75-Day Soft & Hard Wellness Habit Challenge Tracker

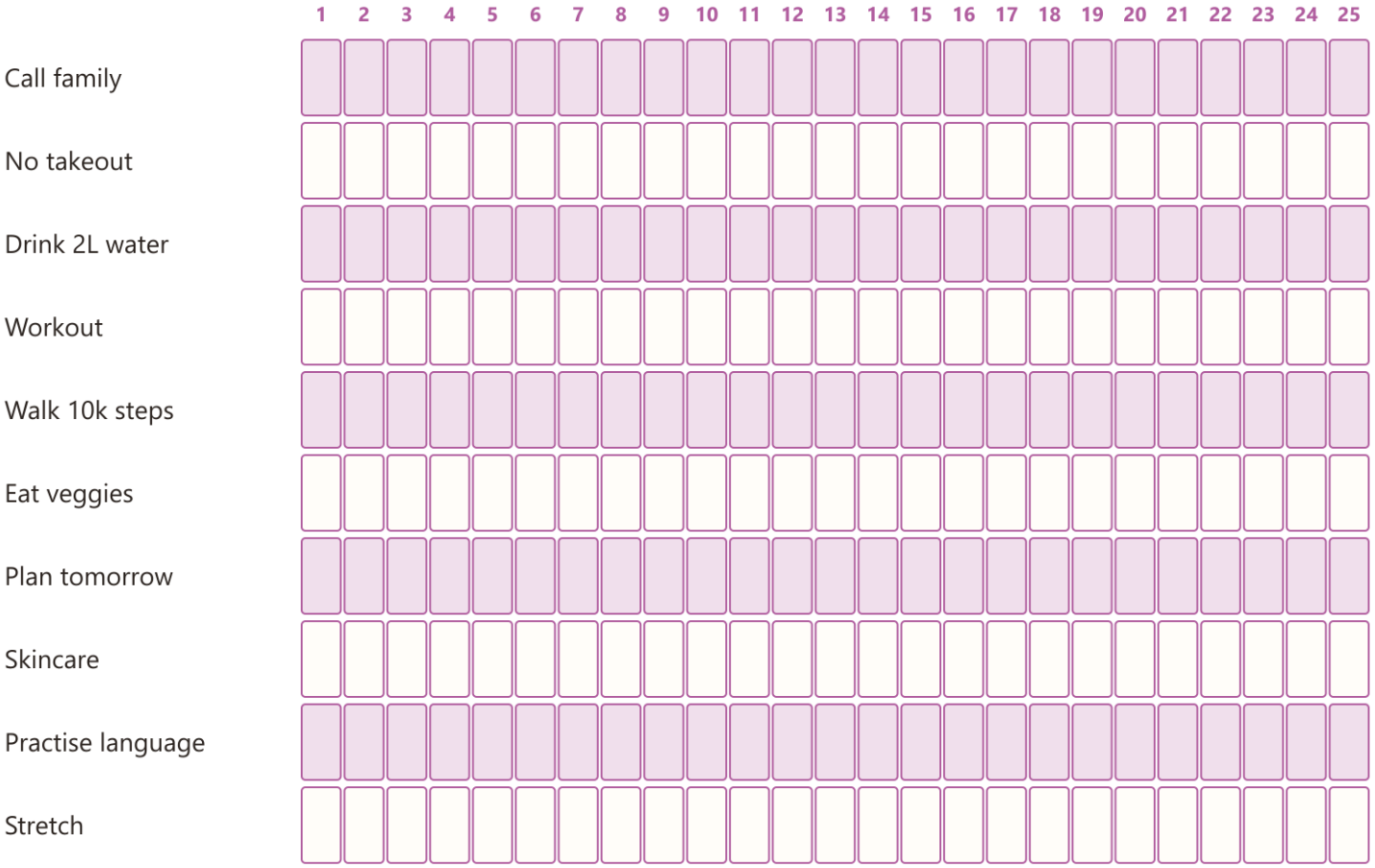
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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
Walk 10k steps																									
Practise language																									
Drink 2L water																									
Meditate																									
Eat veggies																									
Protein goal																									
No phone in bed																									
Stretch																									
Gratitude																									
Budget check																									
Floss																									
No sugar																									
Cold shower																									
Skincare																									

Start date	Streak	Reward

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REFLECTION