

3 DAY CONTRACT CALENDAR

7 DAY CHALLENGE: ONCE YOU START, TICK EACH DAY

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
TICK	☐	☐	☐	☐	☐	☐	☐

MY CHOSEN 3 DAYS ARE:

TICK WHEN COMPLETE:

DAY:

☐

DAY:

☐

DAY:

☐

DEAR FUTURE SELF, I CONFIRM I WILL TRY MY BEST:

☐

DATE:

SIGN: