

MY HEALTHY HABITS

MONTH OF _____

HABIT: _____

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	30	31		

GOAL: _____

RESULTS: _____

HABIT: _____

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	30	31		

GOAL: _____

RESULTS: _____

HABIT: _____

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
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GOAL: _____

RESULTS: _____

HABIT: _____

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GOAL: _____

RESULTS: _____

HABIT: _____

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GOAL: _____

RESULTS: _____