



30-Day Habit-Switch Challenge

One habit I will **STOP** doing for the next 30-Days is: _____

One habit I will **START** doing for the next 30-Days is: _____

Mark with a tick (✓) on the table each day when you successfully stopped practicing your Bad Habit and successfully practiced your Great Habit.

DAY	BAD HABIT FREE	GREAT HABIT ADDED	* REWARD (What will it be?)
1			
2			
3			
4			
5			
6			
7			Yes!
8			
9			
10			
11			
12			
13			
14			Yes!
15			
16			
17			
18			
19			
20			
21			Yes!
22			
23			
24			
25			
26			
27			
28			Yes!
29			
30			YES!!

* Establish a 'reward' for every 7 days that you successfully complete the challenge. And finally, have a really special reward for the successful completion of 30-days. You deserve it!!



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