

A 21-DAY COUNTDOWN TO

# DEVELOP THE DAILY MILE HABIT



Many people believe that habits are formed by completing the same task for 21 consecutive days. We challenge you to make The Daily Mile part of your routine! Download, print, and post this 21-Day Countdown Tracker in your home or class. Color, check off, or put a sticker over each shoe when you complete The Daily Mile that day. See for yourself how you feel after 21 days!

