

BONUS MATERIAL #3

The 10-Minute Connection Tracker™

Instructions

Spend 10 uninterrupted minutes together each day.

Place a ✓ when completed.

Day	Completed
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1	_____
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2	_____
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3	_____
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4	_____
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5	_____
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6	_____
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7	_____
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8	_____
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9	_____
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10	_____
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11	_____
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12	_____
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13	_____
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14	_____
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15	_____
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16	_____
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17	_____
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18 ___

19 ___

20 ___

21 ___

22 ___

23 ___

24 ___

25 ___

26 ___

27 ___

28 ___

29 ___

30 ___

End of Month Reflection

What improved most this month?

What surprised me?

What habit will I continue?