
The 66-Box Calendar

My action (after I..., I...; Chapter 4): _____

Tick a box each day you do it. On days you don't, leave it blank.
Don't count streaks. Boxes 15 to 42 (numbers in italics) are **the uphill stretch**.

1	2	3	4	5	6	7	8	9	10	11
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
12	13	14	15	16	17	18	19	20	21	22
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
23	24	25	26	27	28	29	30	31	32	33
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
34	35	36	37	38	39	40	41	42	43	44
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
45	46	47	48	49	50	51	52	53	54	55
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
56	57	58	59	60	61	62	63	64	65	66
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

On the uphill stretch, I'll do this version: _____ and ask this person along: _____

After box 66: does it run by itself yet? Yes ☐ Not yet, starting another calendar ☐