

12 week plan

It's proven, that handwriting things down, makes you remember them more easily. So take your time to fill out the following answers:

What kind of person will i always be when i dont quit PMO:

What kind of person will i be when i quit PMO:

What things trigger me to PMO, that i want to avoid:

What will i do when i get the urge to PMO:

Progress:

Please check the days you didn't PMO.

Start	Week 4	Week 7	Week 10
<input type="checkbox"/> Day 1	<input type="checkbox"/> Day 22	<input type="checkbox"/> Day 43	<input type="checkbox"/> Day 64
<input type="checkbox"/> Day 2	<input type="checkbox"/> Day 23	<input type="checkbox"/> Day 44	<input type="checkbox"/> Day 65
<input type="checkbox"/> Day 3	<input type="checkbox"/> Day 24	<input type="checkbox"/> Day 45	<input type="checkbox"/> Day 66
<input type="checkbox"/> Day 4	<input type="checkbox"/> Day 25	<input type="checkbox"/> Day 46	<input type="checkbox"/> Day 67
<input type="checkbox"/> Day 5	<input type="checkbox"/> Day 26	<input type="checkbox"/> Day 47	<input type="checkbox"/> Day 68
<input type="checkbox"/> Day 6	<input type="checkbox"/> Day 27	<input type="checkbox"/> Day 48	<input type="checkbox"/> Day 69
<input type="checkbox"/> Day 7	<input type="checkbox"/> Day 28	<input type="checkbox"/> Day 49	<input type="checkbox"/> Day 70
Week 2	Week 5	Week 8	Week 11
<input type="checkbox"/> Day 8	<input type="checkbox"/> Day 29	<input type="checkbox"/> Day 50	<input type="checkbox"/> Day 71
<input type="checkbox"/> Day 9	<input type="checkbox"/> Day 30	<input type="checkbox"/> Day 51	<input type="checkbox"/> Day 72
<input type="checkbox"/> Day 10	<input type="checkbox"/> Day 31	<input type="checkbox"/> Day 52	<input type="checkbox"/> Day 73
<input type="checkbox"/> Day 11	<input type="checkbox"/> Day 32	<input type="checkbox"/> Day 53	<input type="checkbox"/> Day 74
<input type="checkbox"/> Day 12	<input type="checkbox"/> Day 33	<input type="checkbox"/> Day 54	<input type="checkbox"/> Day 75
<input type="checkbox"/> Day 13	<input type="checkbox"/> Day 34	<input type="checkbox"/> Day 55	<input type="checkbox"/> Day 76
<input type="checkbox"/> Day 14	<input type="checkbox"/> Day 35	<input type="checkbox"/> Day 56	<input type="checkbox"/> Day 77
Week 3	Week 6	Week 9	Week 12
<input type="checkbox"/> Day 15	<input type="checkbox"/> Day 36	<input type="checkbox"/> Day 57	<input type="checkbox"/> Day 78
<input type="checkbox"/> Day 16	<input type="checkbox"/> Day 37	<input type="checkbox"/> Day 58	<input type="checkbox"/> Day 79
<input type="checkbox"/> Day 17	<input type="checkbox"/> Day 38	<input type="checkbox"/> Day 59	<input type="checkbox"/> Day 80
<input type="checkbox"/> Day 18	<input type="checkbox"/> Day 39	<input type="checkbox"/> Day 60	<input type="checkbox"/> Day 81
<input type="checkbox"/> Day 19	<input type="checkbox"/> Day 40	<input type="checkbox"/> Day 61	<input type="checkbox"/> Day 82
<input type="checkbox"/> Day 20	<input type="checkbox"/> Day 41	<input type="checkbox"/> Day 62	<input type="checkbox"/> Day 83
<input type="checkbox"/> Day 21	<input type="checkbox"/> Day 42	<input type="checkbox"/> Day 63	<input type="checkbox"/> Day 84

Good Luck!