

# I Quit/I Add/I Replace

Name: \_\_\_\_\_ Goal: \_\_\_\_\_

Get a point for every day you feel you accomplished your goal.  
Get another point for every day you journal (easy or hard and why?).

<b>Week: 1</b>  Make Notes from day to day. Was it easy or hard and why??	Day 1 Accomplished goal?  Was it easy or hard and why?	Day 2 Accomplished goal?  Was it easy or hard and why?	Day 3 Accomplished goal?  Was it easy or hard and why?	Day 4 Accomplished goal?  Was it easy or hard and why?	Day 5 Accomplished goal?  Was it easy or hard and why?	Day 6 Accomplished goal?  Was it easy or hard and why?	Day 7 Accomplished goal?  Was it easy or hard and why?	<b>Total Points=</b>
<b>Week: 2</b>	Day 1 Accomplished goal?  Was it easy or hard and why?	Day 2 Accomplished goal?  Was it easy or hard and why?	Day 3 Accomplished goal?  Was it easy or hard and why?	Day 4 Accomplished goal?  Was it easy or hard and why?	Day 5 Accomplished goal?  Was it easy or hard and why?	Day 6 Accomplished goal?  Was it easy or hard and why?	Day 7 Accomplished goal?  Was it easy or hard and why?	<b>Total Points=</b>
<b>Week: 3</b>	Day 1 Accomplished goal?  Was it easy or hard and why?	Day 2 Accomplished goal?  Was it easy or hard and why?	Day 3 Accomplished goal?  Was it easy or hard and why?	Day 4 Accomplished goal?  Was it easy or hard and why?	Day 5 Accomplished goal?  Was it easy or hard and why?	Day 6 Accomplished goal?  Was it easy or hard and why?	Day 7 Accomplished goal?  Was it easy or hard and why?	<b>Total Points=</b>



## It Takes 3 Weeks To Create A Habit

They say it takes 3 weeks to establish a habit. Take this opportunity to create a healthy habit for yourself! What if you changed one small thing at a time imagine how it would add up to create Big Big Change!!!