Use any of these charts to track the progress of your 30 Day Challenges. You can write a checkmark, date, keyword, etc. for each block in the chart.

30 Day Challenge Log *Fill in the date when you complete your challenge for the day.					

30 Day Challenge Log Color in a box for each day you complete.		
1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	17	18
19	20	21
22	23	24
25	26	27
28	29	30

30 Day Challenge Log

Fill in date in a box for each day you complete.