



Master The Habit Of Showing Up



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mar 8th	Mar 9th	Mar 10th	Mar 11th	Mar 12th	Mar 13th	Mar 14th
		1	2	3	4	5
Mar 15th	Mar 16th	Mar 17th	Mar 18th	Mar 19th	Mar 20th	Mar 21st
6	7	8	9	10	11	12
Mar 22nd	Mar 23rd	Mar 24th	Mar 25th	Mar 26th	Mar 27th	Mar 28th
13	14	15	16	17	18	19
Mar 29th	Mar 30th	Mar 31st	Apr 1st	Apr 2nd	Apr 3rd	Apr 4th
20	21	22	23	24	25	26
Apr 5th	Apr 6th	Apr 7th	Apr 8th	Apr 9th	Apr 10th	Apr 11th
27	28	29	30	31	32	33
Apr 12th	Apr 13th	Apr 14th	Apr 15th	Apr 16th	Apr 17th	Apr 18th
34	35	36	37	38	39	40
Apr 19th	Apr 20th	<p>Place an X over each number as you complete each day's habit of completing at least 5 minutes of exercise! DON'T BREAK THE CHAIN! If you break the chain, start a new chain and try to beat the length of your first chain. You may also add up to 4 other small habits to the challenge, but your main focus is 5 Mins of Exercise EVERYDAY.</p>				
41	42					







5 Mins of Exercise
(just walking doesn't count)

Your daily HABIT...

X 5 Mins of Exercise

Your bonus HABITS...

-  _____
-  _____
-  _____
-  _____