The ProductiveMuslim Habitator

Develop good habits or destroy bad ones with ProductiveMuslim's Habitator! Write down up to 5 habits you want to develop (or destroy) under the relevant headings and give yourself a tick for each day that you've stuck (or abandoned) the habit. Each tick = 1 point. The higher the total number of points, the more likely you'll continue (or discontinue) with the good (bad) habit. Aim to get over 20 points each month for each habit. Ideally, you should aim for over 25 points!

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	Number of 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	Total Points
Spiritual																															
Physical																															
Social																															