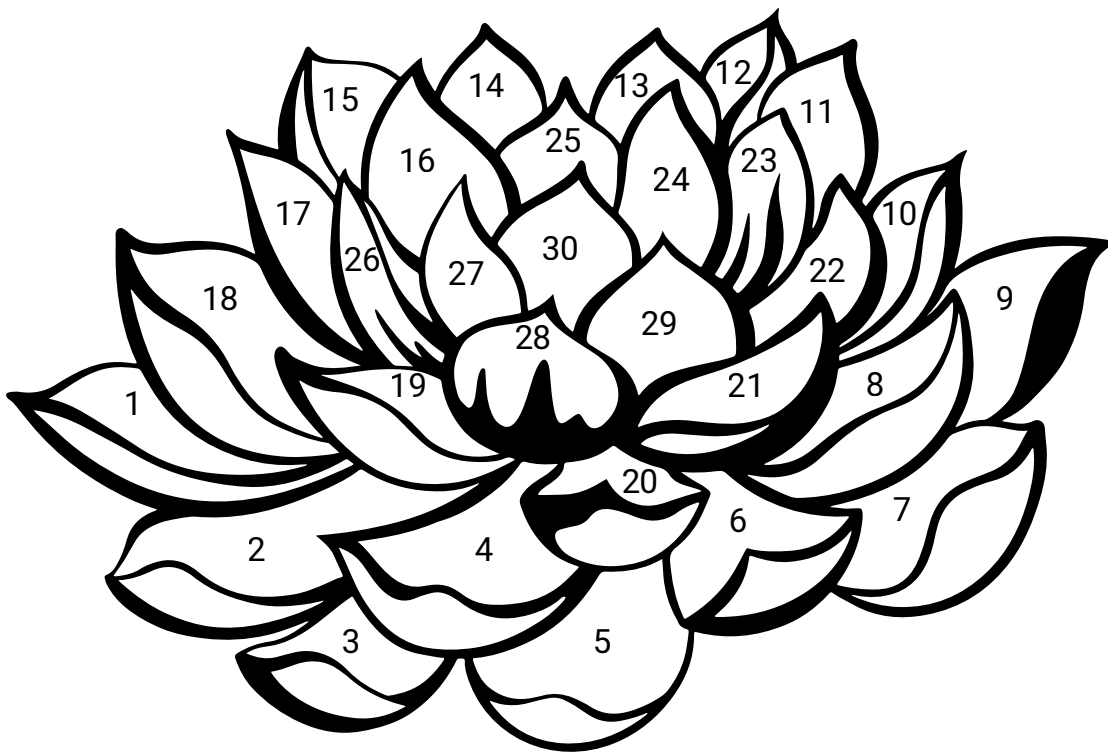


Healthy Habit Tracker

Color in one petal each day that you practice your new healthy habit.



Stay patient, be kind to yourself, and let consistency transform your health.