



DAILY HABIT DAY	1	2	3	4	5	6	7	8	
💥 Workout/Movement 1 Hour									
💞 Follow Meal Plan									
Drink Water 1/2 Body Weight In Ounces									
X Refuse 1 Personal Vice									
Completed 1 Healthy Habit									
POINTS									
DAILY HABIT DAY	9	10	11	12	13	14	15	16	
💥 Workout/Movement 1 Hour									
🧯 Follow Meal Plan									
Drink Water 1/2 Body Weight In Ounces									
X Refuse 1 Personal Vice									
Completed 1 Healthy Habit									
POINTS									
DAILY HABIT DAY	17	18	19	20	21	22	23	24	
	17	18	19	20	21	22	23	24	
DAILY HABIT DAY	17	18	19	20	21	22	23	24	
DAILY HABIT DAY	17	18	19	20	21	22	23	24	
DAILY HABIT DAY Y Workout/Movement 1 Hour Follow Meal Plan	17			20	21	22	23	24	
DAILY HABIT DAY Y Workout/Movement 1 Hour Follow Meal Plan Orink Water 1/2 Body Weight In Ounces				20	21			24	POINTS
DAILY HABITDAYY Workout/Movement 1 HourFollow Meal PlanDrink Water 1/2 Body Weight In OuncesRefuse 1 Personal Vice				20	21			24	POINTS
DAILY HABITDAY> Workout/Movement 1 Hour> Follow Meal Plan> Drink Water 1/2 Body Weight In Ounces> Refuse 1 Personal Vice> Completed 1 Healthy Habit	17 □ □ □ 25	18	19 □ □ □ 27	20 □ □ □ 28	21 □ □ □ 29	22 22 22 2 2 2 2 2 2 2	23 □ □ □ □ □ 1 31	24	POINTS
DAILY HABIT DAY Workout/Movement 1 Hour Follow Meal Plan Drink Water 1/2 Body Weight In Ounces Refuse 1 Personal Vice Completed 1 Healthy Habit POINTS								24	POINTS
DAILY HABIT DAY Workout/Movement 1 Hour Follow Meal Plan Drink Water 1/2 Body Weight In Ounces Refuse 1 Personal Vice Completed 1 Healthy Habit POINTS DAILY HABIT DAY									POINTS
DAILY HABIT DAY Y Workout/Movement I Hour Follow Meal Plan Image: Completed Plan Drink Water 1/2 Body Weight In Ounces Kefuse 1 Personal Vice Completed 1 Healthy Habit POINTS POINTS DAILY HABIT DAY Y Workout/Movement I Hour									POINTS
DAILY HABITDAYSolutionDaySolutionDayFollow Meal PlanIn ouncesDrink Water 1/2 Body Weight In ouncesRefuse 1 Personal ViceCompleted 1 Healthy Habit POINTSDAILY HABITDAYWorkout/Movement 1 Hour Follow Meal Plan								24	
DAILY HABIT DAY Workout/Movement 1 Hour Follow Meal Plan Drink Water 1/2 Body Weight In Ounces Refuse 1 Personal Vice Completed 1 Healthy Habit POINTS DAILY HABIT DAY Workout/Movement 1 Hour Follow Meal Plan Drink Water 1/2 Body Weight In Ounces									POINTS





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DAILY HABIT DAY	1	2	3	4	5	6	7	8	JANUARY TOTAL
💥 Workout/Movement 1 Hour									
켜 Follow Meal Plan									
Drink Water 1/2 Body Weight In Ounces									
X Refuse 1 Personal Vice									
Completed 1 Healthy Habit									POINTS
POINTS									
DAILY HABIT DAY	9	10	11	12	13	14	15	16	
💥 Workout/Movement 1 Hour									
켜 Follow Meal Plan									
Drink Water 1/2 Body Weight In Ounces									
X Refuse 1 Personal Vice									
Completed 1 Healthy Habit									POINTS
POINTS									
DAILY HABIT DAY	17	18	19	20	21	22	23	24	
DAILY HABIT DAY	17	18	19	20	21	22	23	24	
	17	18	19	20	21	22	23	24	
₩ Workout/Movement 1 Hour	17	18	19	20	21	22	23	24	
[™] Workout∕Movement 1 Hour ≫ Follow Meal Plan	17			20	21	22	23	24	
 Workout/Movement 1 Hour Follow Meal Plan Drink Water 1/2 Body Weight In Ounces Refuse 1 Personal Vice Completed 1 Healthy Habit 				20	21	22	23	24	POINTS
 Workout/Movement 1 Hour Follow Meal Plan Drink Water 1/2 Body Weight In Ounces Refuse 1 Personal Vice 				20	21	22	23	24	POINTS
 Workout/Movement 1 Hour Follow Meal Plan Drink Water 1/2 Body Weight In Ounces Refuse 1 Personal Vice Completed 1 Healthy Habit 	17 □ □ □ 25	18 	19 □ □ □ □ 27	20 	21			24	POINTS
 Workout/Movement 1 Hour Follow Meal Plan Drink Water 1/2 Body Weight In Ounces Refuse 1 Personal Vice Completed 1 Healthy Habit POINTS 								24	POINTS
 Workout/Movement 1 Hour Follow Meal Plan Drink Water 1/2 Body Weight In Ounces Refuse 1 Personal Vice Completed 1 Healthy Habit POINTS DAILY HABIT 							23	24	POINTS
 Workout/Movement 1 Hour Follow Meal Plan Drink Water 1/2 Body Weight In Ounces Refuse 1 Personal Vice Completed 1 Healthy Habit POINTS DAILY HABIT DAY Workout/Movement 1 Hour 							23	24	POINTS
 Workout/Movement 1 Hour Follow Meal Plan Drink Water 1/2 Body Weight In Ounces Refuse 1 Personal Vice Completed 1 Healthy Habit POINTS DAILY HABIT DAY Workout/Movement 1 Hour Follow Meal Plan 								24	GRAND
 Workout/Movement 1 Hour Follow Meal Plan Drink Water 1/2 Body Weight In Ounces Refuse 1 Personal Vice Completed 1 Healthy Habit POINTS DAILY HABIT DAY Workout/Movement 1 Hour Follow Meal Plan Drink Water 1/2 Body Weight In Ounces 								24	