|  |  |  |
| --- | --- | --- |
| **Month** | **Habit** | **Hook** |
| **June** |  |  |
| **July**  |  |  |
| **August** |  |  |
| **September** |  |  |
| **October**  |  |  |
| **November** |  |  |
| **December** |  |  |

**Declare the 7 healthy habits you will form for the** **end of the year.**