GOALS & HA	BIT		R	AC	KE	R
New habit:	Cross	off eacl	h day yo	ou stick	to your	habit:
	01	02	03	04	05	06
What I learned:	07	08	09	10	11	12
	13	14	15	16	17	18
	19	20	21	22	23	24
	25	26	27	28	29	30
My motivation:		· ·	Rate	my effo	rts:	i
Goals' action plan:	Due date:			Completed:		
0		/ /				
0	/ /					
0	/ /					
0		/ /				
0	/ /					
0	<u> </u>	/ /				
Review:	Note:					
Trecently set some new goals focused on enhancing my fitness						

Start Date: / / End Date: / / Duration: / /