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WEEKLY HABIT TRACKER



Habits take two months to establish. Print out our weekly habit tracker to write down and check in on your habits everyday to ensure you're on the right track.

Habits:	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	0	\circ	0	0	0	0	0
	0	\bigcirc	\bigcirc	\bigcirc	\circ	\bigcirc	\bigcirc
	0	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
	0	\circ	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
	0	\circ	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
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