

KEEP TRACK
OF YOUR 21 DAYS ON THE
HABIT SHARE APP

No paper tracking systems this time around. Simply download HabitShare and keep track of your habit completion on your phone. You can make journal entries as well as share your habit with your team so they can see your progress and encourage you to continue.

Here's how to set this up:

1

Download HabitShare

ON TO YOUR PHONE

It's free.

2

Add a Habit

YOUR 21 DAYS CHOICE

Give it a title like "Walking meeting"
Give it a description if you want

3

Determine Frequency

PICK SPECIFIC DAYS

select the days you want to do this habit on
(which would be Sun-Sat for this challenge)

4

Share your Habit

WITH YOUR TEAM

each team member must also have HabitShare in
order for this to work & if you don't want to do this
with a team... that's cool

5

Set Reminders

WE ALL NEED A LITTLE HELP

the app can remind you multiple times

AT THE END OF EACH DAY,
LOG IF YOU COMPLETED YOUR HABIT

JOURNAL ABOUT YOUR EXPERIENCE
BY PRESSING ON THE  & ADDING NOTES