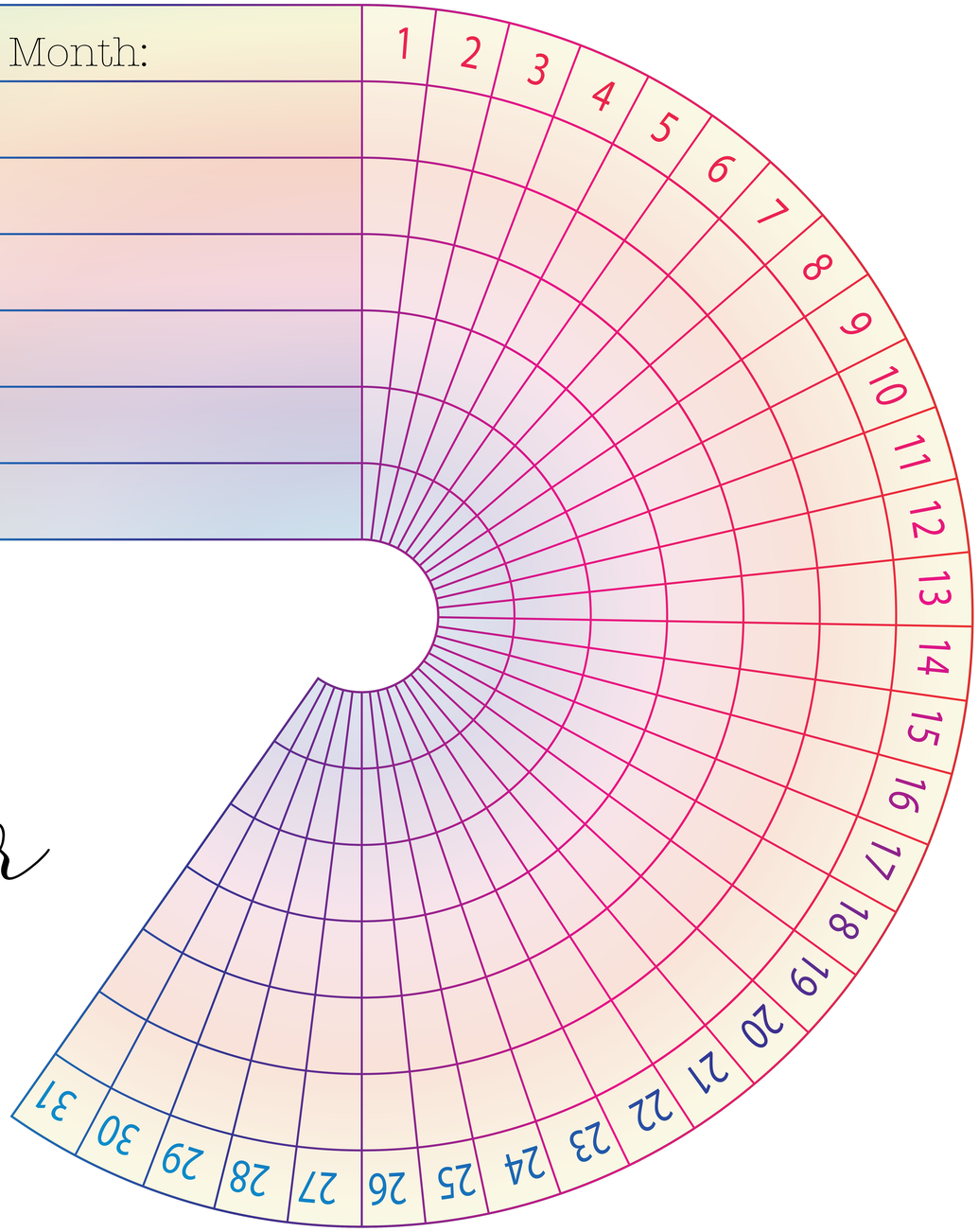
Habit tracker

MONTH:

Habits This Month:



Habit swap

To Change	How it Fills me	New Habit
wake up & grab phone	feelings of connection	journal/ meditation

www.gabbydelorenze.com