

Name _____



Building Strong Habits, One Baby Step at a Time!

Directions: Track your baby step goals below. To begin, write the date and the goal you want to reach in the next five days. Over the next five days, track how well you made progress toward the goal by filling in the bubbles.

Date ____ ____	Baby Step Goal: In the next five days, I will _____ _____ _____
<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/>	What happened? _____ _____ _____

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