Adulting Achievement Chart for: _____

Get a 9-day streak in any category and get an ice cream! **Today I:**

Date									
Did my stupid day job									
Did not read the comments									
Did not punch a m-f-er									
Brushed my teeth									
Did not get drunk									
Was affectionate to my loved ones									
Paid a bill									
Ate non-junk food									
Moved my body more than necessary (exercised)									
Did a chore									
Washed a part of me									