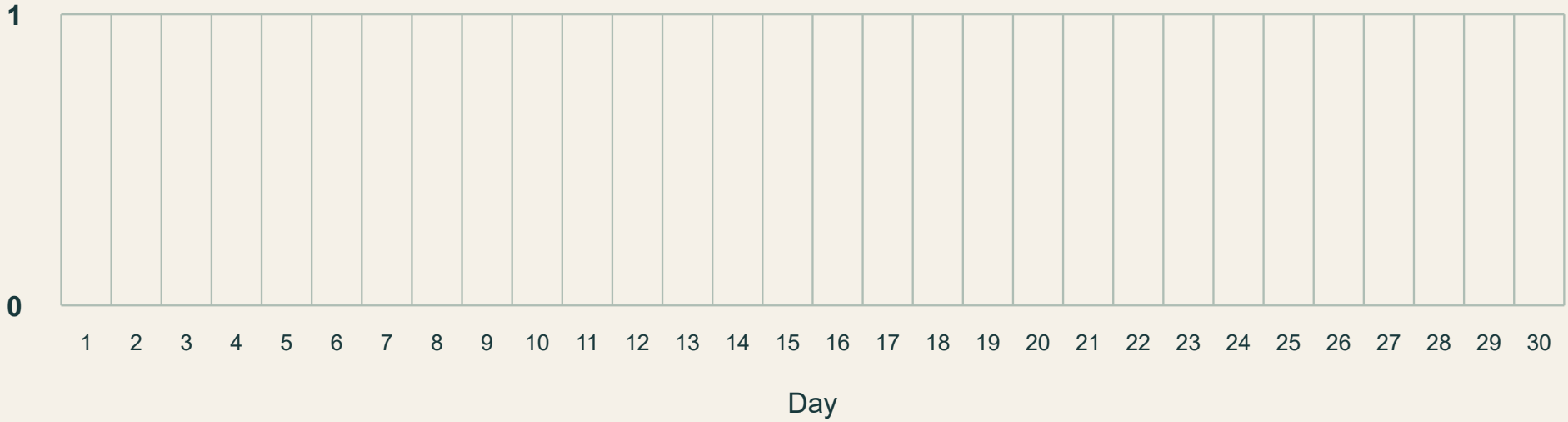
Blank manual habit graph: 30 days

My action	My cue	Minimum version	Review date

Attempt recorded: 1 or 0



Blank is not zero. Fill by hand; no automatic plotting.

Choose one manageable action. Record opportunities and actual attempts; leave unknown records uncertain. Review after each week. Thirty days is an observation period, not a guarantee.

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https://studentwyckoffshop.app/blog/2026-10-25/habit-tracker-and-change#accountability-and-thirty-day-plan