0

#### HABITS OR DIE

# This Is Thirty - September 2017

Date	Workout	Blog	Pre-natal Vitamins	Clean Other things	Study- Coding	Commit- Ship Code	Cook New Stuff	Read at least 60 pages
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								
21								
22								
23								
24								
25								
26								
27								
28								
29								
31								
Total	0	0	0	0	0	0	0	0