

66

DAY HABIT TRACKER

DID YOU KNOW? It takes between 18 and 254 days for a new behaviour to become automatic. The average is 66 days!

The habit I'm going to change is...

Let's get started. I know you can do it!

<input type="checkbox"/>	Day 1	<input type="checkbox"/>	Day 18	<input type="checkbox"/>	Day 34	<input type="checkbox"/>	Day 50
<input type="checkbox"/>	Day 2	<input type="checkbox"/>	Day 19	<input type="checkbox"/>	Day 35	<input type="checkbox"/>	Day 51
<input type="checkbox"/>	Day 3	<input type="checkbox"/>	Day 20	<input type="checkbox"/>	Day 36	<input type="checkbox"/>	Day 52
<input type="checkbox"/>	Day 4	<input type="checkbox"/>	Day 21	<input type="checkbox"/>	Day 37	<input type="checkbox"/>	Day 53
<input type="checkbox"/>	Day 5	<input type="checkbox"/>	Day 22	<input type="checkbox"/>	Day 38	<input type="checkbox"/>	Day 54
<input type="checkbox"/>	Day 6	Congrats! You're a third of the way there!		<input type="checkbox"/>	Day 39	<input type="checkbox"/>	Day 55
<input type="checkbox"/>	Day 7	<input type="checkbox"/>	Day 23	<input type="checkbox"/>	Day 40	<input type="checkbox"/>	Day 56
<input type="checkbox"/>	Day 8	<input type="checkbox"/>	Day 24	<input type="checkbox"/>	Day 41	<input type="checkbox"/>	Day 57
<input type="checkbox"/>	Day 9	<input type="checkbox"/>	Day 25	<input type="checkbox"/>	Day 42	<input type="checkbox"/>	Day 58
<input type="checkbox"/>	Day 10	<input type="checkbox"/>	Day 26	<input type="checkbox"/>	Day 43	<input type="checkbox"/>	Day 59
<input type="checkbox"/>	Day 11	<input type="checkbox"/>	Day 27	<input type="checkbox"/>	Day 44	<input type="checkbox"/>	Day 60
<input type="checkbox"/>	Day 12	<input type="checkbox"/>	Day 28	Two thirds done! You've got this!		<input type="checkbox"/>	Day 61
<input type="checkbox"/>	Day 13	<input type="checkbox"/>	Day 29	<input type="checkbox"/>	Day 45	<input type="checkbox"/>	Day 62
<input type="checkbox"/>	Day 14	<input type="checkbox"/>	Day 30	<input type="checkbox"/>	Day 46	<input type="checkbox"/>	Day 63
<input type="checkbox"/>	Day 15	<input type="checkbox"/>	Day 31	<input type="checkbox"/>	Day 47	<input type="checkbox"/>	Day 64
<input type="checkbox"/>	Day 16	<input type="checkbox"/>	Day 32	<input type="checkbox"/>	Day 48	<input type="checkbox"/>	Day 65
<input type="checkbox"/>	Day 17	<input type="checkbox"/>	Day 33	<input type="checkbox"/>	Day 49	<input type="checkbox"/>	Day 66

I KNEW YOU COULD DO IT!