BEING ON WHEELS

BEING ON WHEELS TRUSTY HABIT TRACKER™

START DATE .....

HABIT TO TRACK

PROMISE TO SELF

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		

Why 33 days?
That's a bit of a weird number!
Studies have shown that it takes an average of 66 days to form a habit, so if you successfully complete this chart twice you should be well on your way to having an automatic habit. Go you!