

Name: Starting date:

My goal for this week:

Say a food blessing before eating

☐ REMINDER SET

	SUN	MON	TUES	WED	* THURS	FRI	SHABBOS
✓	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

** Today's a great day to choose your focus for next week – and get your chart ready before Sunday!*

PRIZE FOR / 7 DAYS (OR HIGHER)