

**30** days  
to build **Good Habits**

# Practice Sheet

1. print to make visible 2. mark activities daily  
3. celebrate at day 15 and day 30

Habit to \_\_\_\_\_  
**Build** \_\_\_\_\_

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>
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<b>Day 7</b>	<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>	<b>Day 11</b>	<b>Day 12</b>
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<b>Day 13</b>	<b>Day 14</b>	<b>Day 15</b>	<b>Day 16</b>	<b>Day 17</b>	<b>Day 18</b>
		Reward _____			

<b>Day 19</b>	<b>Day 20</b>	<b>Day 21</b>	<b>Day 22</b>	<b>Day 23</b>	<b>Day 24</b>
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<b>Day 25</b>	<b>Day 26</b>	<b>Day 27</b>	<b>Day 28</b>	<b>Day 29</b>	<b>Day 30</b>
					Reward _____