

In a nutshell, your health, wealth, happiness, fitness, and success depend on your habits. - Joanna Jast -

	DAY																													
DAILY HABITS:	MONTHLY GOALS:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17 1	8 1	20	21	22	23	24	25	26	27	28	29	30 3
WEEKLY HABITS:		/		SI	JMN	MAF	5 Y																							
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