

MY *pro* PLAN

My Habit Tracker

Habit I want to build: _____

Conditions for success:

- _____
- _____
- _____
- _____
- _____
- _____

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” ~ Aristotle