Date Started: _____
_____

# Habit Builder Sheet App (5 Habits)

Name: _____
_____

| Date | Habits | | | | |
|---|---|---|---|---|---|
| "1% better each day is 100% better after 100 days. " | | | | | |
| | Amount To Do Each Day | | | | |
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| Totals: (?/36) | | | | | |
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Sheet Filled Date: _____
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*\* Each day give yourself a checkmark*
*if you completed the habit for the day.*