**WEEKLY BEHAVIOR CHANGE REGISTER**

Date Range:

|  |  |  |  |  |  |  |  |  |  |  |
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| **Behavior/Action** | **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** | **Achieved** | **Goal** | **Net** |
| Example: Eat healthy breakfast | X |  | X | X | X |  | X | 5 | 7 | <2> |
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Adapted from Darren Hardy “*The Compound Effect”*