DOPAMINE COMPASS

Weekly habit tracker

One week. Your own pace.

Week of: _____

Habit	Sun	Mon	Tue	Wed	Thu	Fri	Sat
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
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Notes

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