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MAY 2021

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7	8
ជ៌ជំជំជំជំ	<mark>ፚፚፚፚ</mark>	ፚፚፚፚ	ជ៌ជំជំជំជំ	<mark>ፚፚፚፚ</mark> ፚ	ជ៌ជំជំជំជំ	ជ៌ជំជំជំជំ
9	10	11	12	13	14	15
<u> </u>	යියියියියි	ជ៌ជំជំជំជំ	ជ៌ជំជំជំជំ	යියියියිය	<mark>ፚፚፚፚ</mark>	ជជជជជ
16	17	18	19	20	21	22
<u> </u>	<mark>ፚ</mark> ፝ፚፚፚ	ជជជជជជ	ជជជជជជ	<mark>ት</mark> ትርጉ	ជជជជជ	ፚፚፚፚ
23	24	25	26	27	28	29
<u> </u>	<mark>ፚፚፚፚ</mark>	ជជជជជជ	<mark>ፚ</mark> ፚፚፚ	<mark>ት</mark> ት ት ት ት	හිහිහිහි	ፚ፞ፚ፞ፚ፞ፚ
30	31					
ፚፚፚፚ	ኇጜኇኇ					

Reaccess after each week. Ask yourself: "What is working well?" "What are my hiccups?"

Refresh & Repeat

Pick one to two habits that need a refresh. How can you make your habit:

Easy
Satisfying
Attractive
Obvious

My habit to REFRESH:_

How are you going to make your habit ... 1) Easy_____ 2) Satisfying_____ 3) Attractive_____ 4) Obvious_____

Rate your habits for the day.

HABIT TRACKING