

Lift Mail-in Check-ins

v0.1

Name: _____

Week of _____ (mm/dd/yyyy)

I will ...	Mo	Tu	We	Th	Fr	Sa	Su
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Instructions: How to Use Mail-in Check-ins

1. Print this form.
2. Write in the habits you want to achieve in the left-hand column.
3. Check off the box when you've completed a habit.
4. Once you've filled out a week's worth of check-ins, send in your form and a self-addressed envelope to:

Lift Luddites
c/o Erin Frey
760 Market Street
5th Floor
San Francisco, CA 94102

Please allow 6-10 business days for processing of Props & Comments.