

21-Day Challenge Tracking Tool

Tip: diversify your habits by doing some of each.

Day	Read	Listen	Watch	Notice	Connect	Engage	Act	Reflect
1	<input type="checkbox"/>							
2	<input type="checkbox"/>							
3	<input type="checkbox"/>							
4	<input type="checkbox"/>							
5	<input type="checkbox"/>							
6	<input type="checkbox"/>							
7	<input type="checkbox"/>							
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12	<input type="checkbox"/>							
13	<input type="checkbox"/>							
14	<input type="checkbox"/>							
15	<input type="checkbox"/>							
16	<input type="checkbox"/>							
17	<input type="checkbox"/>							
18	<input type="checkbox"/>							
19	<input type="checkbox"/>							
20	<input type="checkbox"/>							
21	<input type="checkbox"/>							

Instructions: Click File and Make a Copy (if logged into a Google Account) or Download (if not) in order to personalize your

tracking tool.
