

Habit Tracker

Month _____

Habit

The image consists of a grid of 20 rows and 30 columns of dots. The first 15 rows are solid gray. The next 5 rows have a gray dot in the 30th column. The last row is white.

James clear's Golden rule

"Never miss twice. If you miss one day, try to get back on track as quickly as possible"

The Saucy Soul Coaching Studio