	ıle" suggests t estyle change		21 days to mak	e a habit and	90 days to ma	ake it a
Motivation:						
Habit:						
Frequency:						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lessons lea	rned & motiv	ation after fi	rst month:			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Lessons learned & motivation after third month:							