



HOW TO PLAY

1. If you have met your target, put sticker. If you haven't, put sticker.
2. If you have habits that do not need to be done every day, put sticker when you skip it.
3. If you have the right reason to skip or if you plan to skip put sticker.
4. Put sticker in the last column if the row doesn't have sticker

CLICK HERE
 TO GET STICKERS



If you end up with too many stickers or if you forget to fill it in for a few days, forgive yourself and start over again.



	HABIT 1. Cardio	HABIT 2. Read a book	HABIT 3. Eat before 8pm	HABIT 4. 3-hour study	HABIT 5. Study Literature	HABIT 6. Alcohol	HABIT 7. Food delievery	FOCUS TODAY
MINIMUM TARGET	30 mins	30 mins	Everyday	Monday - Friday	1 hour	2 glasses	2 times a week	☆☆☆
1st								☆☆☆
2nd								☆☆☆
3rd								☆☆☆
4th								☆☆☆



CONTINUES..



29th								☆☆☆
30th								☆☆☆
31st								☆☆☆
January								