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# Urmăritor de Obiceiuri

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Jurnal ghidat de 30 zile



Monitorizare

Creat cu LoomJournals

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# Cum să folosești acest jurnal

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Bine ai venit la jurnalul tău! Iată câteva sfaturi pentru a profita la maximum de el:

- 1 Rezervă-ți câteva minute în fiecare zi pentru a scrie
- 2 Fii sincer și scrie liber, fără a te judeca
- 3 Încearcă să scrii la aceeași oră în fiecare zi pentru a-ți forma un obicei
- 4 Recitește-ți însemnările săptămânal pentru a observa tipare

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- Definește până la cinci obiceiuri pe care vrei să le construiești sau să le menții
  - Bifează fiecare obicei pe măsură ce îl completezi zilnic
  - Înregistrează consumul de apă și activitatea fizică
  - Revizuește grila săptămânală pentru a identifica tipare și serii



Scanează pentru un ghid detaliat despre cum să folosești acest jurnal

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Data: \_\_\_\_\_

	Lun	Mar	Mie	Joi	Vin	Sâm	Dum
Obicei 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Obicei 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Obicei 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Obicei 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Obicei 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pahare de apă	_____	_____	_____	_____	_____	_____	_____
Exerciții	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ore de somn	_____	_____	_____	_____	_____	_____	_____
Rutina de dimineață	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rutina de seară	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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