Pet Care

VET MEDICATION & DOG WALKING TRACKER (VOL. 2 • RUBY & FOREST



	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
Read 20 pages																															
Plan tomorrow																															
Workout																															
Gratitude																															
No phone in bed																															
Walk 10k steps																															
No sugar																															
Sleep by 10:30																															
Skincare																															
Floss																															
Cold shower																															
Call family																															
Eat veggies																															
Vitamins																															
Protein goal																															

Start date	Streak	Reward

Pet Care

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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	26	27	28	29	30	31
Drink 2L water																															
Vitamins																															
Cold shower																															
No takeout																															
Stretch																															
Protein goal																															
Journal																															
Skincare																															
Workout																															
Sunlight AM																															

REFLECTION