

Weekly Habit Planner

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Habit I am planning: _____

My cue (when/where this happens):

My tiny first version (two minutes or less):

Mark an X for each day this week you did it:

☐ Mon

☐ Tue

☐ Wed

☐ Thu

☐ Fri

☐ Sat

☐ Sun

Weekly review - what made it easy or hard this week?

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