



ComfiStay

MY 30-DAY CHALLENGE

MY 30 DAY

COMMITMENT _____

BEGIN DATE: _____

MONTH: ____

1

1

2

3

4

5

6

notes

2

7

8

9

10

11

12

notes

3

13

14

15

16

17

18

notes

Half-way there!

19

20

21

22

23

24

notes

25

26

27

28

29

30 ★

Congratulations!