

28 Day

HABIT TRACKER

*Keeping track
of your habits
is easy.*



Your goal: Print this and fill in all the white boxes!

Each day you complete the challenge item, check off or color the white box to keep track!

We're not looking for absolute perfection, but in order to achieve maximum results, aim for 90% completion through the challenge.

That means you need at least 88 check marks.

Good luck!

Day	Gratitude / Action	Reading / Listening	Liquid Zero	Greens	No White
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