



HABIT NUKE

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

MARK OFF EACH DAY AFTER COMPLETION.

3 NEW HABITS

1.

2.

3.

YOUR WHY

[READ MORE ABOUT HABITS HERE](#)

HABIT AUDIT

TIME	ACTIVITY	√	TIME	ACTIVITY	√
6:00			2:00		
6:15			2:15		
6:30			2:30		
6:45			2:45		
7:00			3:00		
7:15			3:15		
7:30			3:30		
7:45			3:45		
8:00			4:00		
8:15			4:15		
8:30			4:30		
8:45			4:45		
9:00			5:00		
9:15			5:15		
9:30			5:30		
9:45			5:45		
10:00			6:00		
10:15			6:15		
10:30			6:30		
10:45			6:45		
11:00			7:00		
11:15			7:15		
11:30			7:30		
11:45			7:45		
12:00			8:00		
12:15			8:15		
12:30			8:30		
12:45			8:45		
1:00			9:00		
1:15			9:15		
1:30			9:30		
1:45			9:45		