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**Directions:** Create your own calendar for breakfast. Write in the month and numbers for each week/day.

From \_\_\_\_\_ to \_\_\_\_\_ I will eat breakfast at \_\_\_\_\_  
(date) (date) (location)  
\_\_\_\_\_ times. To achieve this goal, I will \_\_\_\_\_  
(# of days) (behavior change)

MONTH: \_\_\_\_\_

 Circle this icon if you ate breakfast at home

 Circle this icon if you ate breakfast at school

Think  
Breakfast!