

# ТРЕКЕР ПРИВЫЧЕК

Спортзал

A 3x9 grid of blue circles. There are 3 rows and 9 columns of circles. Each circle is blue and has a white center. The circles are arranged in a regular grid pattern.

## Есть по 3 яблока в день

A 3x9 grid of blue circles. There are 3 rows and 9 columns of circles. Each circle is blue and has a white center. The circles are arranged in a regular grid pattern.

## Медитация

A 3x9 grid of blue circles. There are 3 rows and 9 columns of circles. Each circle is blue and has a white center. The circles are arranged in a regular grid pattern.

## Контрастный душ

A 3x9 grid of blue circles. There are 3 rows and 9 columns of circles. Each circle is blue and has a white center. The circles are arranged in a regular grid pattern.

## Час без гаджетов

## 30 страниц книги в день

## 20 мин английского

A 3x9 grid of 27 blue circles. There are 9 circles in each row, and 3 rows in total.

Ложиться спать в 22:00

## Гулять час в день