

# Track Your Healthy Habit



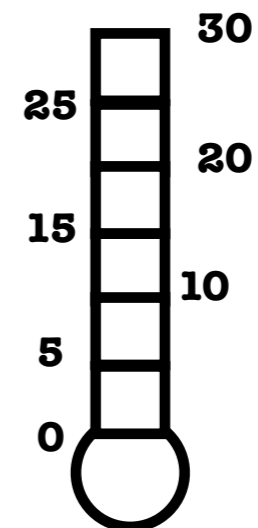
**My New Healthy Habit Is:**

**Start Date:**

<input type="checkbox"/>	<b>Every Day</b>	<input type="checkbox"/>	<b>Mon</b>	<input type="checkbox"/>	<b>Tue</b>	<input type="checkbox"/>	<b>Wed</b>	<input type="checkbox"/>	<b>Thu</b>	<input type="checkbox"/>	<b>Fri</b>	<input type="checkbox"/>	<b>Sat</b>	<input type="checkbox"/>	<b>Sun</b>
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1	2	3	4	5
6	7	7	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

**Progress Tracker**



**My Reward Will Be**

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**When I struggle I will**

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