

# DAILY HABIT TRACKER

Keeping track of your habits is easy.

If there is a **grey box**, you have to do that habit for that day. If you do the habit, put a check mark. If you don't, put an **X**. In order to achieve maximum results, you need to keep to your habits 90% of the time through the challenge. That means you need at least **63 check marks**. Good luck!

	HABIT #1 DRINK ZERO CALORIE BEVERAGES	HABIT #2 ADD A GREEN SMOOTHIE OR VEGGIES	HABIT #3 SWAP OUT THE "WHITE STUFF"	HABIT #4 DITCH THE DAIRY
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