|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| MIDDAH: | | | | | | | |
| NEW HABIT: | | | | | | | |
| DESCRIBE WHO YOU ARE AND HOW YOU FEEL AFTER YOU MASTER THIS HABIT: | | | | | | | |
| REWARDS: | | | | | | | |
| DAY 1 |  | DAY 18 |  | DAY 35 |  | DAY 52 |  |
| DAY 2 |  | DAY 19 |  | DAY 36 |  | DAY 53 |  |
| DAY 3 |  | DAY 20 |  | DAY 37 |  | DAY 54 |  |
| DAY 4 |  | DAY 21 |  | DAY 38 |  | DAY 55 |  |
| DAY 5 |  | DAY 22 |  | DAY 49 |  | DAY 56 |  |
| DAY 6 |  | DAY 23 |  | DAY 40 |  | DAY 57 |  |
| DAY 7 |  | DAY 24 |  | DAY 41 |  | DAY 58 |  |
| DAY 8 |  | DAY 25 |  | DAY 42 |  | DAY 59 |  |
| DAY 9 |  | DAY 26 |  | DAY 43 |  | DAY 60 |  |
| DAY 10 |  | DAY 27 |  | DAY 44 |  | DAY 61 |  |
| DAY 11 |  | DAY 28 |  | DAY 45 |  | DAY 62 |  |
| DAY 12 |  | DAY 29 |  | DAY 46 |  | DAY 63 |  |
| DAY 13 |  | DAY 30 |  | DAY 47 |  | DAY 64 |  |
| DAY 14 |  | DAY 31 |  | DAY 48 |  | DAY 65 |  |
| DAY 15 |  | DAY 32 |  | DAY 49 |  | DAY 66 |  |
| DAY 16 |  | DAY 33 |  | DAY 50 |  | CELEBRATION DAY!!! | C:\Users\Shlomo\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\SED6YZZT\2293239853_ddd6bc4ef4_z[1].jpg |
| DAY 17 |  | DAY 34 |  | DAY 51 |  |