

Sight Life's



# Tracker

Ditch It, Switch It, Make January Count!  
What will you Junk in January?

Track  
your  
daily  
success

**Write your goal here:** \_\_\_\_\_

1	2	3	4	5
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6	7	8	9	10
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11	12	13	14	15
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16	17	18	19	20
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21	22	23	24	25
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26	27	28	29	30
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31	Well done! You did it!			
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