



Petal & Paper

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Fitness habit streak tracker



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D O N ' T B R E A K T H E C H A I N

streak tracker

The habit I'm building · _____

My 'why' · _____

Days 1-10 · ☐☐☐☐☐☐ ☐☐☐☐☐☐

Days 11-20 · ☐☐☐☐☐☐ ☐☐☐☐☐☐

Days 21-30 · ☐☐☐☐☐☐ ☐☐☐☐☐☐

Current streak · ____ days Longest streak: ____ days

If I miss a day · Never miss twice — just start again tomorrow

D O N ' T B R E A K T H E C H A I N · A N D I F Y O U
D O , N E V E R M I S S T W I C E

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