

My intention:

My cue:

My practice:

My journey (tick the boxes as you do your routine):

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32
33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48
49	50	51	52	53	54	55	56
57	58	59	60	61	62	63	64
65	66	<b>You're doing great, it's looking good!</b>					

My rewards:

My obstacles to establishing my routine and how I overcome them: