

30 Days of CARs

Print this and make an X in one box every time you complete your joint routine. I've left space for you to write in Monday through Sunday at the top if you prefer to look at and use it that way. Want to use it as straight check marks? You'll simply get an extra week in. :)

Start date:

Date completed 30 days:

Having trouble sticking to it?

Try finishing and using this statement:

"When I _____, then I do my CARs routine."

Plug something in that you want to do before that you can make a new rule up about doing CARs afterwards. This attaches your routine to an existing routine you are already consistent at, like "waking up" or something else.