

"Health Counts" Card



Health Goal: _____

Week Of: _____

Units Per Bead: _____

Target Bead Count: _____

mm/dd/yyyy

Day-of-Week	Target Bead Count	Actual Bead Count* <i>(Mark A Star If Target Has Been Met)</i>	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

**Record Daily Bead Count Once Before Bed*

Positive/Healthy Changes I've Made This Week: _____

Visit www.countmehealthyjewelry.com for more information

Cut Here

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