

## Dr Garrett's 3 Week Habit Chart

1	2	3	4	5	6	7
<ul style="list-style-type: none"> <li>○ 8 glasses of water</li> <li>○ Exercise 20 minutes</li> <li>○ 3 veggie and fruits</li> <li>○ Brush twice</li> <li>○ Floss</li> <li>○ _____</li> </ul>	<ul style="list-style-type: none"> <li>○ 8 glasses of water</li> <li>○ Exercise 20 minutes</li> <li>○ 3 veggie and fruits</li> <li>○ Brush twice</li> <li>○ Floss</li> <li>○ _____</li> </ul>	<ul style="list-style-type: none"> <li>○ 8 glasses of water</li> <li>○ Exercise 20 minutes</li> <li>○ 3 veggie and fruits</li> <li>○ Brush twice</li> <li>○ Floss</li> <li>○ _____</li> </ul>	<ul style="list-style-type: none"> <li>○ 8 glasses of water</li> <li>○ Exercise 20 minutes</li> <li>○ 3 veggie and fruits</li> <li>○ Brush twice</li> <li>○ Floss</li> <li>○ _____</li> </ul>	<ul style="list-style-type: none"> <li>○ 8 glasses of water</li> <li>○ Exercise 20 minutes</li> <li>○ 3 veggie and fruits</li> <li>○ Brush twice</li> <li>○ Floss</li> <li>○ _____</li> </ul>	<ul style="list-style-type: none"> <li>○ 8 glasses of water</li> <li>○ Exercise 20 minutes</li> <li>○ 3 veggie and fruits</li> <li>○ Brush twice</li> <li>○ Floss</li> <li>○ _____</li> </ul>	<ul style="list-style-type: none"> <li>○ 8 glasses of water</li> <li>○ Exercise 20 minutes</li> <li>○ 3 veggie and fruits</li> <li>○ Brush twice</li> <li>○ Floss</li> <li>○ _____</li> </ul>
8	9	10	11	12	13	14
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15	16	17	18	19	20	21
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I have left you a blank space to write in a healthy habit you want to include.

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