



# Write In **CAFFEINE** Habit Logbook: Blank Books You Can Write In

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# Write In CAFFEINE Habit Logbook: Blank Books You Can Write In

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**Write In CAFFEINE Habit Logbook**

*Blank Books You Can Write In*

Paperback Quality - 8 1/2" x6 11, 210 pages

The Write In CAFFEINE Habit Logbook is an excellent tool for someone who wants to examine their caffeine habits.

The first step when changing a habit is to have a clear understanding of what you are currently doing. Keeping this logbook gives you a dedicated place to record your actions, triggers and excuses for consuming caffeine.

Featuring:

**MAKE YOUR OWN - REFERENCES** to record contacts, websites or whatever you want to **QUICKLY** and **EASILY** find.

**DETAIL PAGES** - over 125 ruled and numbered Detail Pages to record basic information about your habit. Use the **HABIT DETAILS** section to record the dates, times, what you do, what your triggers are and what excuses you give to justify yourself.

**PATTERN OBSERVATION PAGES** to record your observations about your habit.

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