

**66 Day 'Habit Creation' Challenge**

**The Habit I Am Going To Create:**

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**Instructions:** Hang this form somewhere visible and place a large red cross in every day you successfully complete the above habit. The aim is to have a continuous chain of red crosses for every day in the 66 day chart.

**Start Date:** \_\_\_\_\_

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