

U235 Challenge

You, work on 2 new habits a week, practice them at least 3 times a week, for 5 minutes a day over the course of 5 weeks

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Habit 1:							
Habit 2:							
Week 2							
Habit 1:							
Habit 2:							
Habit 3:							
Habit 4:							
Week 3							
Habit 1:							
Habit 2:							
Habit 3:							
Habit 4:							
Habit 5:							
Habit 6:							
Week 4							
Habit 1:							
Habit 2:							
Habit 3:							
Habit 4:							
Habit 5:							
Habit 6:							
Habit 7:							
Habit 8:							
Week 5							
Habit 1:							
Habit 2:							
Habit 3:							
Habit 4:							
Habit 5:							
Habit 6:							
Habit 7:							
Habit 8:							
Habit 9:							
Habit 10:							