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Name: _____

Date: _____

Productive Habit
In the first 10 days
you will develop your
E-Fit barometer.

Your world after 10 days 0

Your world after 10 days 0

Your world after 10 days 0

Nemesis: Loneliness

1	M	A	E
3			
2			
1			
0			
-1			
-2			
-3			
			0

2	M	A	E
3			
2			
1			
0			
-1			
-2			
-3			
			0

3	M	A	E
3			
2			
1			
0			
-1			
-2			
-3			
			0

4	M	A	E
3			
2			
1			
0			
-1			
-2			
-3			
			0

5	M	A	E
3			
2			
1			
0			
-1			
-2			
-3			
			0

6	M	A	E
3			
2			
1			
0			
-1			
-2			
-3			
			0

7	M	A	E
3			
2			
1			
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-3			
			0

8	M	A	E
3			
2			
1			
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-1			
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-3			
			0

9	M	A	E
3			
2			
1			
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-1			
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-3			
			0

10	M	A	E
3			
2			
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-1			
-2			
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			0

Nemesis: xxx

1	M	A	E
3			
2			
1			
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-2			
-3			
			0

2	M	A	E
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2			
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-2			
-3			
			0

3	M	A	E
3			
2			
1			
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-1			
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-3			
			0

4	M	A	E
3			
2			
1			
0			
-1			
-2			
-3			
			0

5	M	A	E
3			
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-2			
-3			
			0

6	M	A	E
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2			
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-1			
-2			
-3			
			0

7	M	A	E
3			
2			
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-1			
-2			
-3			
			0

8	M	A	E
3			
2			
1			
0			
-1			
-2			
-3			
			0

9	M	A	E
3			
2			
1			
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-1			
-2			
-3			
			0

10	M	A	E
3			
2			
1			
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-1			
-2			
-3			
			0

Nemesis: yyy

1	M	A	E
3			
2			
1			
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-1			
-2			
-3			
			0

2	M	A	E
3			
2			
1			
0			
-1			
-2			
-3			
			0

3	M	A	E
3			
2			
1			
0			
-1			
-2			
-3			
			0

4	M	A	E
3			
2			
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-1			
-2			
-3			
			0

5	M	A	E
3			
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0			
-1			
-2			
-3			
			0

6	M	A	E
3			
2			
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-1			
-2			
-3			
			0

7	M	A	E
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-1			
-2			
-3			
			0

8	M	A	E
3			
2			
1			
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-1			
-2			
-3			
			0

9	M	A	E
3			
2			
1			
0			
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-3			
			0

10	M	A	E
3			
2			
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-1			
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