30-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	22	23	24
25	26	27	28	29	30

Notes

☑ Done ☑ Did my minimum ☐ Missed

Get reminders for these habits on your phone

Free Habi app for iPhone: www.habi.app

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