

# 30-DAY CHALLENGE

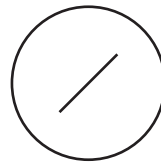
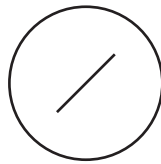
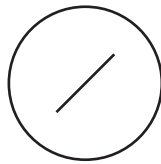
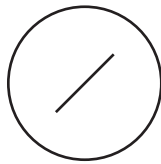
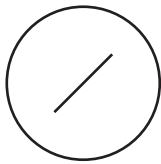
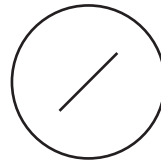
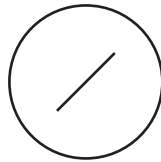
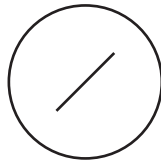
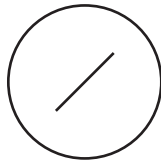
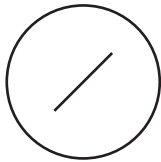
GOAL

・ 1日 100 円として記録し、ゴールに達したらご褒美。

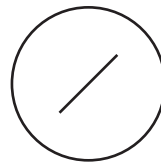
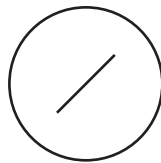
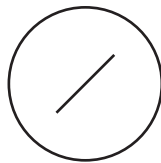
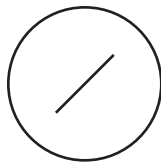
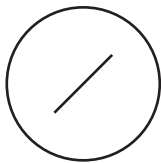
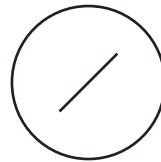
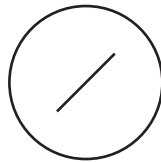
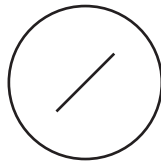
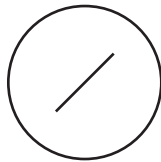
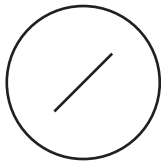
**RULES** ・ 1日でも失敗したらふりだしにもどり、それまでのお金は貯金箱へ。

・ 貯金箱に入れるときは端数は切り上げ、1,000 円単位。

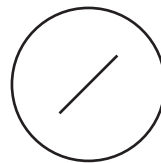
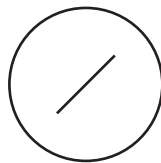
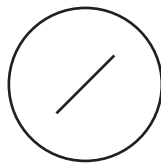
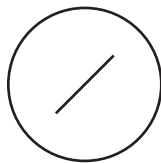
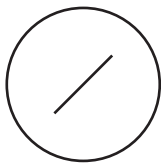
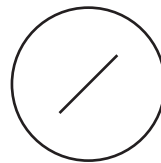
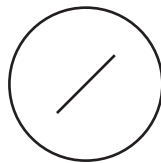
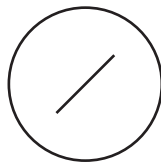
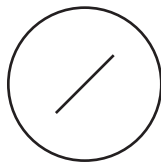
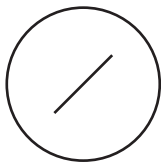
start



¥1,000



¥2,000



¥3,000

goal

使いかた：①日々のプチゴール、及び最終ゴールを書く。②日付を最初にすべて記入。  
③次の日、前日達成できていたらスタンプを押す。④30日達成を目指す。