

My Good Habit Chart

Habit : _____

Why I want to do this: _____

Start : _____

Goal Date: _____

Achieved: _____

A Bible story or verse to encourage me: _____

First Attempt

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

Second Attempt

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

Third Attempt

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

Shade each block for each day you accomplish your goal. If you miss a day, start over. When you have completed 21 days in a row your goal will become a good habit. If you wish to continue for another week to make sure your habit sticks, there is another row of seven blocks for you to do so.

God bless your effort!