

Monthly Habit Log

MONTH _____

HABIT DESCRIPTION

STATE YOUR "WHY"

HOW TO STAY COMMITTED

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
29	30	31	

*today is your opportunity to
build the tomorrow you want.*



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Ameera & Robin