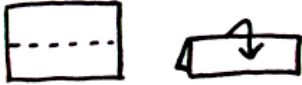
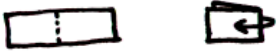


cut along dashed line with scissors, then:

1. FOLD IN HALF




2. FOLD IN HALF AGAIN



3. FOLD IN HALF AGAIN



4. REFOLD AS NEEDED TO SHOW WHICHEVER DAY YOU'RE ON: 

MY COMPETING BEHAVIOR IS:
Extend arm and make fist

TIME **DAY 1** WHAT PRECEDED?



TIME **DAY 2** WHAT PRECEDED?



TIME **DAY 3** WHAT PRECEDED?



TIME **DAY 4** WHAT PRECEDED?



TIME **DAY 5** WHAT PRECEDED?



TIME **DAY 6** WHAT PRECEDED?



TIME **DAY 7** WHAT PRECEDED?

