



WEEKLY HABIT PLAN/TRACKER

Use as many lines of this chart as you need. Be proud of each of your new habits, whether you add one, or one hundred!

Habit For non-daily habits, describe when they will be done. Use a highlighter to pick the days in the right columns.	☑ Check off each day you repeat your new, healthy habit						
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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This worksheet is provided for readers of **KICKASS KETO: Your 28-Day Quick Start Guide To Health, Fat-Burning, & Weight Loss**

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