21-day challenge

Start date _____

My habit _____

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

Notes

_____

_____

_____

☑ Done ☑ Did my minimum ☐ Missed

Get reminders for these habits on your phone

Free Habi app for iPhone: www.habi.app