

HABIT:

Week 1	1	2	3	4	5	6	7
Week 2	1	2	3	4	5	6	7
Week 3	1	2	3	4	5	6	7
Week 4	1	2	3	4	5	6	7
Week 5	1	2	3	4	5	6	7
Week 6	1	2	3	4	5	6	7
Week 7	1	2	3	4	5	6	7
Week 8	1	2	3	4	5	6	7
Week 9	1	2	3	4	5	6	7
Week 10	1	2	3	4	5	6	7
Week 11	1	2	3	4	5	6	7
Week 12	1	2	3	4	5	6	7
Week 13	1	2	3	4	5	6	7
Week 14	1	2	3	4	5	6	7
Week 15	1	2	3	4	5	6	7
Week 16	1	2	3	4	5	6	7
Week 17	1	2	3	4	5	6	7
Week 18	1	2	3	4	5	6	7
Week 19	1	2	3	4	5	6	7
Week 20	1	2	3	4	5	6	7
Week 21	1	2	3	4	5	6	7
Week 22	1	2	3	4	5	6	7
Week 23	1	2	3	4	5	6	7
Week 24	1	2	3	4	5	6	7
Week 25	1	2	3	4	5	6	7
Week 26	1	2	3	4	5	6	7

Week 27	1	2	3	4	5	6	7
Week 28	1	2	3	4	5	6	7
Week 29	1	2	3	4	5	6	7
Week 30	1	2	3	4	5	6	7
Week 31	1	2	3	4	5	6	7
Week 32	1	2	3	4	5	6	7
Week 33	1	2	3	4	5	6	7
Week 34	1	2	3	4	5	6	7
Week 35	1	2	3	4	5	6	7
Week 36	1	2	3	4	5	6	7
Week 37	1	2	3	4	5	6	7
Week 38	1	2	3	4	5	6	7
Week 39	1	2	3	4	5	6	7
Week 40	1	2	3	4	5	6	7
Week 41	1	2	3	4	5	6	7
Week 42	1	2	3	4	5	6	7
Week 43	1	2	3	4	5	6	7
Week 44	1	2	3	4	5	6	7
Week 45	1	2	3	4	5	6	7
Week 46	1	2	3	4	5	6	7
Week 47	1	2	3	4	5	6	7
Week 48	1	2	3	4	5	6	7
Week 49	1	2	3	4	5	6	7
Week 50	1	2	3	4	5	6	7
Week 51	1	2	3	4	5	6	7
Week 52	1	2	3	4	5	6	7