

HOW TO USE THE CALENDAR

1. Print it out!

3. Put a checkmark for each day you complete each habit. Color code your checkmarks if you are pursuing more than one habit.

28 DAY CHALLENGE

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

WAYS TO GET POINTS

PICK NO MORE THAN 3
1 POINT FOR EACH

- 1.
- 2.
- 3.

GOAL = 80% OR MORE

2. Pick no more than 3 habits to work on at a time and write them down here.

TALLY 'EM UP

WEEK 1 = _____

WEEK 2 = _____

WEEK 3 = _____

WEEK 4 = _____

 / **POINTS**
EARNED AVAILABLE

4. Add them up! Shoot for 80% adherence.

1 habit = 28 points available
2 habits = 56 points available
3 habits = 84 points available

28 DAY CHALLENGE

[illegible]

WAYS TO GET POINTS

**PICK NO MORE THAN 3
1 POINT FOR EACH**

1. 2. 3.

GOAL = 80% OR MORE

TALLY 'EM UP

WEEK 1 =

WEEK 2 = _____

WEEK 3 = _____

WEEK 4 =

EARNED / AVAILABLE POINTS