Don't Break the Chain

Don't Break the Chain is a simple system designed to help motivate you to achieve your goals. Fill in your daily health goals as well as the calendar Month and Days. Then cross out each day that you complete all of your daily goals. Try to get as many days in a row as possible!

Daily Health Goals: List up to 3 things you would like to do every day

(Examples: Go for a walk, meditate for 20 minutes, write in your journal, go to bed at 10pm, etc)

1)	
2)	
3)	

Month: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday