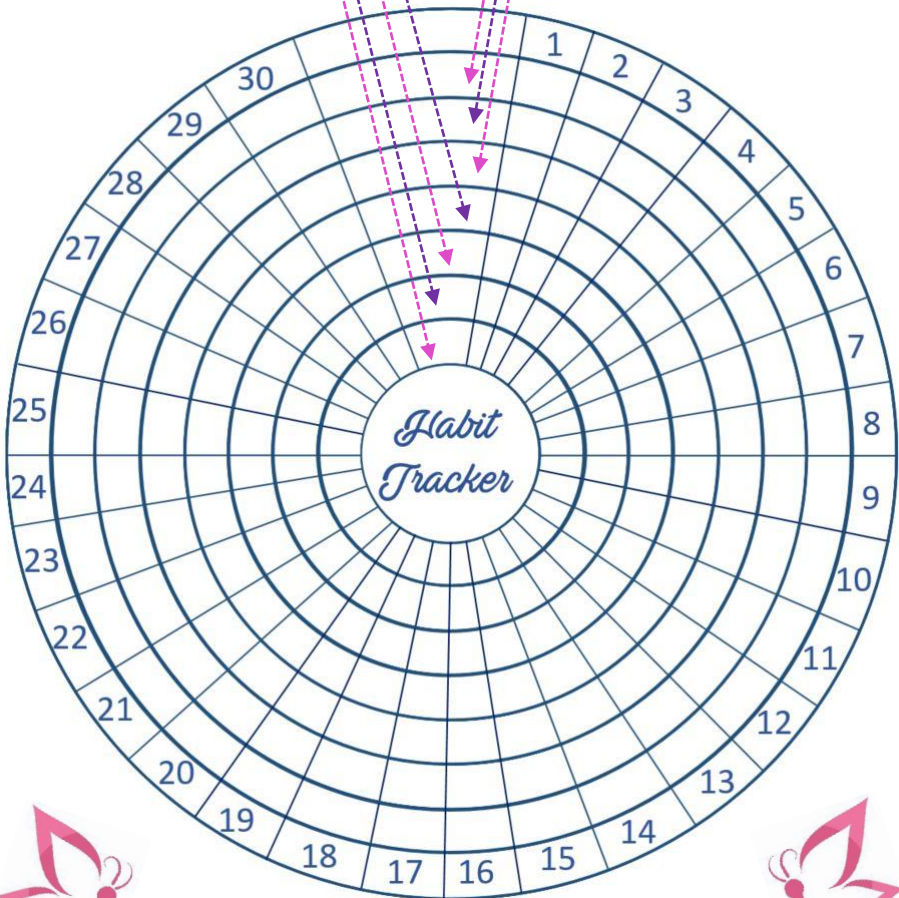


Month: \_\_\_\_\_



Four sets of dashed-line boxes for writing, arranged in two columns. The left column has four boxes, and the right column has three boxes. Dashed lines with arrowheads point from the top-left box to the center of the habit tracker, and from the top-right box to the center of the habit tracker.



Month: \_\_\_\_\_



Four dashed rectangular boxes on the left and four on the right, connected by dashed lines to the habit tracker grid. The lines from the left boxes point to the 16th, 17th, 18th, and 19th days of the month. The lines from the right boxes point to the 1st, 2nd, 3rd, and 4th days of the month.

