100-DAY GOAL & HABIT STREAK CHALLENGE CHART

THE CENTURY SPRINT: 100 DAYS OF MASTERY

MY 100-DAY TRANSFORMATION GOAL: _____

START DATE: _____/_____/20____ **TARGET COMPLETION:** _____/_____/20____ **DAILY MINIMUM COMMITMENT:** _____

Instructions: Check or color each day box as you complete your daily commitment. Reach Day 100 without breaking the streak!

DAY 01 [ ] __/__	DAY 02 [ ] __/__	DAY 03 [ ] __/__	DAY 04 [ ] __/__	DAY 05 [ ] __/__	DAY 06 [ ] __/__	DAY 07 [ ] __/__	DAY 08 [ ] __/__	DAY 09 [ ] __/__	DAY 10 [ ] __/__
DAY 11 [ ] __/__	DAY 12 [ ] __/__	DAY 13 [ ] __/__	DAY 14 [ ] __/__	DAY 15 [ ] __/__	DAY 16 [ ] __/__	DAY 17 [ ] __/__	DAY 18 [ ] __/__	DAY 19 [ ] __/__	DAY 20 [ ] __/__
DAY 21 [ ] __/__	DAY 22 [ ] __/__	DAY 23 [ ] __/__	DAY 24 [ ] __/__	DAY 25 [ ] __/__ 25% WIN	DAY 26 [ ] __/__	DAY 27 [ ] __/__	DAY 28 [ ] __/__	DAY 29 [ ] __/__	DAY 30 [ ] __/__
DAY 31 [ ] __/__	DAY 32 [ ] __/__	DAY 33 [ ] __/__	DAY 34 [ ] __/__	DAY 35 [ ] __/__	DAY 36 [ ] __/__	DAY 37 [ ] __/__	DAY 38 [ ] __/__	DAY 39 [ ] __/__	DAY 40 [ ] __/__
DAY 41 [ ] __/__	DAY 42 [ ] __/__	DAY 43 [ ] __/__	DAY 44 [ ] __/__	DAY 45 [ ] __/__	DAY 46 [ ] __/__	DAY 47 [ ] __/__	DAY 48 [ ] __/__	DAY 49 [ ] __/__	DAY 50 [ ] __/__ 50% WIN
DAY 51 [ ] __/__	DAY 52 [ ] __/__	DAY 53 [ ] __/__	DAY 54 [ ] __/__	DAY 55 [ ] __/__	DAY 56 [ ] __/__	DAY 57 [ ] __/__	DAY 58 [ ] __/__	DAY 59 [ ] __/__	DAY 60 [ ] __/__
DAY 61 [ ] __/__	DAY 62 [ ] __/__	DAY 63 [ ] __/__	DAY 64 [ ] __/__	DAY 65 [ ] __/__	DAY 66 [ ] __/__	DAY 67 [ ] __/__	DAY 68 [ ] __/__	DAY 69 [ ] __/__	DAY 70 [ ] __/__
DAY 71 [ ] __/__	DAY 72 [ ] __/__	DAY 73 [ ] __/__	DAY 74 [ ] __/__	DAY 75 [ ] __/__ 75% WIN	DAY 76 [ ] __/__	DAY 77 [ ] __/__	DAY 78 [ ] __/__	DAY 79 [ ] __/__	DAY 80 [ ] __/__
DAY 81 [ ] __/__	DAY 82 [ ] __/__	DAY 83 [ ] __/__	DAY 84 [ ] __/__	DAY 85 [ ] __/__	DAY 86 [ ] __/__	DAY 87 [ ] __/__	DAY 88 [ ] __/__	DAY 89 [ ] __/__	DAY 90 [ ] __/__
DAY 91 [ ] __/__	DAY 92 [ ] __/__	DAY 93 [ ] __/__	DAY 94 [ ] __/__	DAY 95 [ ] __/__	DAY 96 [ ] __/__	DAY 97 [ ] __/__	DAY 98 [ ] __/__	DAY 99 [ ] __/__	DAY 100 [ ] __/__ MASTER!

CENTURY REWARD STATIONS (CLAIM AS YOU REACH EACH MILESTONE)

DAY 25: 1/4 SPRINT REWARD

MY REWARD:

_____

[ ] CLAIMED & CELEBRATED

DAY 50: HALFWAY HERO

MY REWARD:

_____

[ ] CLAIMED & CELEBRATED

DAY 75: FINAL STRETCH

MY REWARD:

_____

[ ] CLAIMED & CELEBRATED

DAY 100: CENTURY VICTORY

MY REWARD:

_____

[ ] CLAIMED & CELEBRATED

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