Developing a Healthy Habit Chart

Monday		
	1	
	2	
	3	
Tuesday		
	1	
	2	
	3	
Wednesday		
	1	
	2	
	3	
Thursday		
	1	
	2	
	3	
Friday		
	1	
	2	
	3	
Saturday		
	1	
	2	
	3	
Sunday		
	1	
	2	
	3	