

The "21/90 rule" suggests that it takes 21 days to make a habit and 90 days to make it a permanent lifestyle change.

Motivation:

Habit(s):

Frequency:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Lessons learned & motivation after first month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Lessons learned & motivation after third month:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.