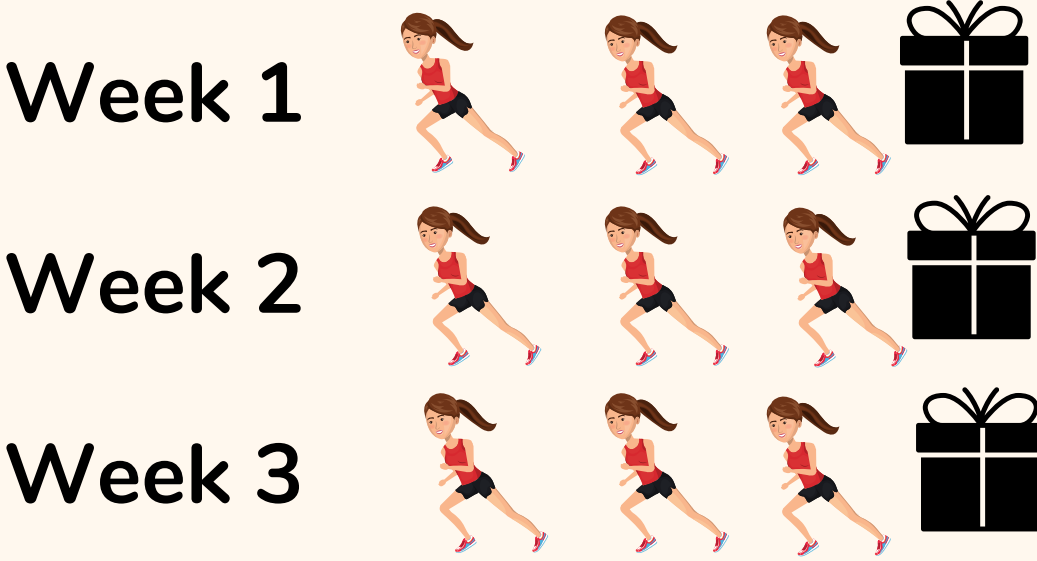


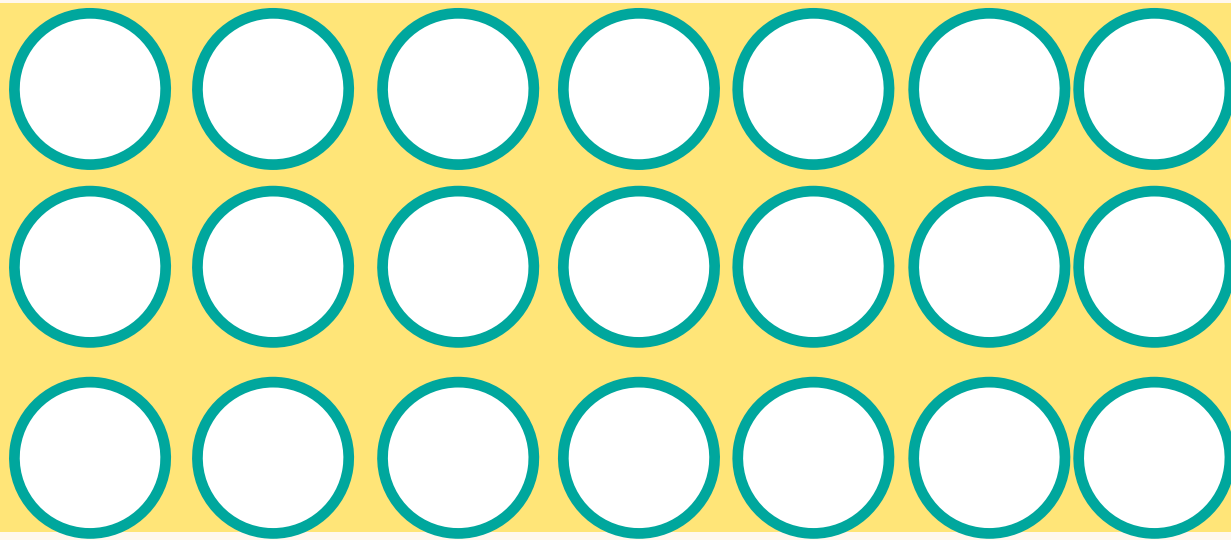
21 Day Habit Tracker



No Alcohol for 21 Days Detox
Cross Off Successful Days



Exercise 3 days a week for 3 weeks/21 Days



Drink 8 Glasses of Water Per Day
Write how many glasses you drink in the circle

- 8
- 7
- 6
- 5

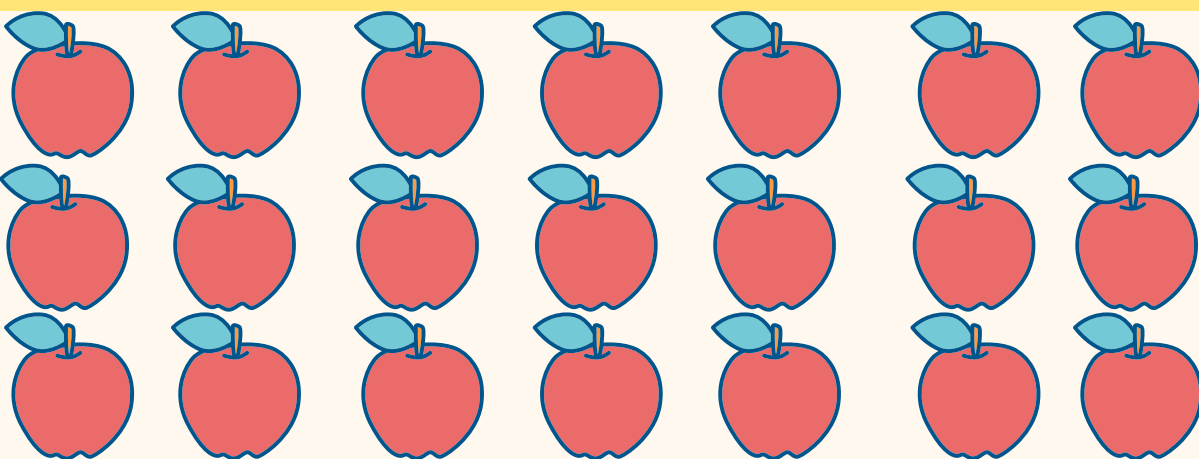
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21



Graph out your sleep pattern by day



No Spending for 21 Days
Dont buy stuff you dont need!



Follow the Diet/Plan for 21 Days