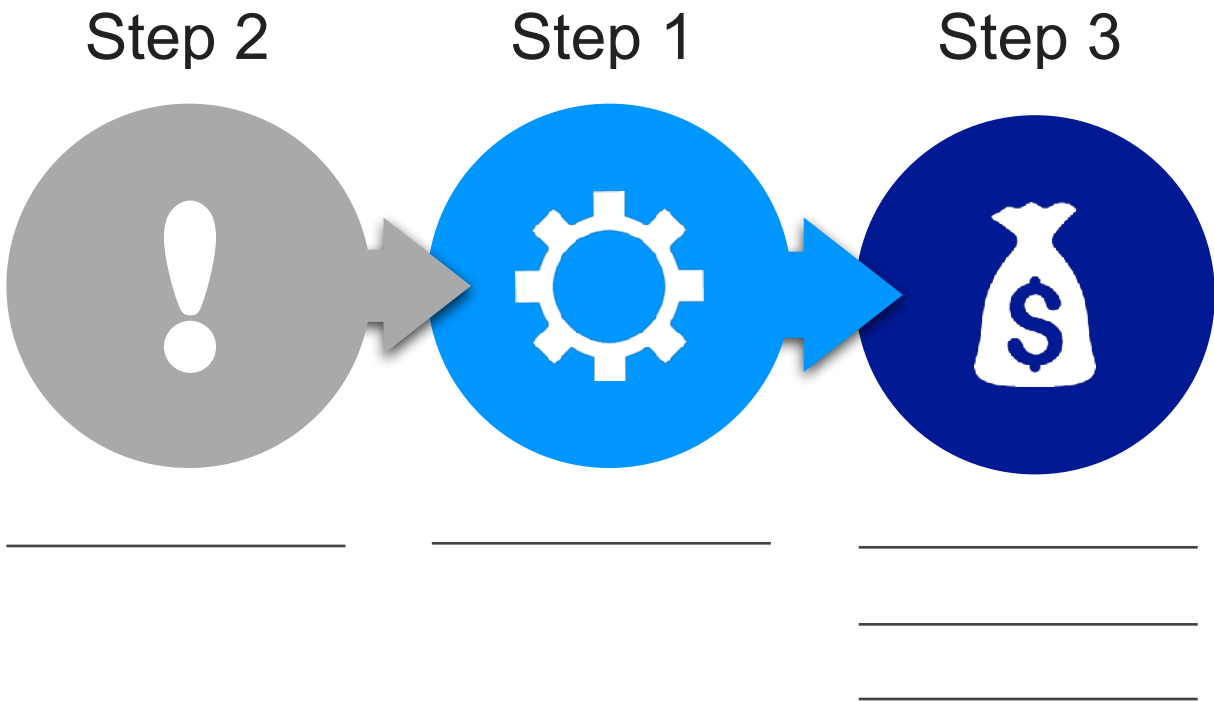


My New Habit Plan



Minimum Requirement: _____

Habit Action Statement

My Habit Plan is to _____
(insert action step) every _____ (insert time
frame) right after _____ (insert trigger), I will
reward myself by _____ (insert reward).
On days that I don't want to do my new habit, I will
_____ (insert min requirement).