



LET'S MAKE A CHANGE

M A R C H

28	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	31	1	2	3

- Use this calendar to track your progress throughout the month!
- Each day, take a moment to reflect and note down:
 - whether you have stuck to your change
 - how hard or easy you found it
 - some notes about how you're feeling

• E.g

5	6	7
	✓ 😊 feeling positive to have stuck to my change for 6 days!	