

My 30 day challenge is \_\_\_\_\_

Start date / /

Finish date / /

<b>1</b> ✓ X	<b>2</b> ✓ X	<b>3</b> ✓ X	<b>4</b> ✓ X	<b>5</b> ✓ X
<b>6</b> ✓ X	<b>7</b> ✓ X	<b>8</b> ✓ X	<b>9</b> ✓ X	<b>10</b> ✓ X
<b>11</b> ✓ X	<b>12</b> ✓ X	<b>13</b> ✓ X	<b>14</b> ✓ X	<b>15</b> ✓ X
<b>16</b> ✓ X	<b>17</b> ✓ X	<b>18</b> ✓ X	<b>19</b> ✓ X	<b>20</b> ✓ X
<b>21</b> ✓ X	<b>22</b> ✓ X	<b>23</b> ✓ X	<b>24</b> ✓ X	<b>25</b> ✓ X
<b>26</b> ✓ X	<b>27</b> ✓ X	<b>28</b> ✓ X	<b>29</b> ✓ X	<b>30</b> ✓ X
<b>Results</b>	No. of days ✓ =	% of days ✓ =	No. of days X =	% of days X =

