75-Day Soft & Hard Wellness Habit Challenge Tracker

INDIGO & ZINNIA MIDNIGHT EDITION PDF

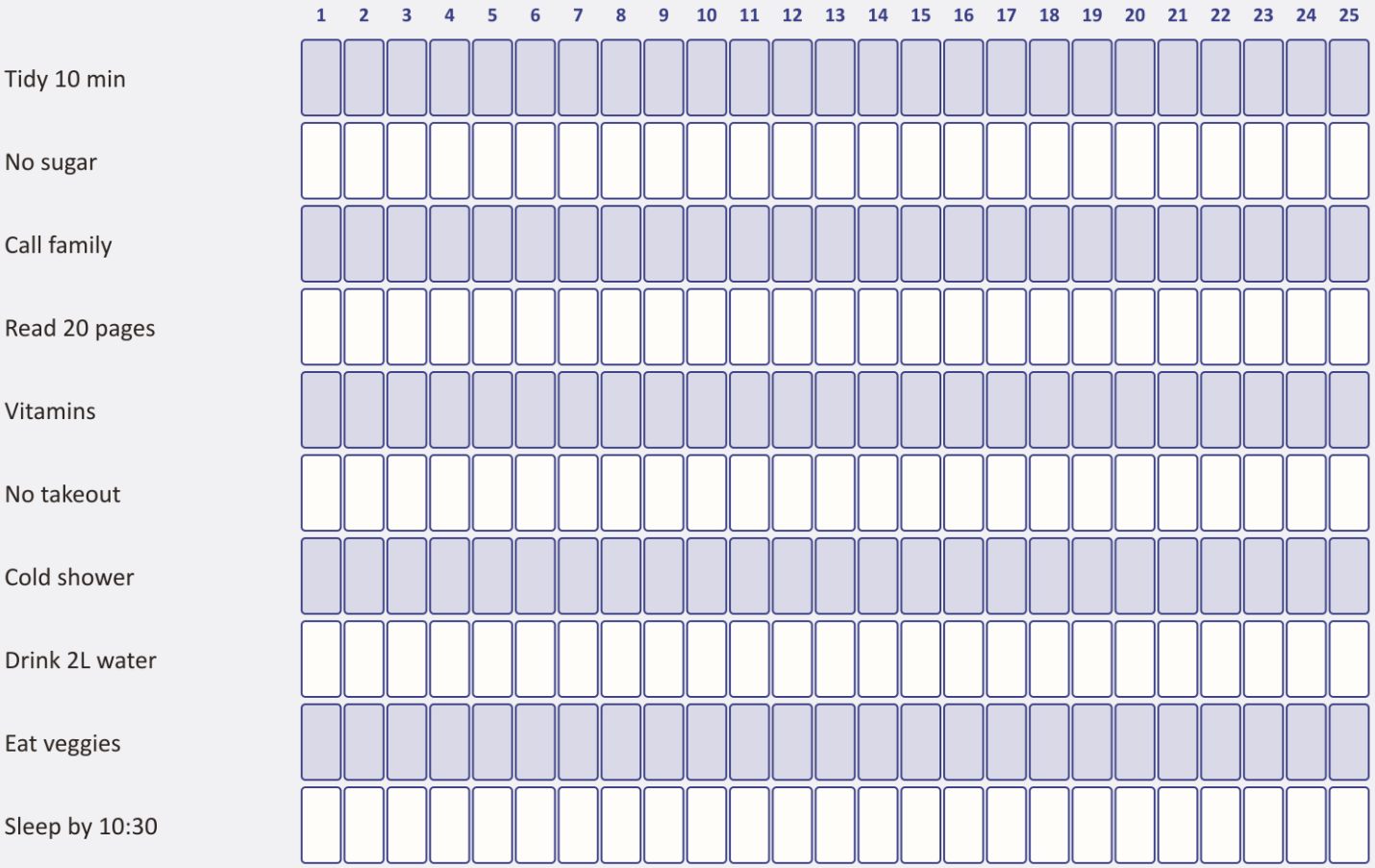


	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
No phone in bed																									
Call family																									
Sunlight AM																									
No sugar																									
Budget check																									
No takeout																									
Gratitude																									
Protein goal																									
Journal																									
Read 20 pages																									
Cold shower																									
Tidy 10 min																									
Vitamins																									
Meditate																									

Start date	Streak	Reward

75-Day Soft & Hard Wellness Habit Challenge Tracker

INDIGO & ZINNIA MIDNIGHT EDITION PDF



Reflection