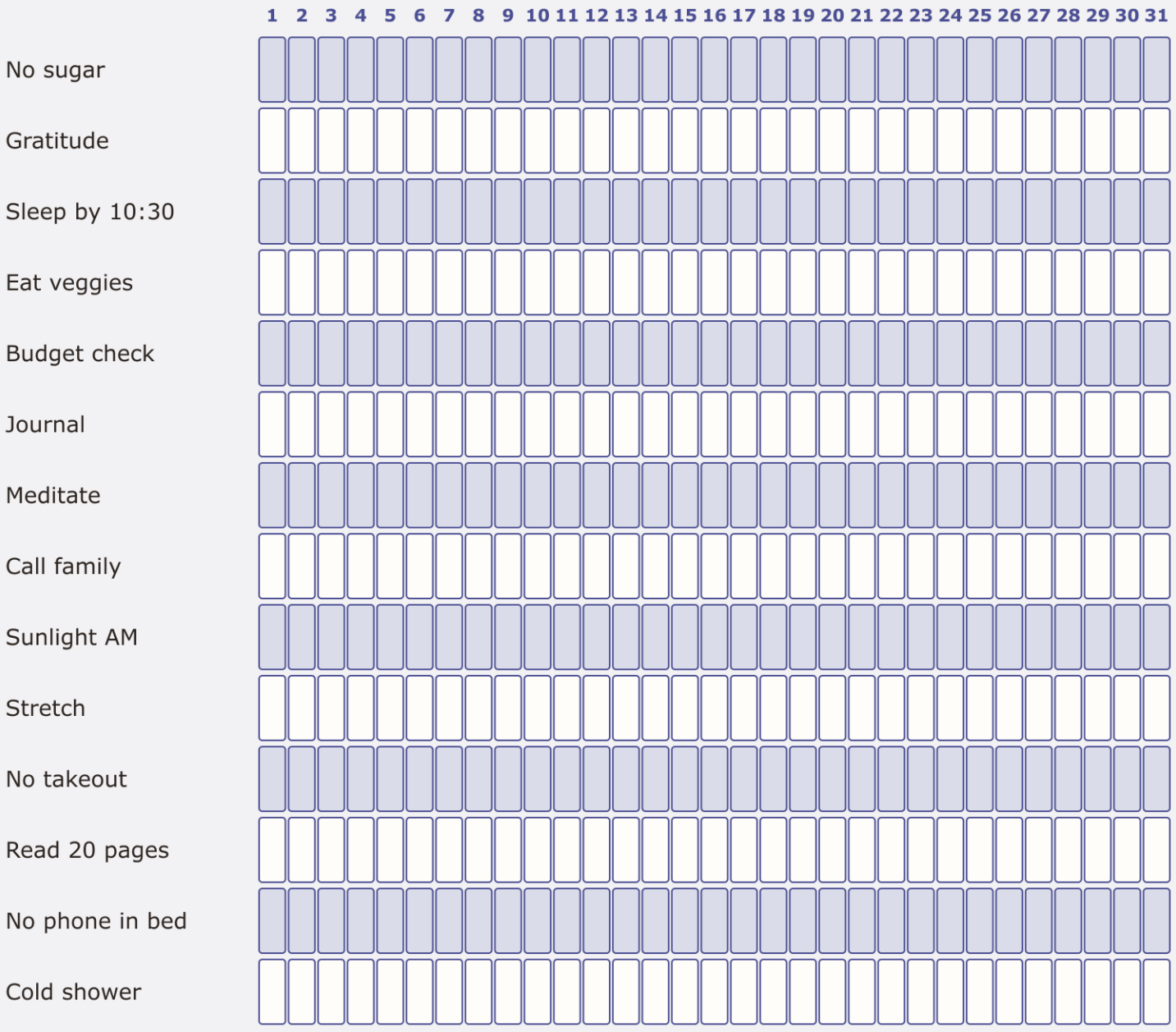
Pet Care

VET MEDICATION & DOG WALKING TRACKER (VOL. 6 • STARLIGHT IND



Start date	Streak	Reward

Pet Care

VET MEDICATION & DOG WALKING TRACKER (VOL. 6 • STARLIGHT IND

	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
Cold shower																															
Skincare																															
Read 20 pages																															
Gratitude																															
Walk 10k steps																															
Sleep by 10:30																															
Drink 2L water																															
Tidy 10 min																															
Journal																															
Call family																															

REFLECTION