

NAME: _____ Email to FK30daychallenge@yahoo.com for a chance to win a gift card!!!

FRISCO KID'S DENTISTRY 30 DAY CHALLENGE

30 DAYS

to form a new

HABIT

Determine A

#1 Daily Task

Write it here

#2 Start a **STREAK** by crossing a **BIG X** over each day you complete

#3 Celebrate YOUR **SUCCESS**
AFTER 30 DAYS

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

