



HEALTHY HABITS

Week of: _____

healthy habits:	m	t	w	t	f	s	s

Week of: _____

healthy habits:	m	t	w	t	f	s	s

Week of: _____

healthy habits:	m	t	w	t	f	s	s

Week of: _____

healthy habits:	m	t	w	t	f	s	s

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Week of: _____

healthy habits:	m	t	w	t	f	s	s

Week of: _____

healthy habits:	m	t	w	t	f	s	s