

## **Don't Skip Two Days of a Habit in a Row**

- There are days where things come up or we are too busy, don't let that single day turn into two consecutive days
- If you keep it to just one day, you will be able to progress, but also able to go with the flow of life
- You will be on track at least four days out of the week – more days out of the week on track, than off-track
- If you have an off-track day on Friday, don't let that one day turn into the whole weekend
- Having multiple off-track days in a row is much harder to overcome
- If you keep it to a single day, you are better able to get back on track quickly
- Like with anything else, there are exceptions - sickness, family emergencies, etc...