

PROBLEM	PITFALL	PURPOSE	PLAN	PUNISHMENT	PERSONAL REWARD
1					
2					
3					
4					

Month:	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	
Problem 1																																
Problem 2																																
Problem 3																																
Problem 4																																

Notes
