



## Habitation Phase

Name: \_\_\_\_\_ Week: One

Today I'm feeling: \_\_\_\_\_

It takes time for our brain to start doing things we practice without thinking about it! So for some time we need to help it remember. Use this chart to check every so often if your tongue is up! Not only the tip on the spot, but the back of the tongue also needs to be up! You can do this!

✓ If tongue was UP

✗ If tongue was DOWN

	8:00	10:00	12:00	1:00	3:00	6:00	8:00
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							
SUNDAY							

Signature: \_\_\_\_\_



## Habitation Phase

Name: \_\_\_\_\_ Week: Two

Today I'm feeling: \_\_\_\_\_

✓ If tongue was UP

✗ If tongue was DOWN

	8:00	10:00	12:00	1:00	3:00	6:00
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

Signature: \_\_\_\_\_



## Habitation Phase

Name: \_\_\_\_\_ Week: Three

Today I'm feeling: \_\_\_\_\_



If tongue was UP



If tongue was DOWN

	8:00	10:00	12:00	2:00	6:00
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

Signature: \_\_\_\_\_



## Habitation Phase

Name: \_\_\_\_\_ Week: Four

Today I'm feeling: \_\_\_\_\_

✓ If tongue was UP

✗ If tongue was DOWN

	8:00	12:00	2:00	6:00
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

Signature: \_\_\_\_\_