

# Habit Change Log

96oz

Behavior Change:

3L water everyday!

Start Date:

Nov. 5th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1:			2.5L	3L	2x24oz 1L	8x12oz	3L
WEEK 2:	4x21oz	3L	16oz decaf tea 2.5L	6x16oz	3L	2L	3L

NOTES:

---



---



---



---



---



---



---