JANUARY

CONSISTENCY COMPOUNDS
SMALL HABITS EVERY DAY WILL BRING BIG CHANGE

SUN	MON	TUE	WED	THU	FRI	SAT
					☐ water **1** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **2** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower
☐ water **3** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **4** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **5** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **6** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **7** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **8** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **9** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower
☐ water **10** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **11** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **12** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **13** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **14** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **15** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **16** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower
☐ water **17** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **18** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **19** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **20** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **21** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **22** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **23** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower
☐ water **24** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **25** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **26** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **27** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **28** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **29** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower	☐ water **30** ☐ read 10 pages ☐ move 30 min ☐ 1 min cold shower

☐ **31**
☐
☐
☐

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