

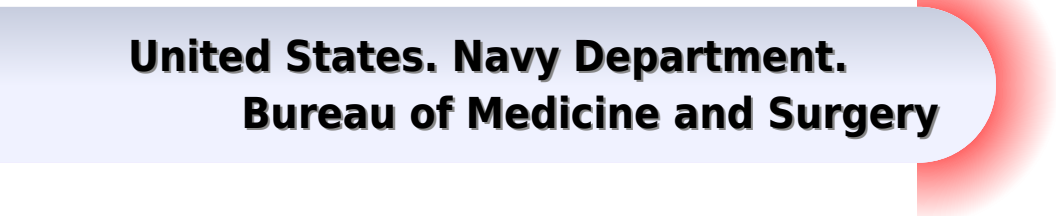


TEMPLATE TO CHECK YOUR PROGRESS IN BUILDING HABITS

Anna Karabin-Kuss

Manual Habit Building

**United States. Navy Department.
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