

21 Day Challenge



It can take time to build a habit. By committing to working on a goal over a period of time, you are much more likely to make sure that it happens.

Pick a task or goal that you want to make progress on over time and use the sheet below to record your progress.

Spend _____ minutes per day on your chosen task. Once completed, cross off that day.

Try to keep it going for at least 21 days. Don't break the chain!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							