

Thirty days of small steps.

SIX ROUTINES / THIRTY DAYS

Start date: _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Routine 1																														
Routine 2																														
Routine 3																														
Routine 4																														
Routine 5																														
Routine 6																														

NOTES