

DON'T BREAK THE CHAIN 2020

For this exercise, put a red X through the calendar for that day that you perform your new habit {or don't do your bad habit} and each following day until a chain forms.

JAN				1	2	3	4				1	2	3	4	JUL	
	5	6	7	8	9	10	11		5	6	7	8	9	10	11	
	12	13	14	15	16	17	18		12	13	14	15	16	17	18	
	19	20	21	22	23	24	25		19	20	21	22	23	24	25	
FEB	26	27	28	29	30	31	1		26	27	28	29	30	31	1	AUG
	2	3	4	5	6	7	8		2	3	4	5	6	7	8	
	9	10	11	12	13	14	15		9	10	11	12	13	14	15	
	16	17	18	19	20	21	22		16	17	18	19	20	21	22	
	23	24	25	26	27	28	29		23	24	25	26	27	28	29	
MAR	1	2	3	4	5	6	7		30	31	1	2	3	4	5	SEP
	8	9	10	11	12	13	14		6	7	8	9	10	11	12	
	15	16	17	18	19	20	21		13	14	15	16	17	18	19	
	22	23	24	25	26	27	28		20	21	22	23	24	25	26	
APR	29	30	31	1	2	3	4		27	28	29	30	1	2	3	OCT
	5	6	7	8	9	10	11		4	5	6	7	8	9	10	
	12	13	14	15	16	17	18		11	12	13	14	15	16	17	
	19	20	21	22	23	24	25		18	19	20	21	22	23	24	
MAY	26	27	28	29	30	1	2		25	26	27	28	29	30	31	
	3	4	5	6	7	8	9		1	2	3	4	5	6	7	NOV
	10	11	12	13	14	15	16		8	9	10	11	12	13	14	
	17	18	19	20	21	22	23		15	16	17	18	19	20	21	
	24	25	26	27	28	29	30		22	23	24	25	26	27	28	
JUN	31	1	2	3	4	5	6		29	30	1	2	3	4	5	DEC
	7	8	9	10	11	12	13		6	7	8	9	10	11	12	
	14	15	16	17	18	19	20		13	14	15	16	17	18	19	
	21	22	23	24	25	26	27		20	21	22	23	24	25	26	
	28	29	30						27	28	29	30	31			