

*Today's Positive Message to Myself:*

Today's Date: \_\_\_\_\_

**Today's Healthy Behavior to Practice:**

Instead of \_\_\_\_\_

I will \_\_\_\_\_



**BIG PROJECTS**

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**MISCELLANEOUS PROJECTS**

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**TIME SCHEDULE**

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**MY REWARDS FOR COMPLETING:**

**Immediate rewards:**

**Long-term rewards:**



**HEALTH**

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**FAMILY/SOCIAL**

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**PERSONAL TO DOS**

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**R E W A R D**

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