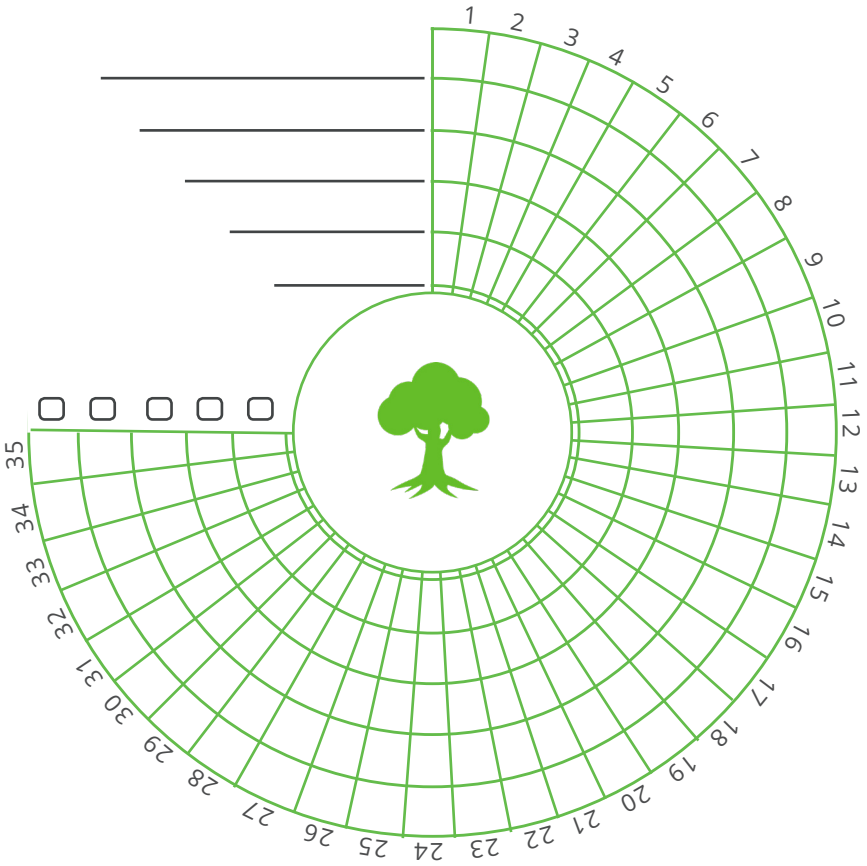




Hábitos

Escribe en cada línea un hábito que desees mejorar y llévalo a cabo durante un período de 35 días constantes. Marca la casilla del final del ciclo una vez que lo hayas practicado al menos 35 días constantes.



The chart is a circular grid with 35 numbered segments around the perimeter, numbered 1 through 35. Each segment is divided into 5 rows. In the center of the chart is a green tree icon. Four horizontal lines extend from the top of the chart, and four small squares are located on the left side of the chart.