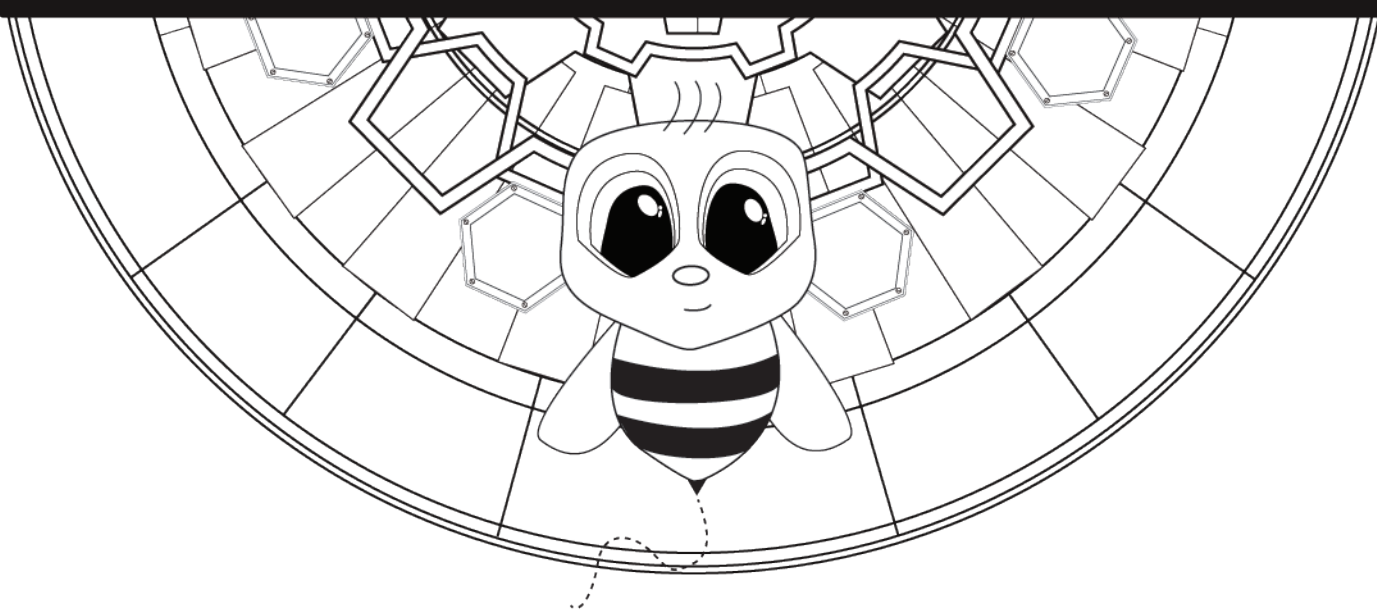


D HABIT TRACKER



FT. IOIE D BEE



ONYX AND ALEXA'S
GOBBLEDYGOO∞K
LIBRARY

ONYX AND ALEXA HABIT TRACKER

HOW 2 GUIDE

D EASY METHOD



To track your goal, just color in the entire hexagon.
Leave blank or pick a different color for the days you miss.

⌚ HABIT TRACKER + TIME TRACKING



Each triangle
⌚ TIME
10 min

Total possible time
per day = 1 hour
(60 min)

Assign an amount of time to each triangle, so that you not only track how many days straight you worked on your goal(s), but also how long you spent doing so. It helps you feel proud of how much you have advanced, and also if you feel like you have not gotten much time in you can make up some of the time on other days.

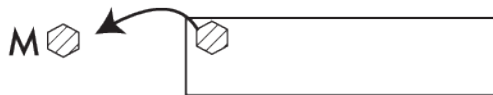
TRACK MULTIPLE GOALS (UP TO 6 PER DAY)

MY GOAL(S)



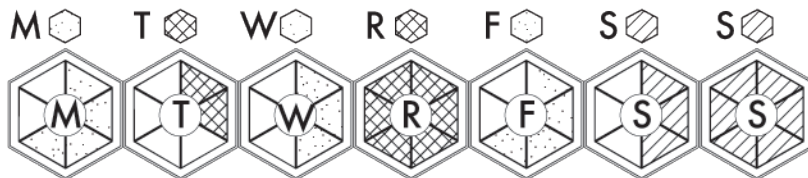
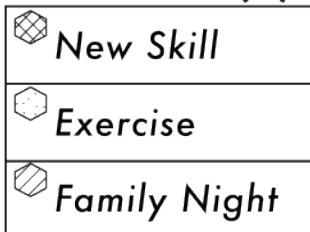
Instead of tracking your time, you can track up to 6 different goals per day. Just assign a different color per goal, and color a triangle within the hexagon per goal.

THE BEST OF BOTH WORLDS



Assign a different goal to different days of the week, by matching the color of the goal to the color of the day.

MY GOAL(S)



So you can, for example, exercise 3 times a week, learn a new skill on Tuesdays and Thursdays, and have quality family time on the weekends...
And track the time spent on each goal per day.

NAME:

MY HABIT TRACKER #



ONYX AND ALEXA HABIT TRACKER

12 WEEKS



Each triangle
TIME
 min

START DATE:

END:

IOIE D BEE

Use a different color per goal

WEEKS

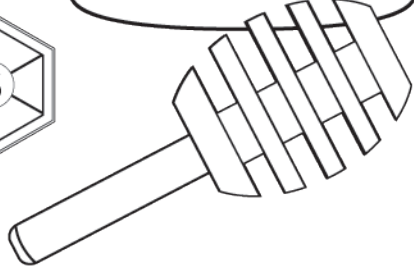
M T W R F S S

MY GOAL(S)

1
2
3
4
5
6
7
8
9
10
11
12

M	T	W	R	F	S	S
M	T	W	R	F	S	S
M	T	W	R	F	S	S
M	T	W	R	F	S	S
M	T	W	R	F	S	S
M	T	W	R	F	S	S
M	T	W	R	F	S	S
M	T	W	R	F	S	S
M	T	W	R	F	S	S
M	T	W	R	F	S	S
M	T	W	R	F	S	S
M	T	W	R	F	S	S

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>



ONYX AND ALEXA TAKE D IOIE D BEE CHALLENGE

How many goals will you accomplish this year?
How will they help you live the life you dream of?

MY GOAL & WHY IT MATTERS TO ME

#

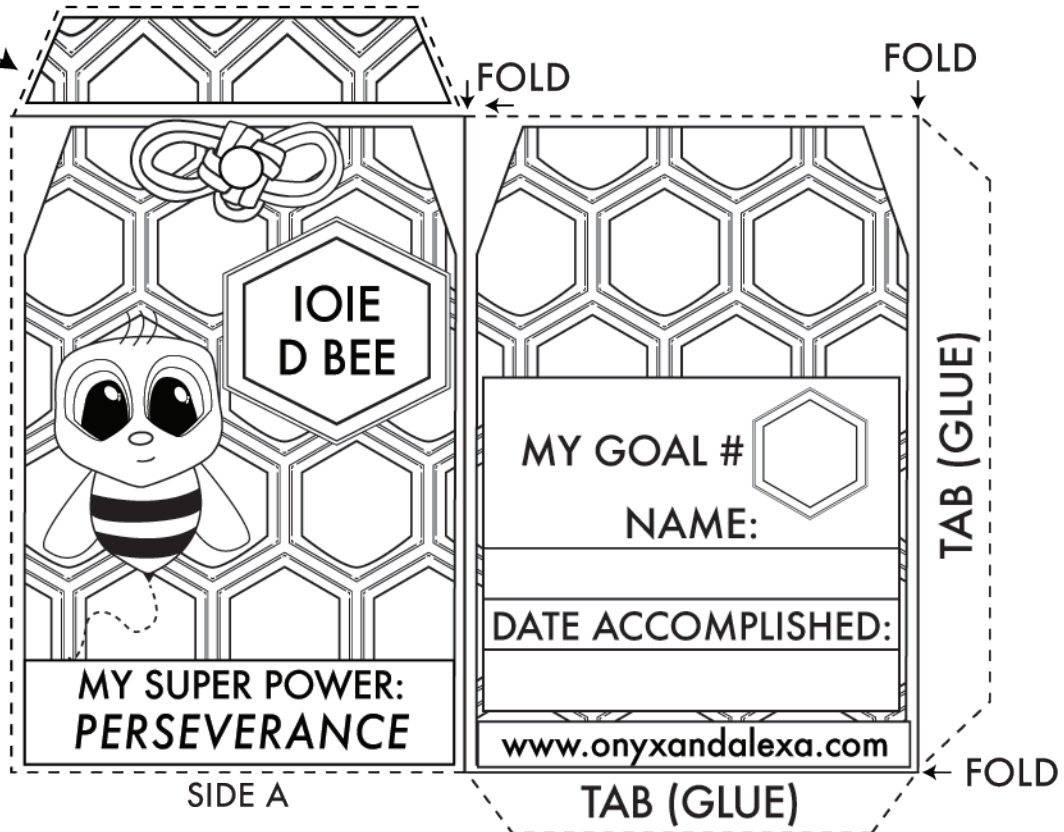
ONYX AND ALEXA

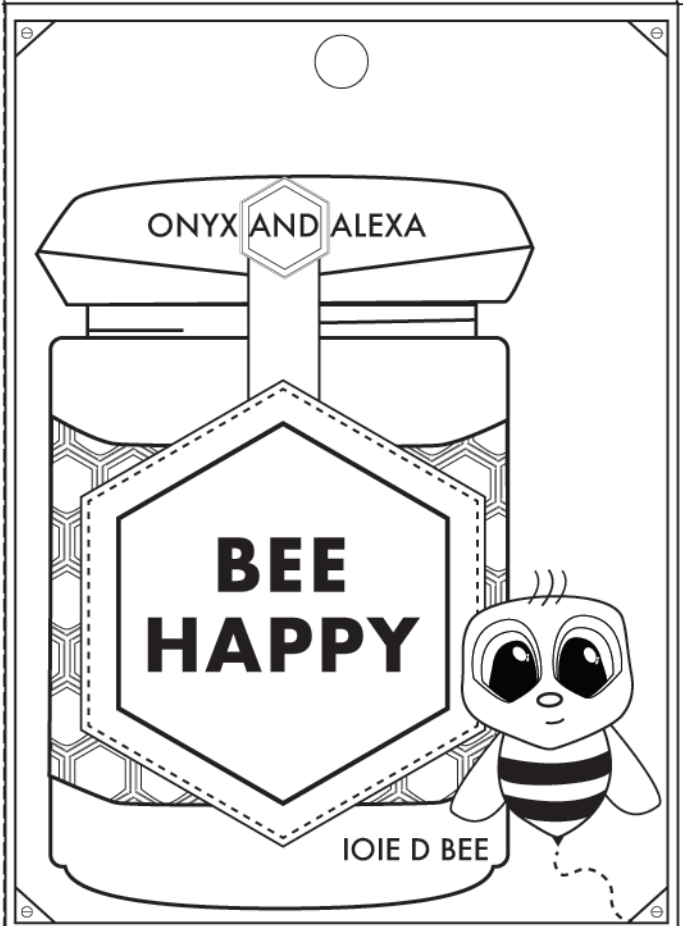
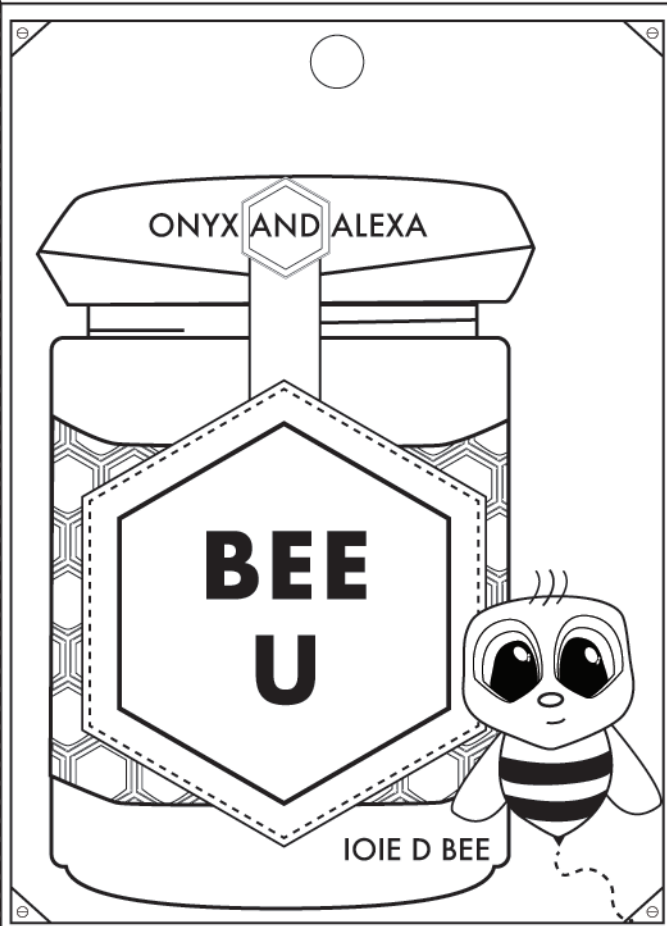
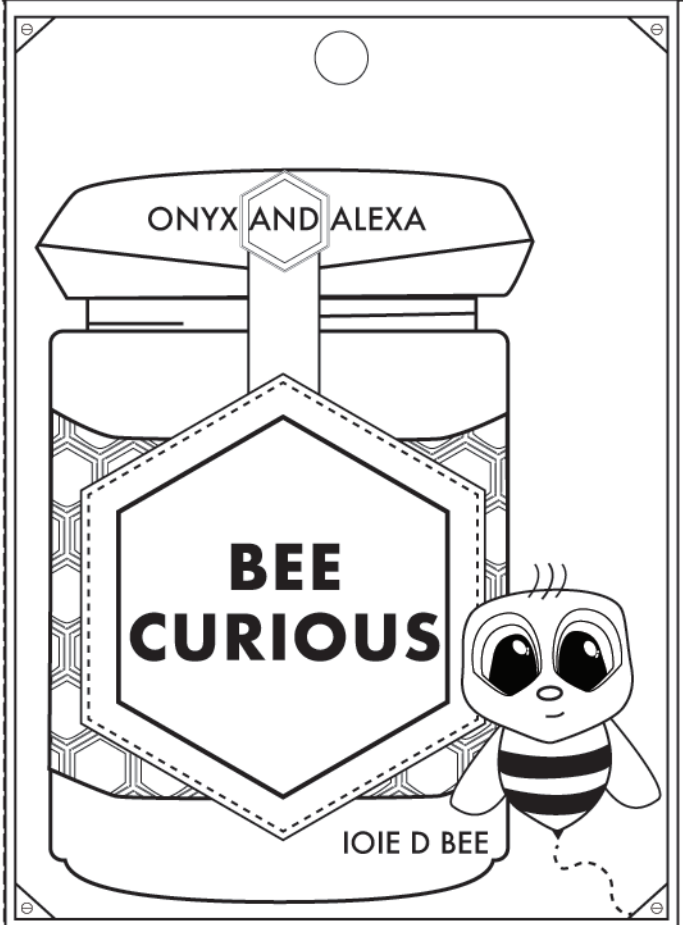
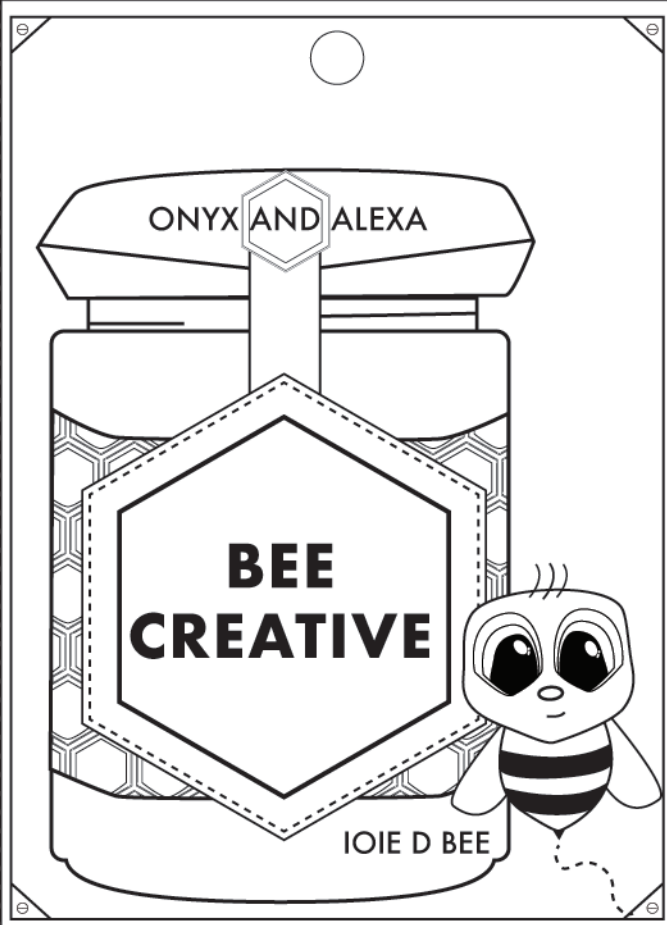
Fit this card inside the envelope

HOW TO

1. Color & fill in information
2. Cut around the dotted lines
3. Score and fold tabs & envelope flap
4. Glue both tabs to the back of Side A
5. Punch a hole through the top of the envelope in the middle of the knot
6. Tie ribbon
7. Keep as encouragement & reminder of how meaningful this goal is to you
8. Fill in the date you accomplished your goal. BEE PROUD!

ENVELOPE
FLAP





FITS A SIZE A1 ENVELOPE