

# My Monthly Healthy Habits Calendar

*"Discipline is the bridge between goals and accomplishment"- Jim Rohn*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Workout:							
Thrive Time:							
Walk:							
Ate healthy:							
2 litres of water:							
Self-Care Time:							
Journaling:							
Bed Time Routine:							

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