

At Glade Hill we are **AMBITIOUS**
Can you make or break a habit in 28 days?

Name

The habit I am going to make or break is.....

Colour or tick each day that you make or break your habit successfully

How many days was your longest streak?
..... days

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28

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