Habit Spark

Status	Habit	Week of	Week of	Week of	Week of
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Notes

Instructions

Start with 3 habits

Miss 3 times in 7 days -> drop the habit

21 days in a row -> add a new habit

Progress Tracking

1+ Kept (number of days in a row)

X Missed

• Pass

Ending Status

☺ Successful

😐 Voluntarily stopped

☹ Unsuccessful

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