

Weekly Momentum Tracker

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." Aristotle

Behavior	Mon	Tues	Weds	Thurs	Friday	Sat	Sun	Goal	Achieved

Start Date	End Date
Start Date	LIIU Dale

It takes approximately 2,000 steps to walk a mile. Perhaps the most important step is the first.



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