Creating New Habits - Diary

Document what you have done over the past weeks to create a new habit. (Then give it a tick once you've recorded it.)
Remember, we are aiming for progress, not perfection.

Week 1	Week 2	Week 3	Week 4
/4/			
	IV.		
	W.		

Week 5	Week 6	Week 7	Week 8
		HILLE	

Mobile: 0412 921 787

Website: jjellispersonaltrainer.com