

30-Day Gummy Habit Chart

Colour, tick or add a sticker after completing the family routine each day.

Name: _____

Start date: _____

1 DAY	2 DAY	3 DAY	4 DAY	5 DAY
6 DAY	7 GREAT START!	8 DAY	9 DAY	10 DAY
11 DAY	12 DAY	13 DAY	14 TWO WEEKS!	15 DAY
16 DAY	17 DAY	18 DAY	19 DAY	20 DAY
21 STRONG STREAK!	22 DAY	23 DAY	24 DAY	25 DAY
26 DAY	27 DAY	28 DAY	29 DAY	30 CLUB COMPLETE!

30 days complete!

Celebrate the effort, then write a small family reward below.

Family reward / celebration