

66 DAYS

start date : _____ / _____ / 2022

to a healthy new habit

GOAL: _____

Research shows that it takes at least 66 days to create and establish a new habit. If you've resolved to start a healthy new habit, this sheet will help you stay on track with it,

Each day, write one word about how you did with your goal, how you felt about it, or even just a smiley or frowny face. It will help you keep your mind on your goal until you lock it in. You've got this!!!

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06	DAY 07
DAY 08	DAY 09	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
DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	You're halfway to locking in your healthy new habit!!!	

What's been your biggest challenge so far? _____

What are you most proud of so far? _____

DAY 34	DAY 35	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40
DAY 41	DAY 42	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47
DAY 48	DAY 49	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54
DAY 55	DAY 56	DAY 57	DAY 58	DAY 59	DAY 60	DAY 61
DAY 62	DAY 63	DAY 64	DAY 65	DAY 66	Congratulations! You did it!!!	

How do you feel? _____