The Masculine Foundry Daily Habit Tracker

\$	Sunday				Monday					
Habit 1	Did you Do it?		Your Effort Level		Habit 1	Did you Do it?		Your Effort Level		
		Yes		Minimum			Yes		Minimum	
		No		OK			No		ОК	
				Excellent					Excellent	
Habit 2	Did you Do it?		Your Effort Level		Habit 2	Did you [Did you Do it?		Your Effort Level	
		Yes		Minimum			Yes		Minimum	
		No		ОК			No		ок	
				Excellent					Excellent	
Habit 3	Did you Do it?		Your Effort Level		Habit 3	Did you Do it?		Your Effort Level		
		Yes		Minimum			Yes		Minimum	
		No		OK			No		ОК	
				Excellent					Excellent	
Т	uesday				We	ednesday				
Habit 1	Did you Do it?		Your Effort Level		Habit 1	Did you Do it?		Your Effe	ort Level	
		Yes		Minimum			Yes		Minimum	
		No		ок			No		ок	
				Excellent					Excellent	
Habit 2	Did you Do it?		Your Effort Level		Habit 2	Did you Do it?		Your Effort Level		
		Yes		Minimum			Yes		Minimum	
		No		ОК			No		ОК	
				Excellent					Excellent	
Habit 3	Did you D	o it?	Your Eff	fort Level	Habit 3	Did you [Oo it?	Your Effo	ort Level	
		Yes		Minimum			Yes		Minimum	
		No		ОК			No		ОК	
				Excellent					Excellent	
TI Habit 1	hursday	04: 0	Vous Eff	famt Laval	Habit 1	Friday) o :+0	Vaus Eff	omt Lovel	
Habit 1	Did you D	Yes	Your Ell	fort Level Minimum	Habit 1	Did you [Yes	Your Elle	ort Level Minimum	
		No		OK			No		OK	
Habit 2	Did you D	ıo it?	Your Eff	Excellent fort Level	Habit 2	Did you [20 it2	Your Effo	Excellent	
ridbit 2		Yes		Minimum	TIABIL 2		Yes		Minimum	
		No		OK Excellent			No		OK Excellent	
Habit 3	Did you D	o it?	Your Eff	fort Level	Habit 3	Did you [Do it?	Your Effe		
		Yes		Minimum			Yes		Minimum	
		No		OK			No		OK	
S	aturday			Excellent	T1	houghts:			Excellent	
Habit 1	Did you D	o it?	Your Eff	fort Level		lougills.				
		Yes		Minimum						
		No		OK Excellent						
Habit 2	Did you D	o it?	Your Eff	fort Level						
		Yes		Minimum						
		No		OK						
II-L··· A	Did 5	- :40		Excellent						
Habit 3	Did you D	Yes	YOUR ET	fort Level Minimum						
		No	Ħ	OK						
				Excellent						