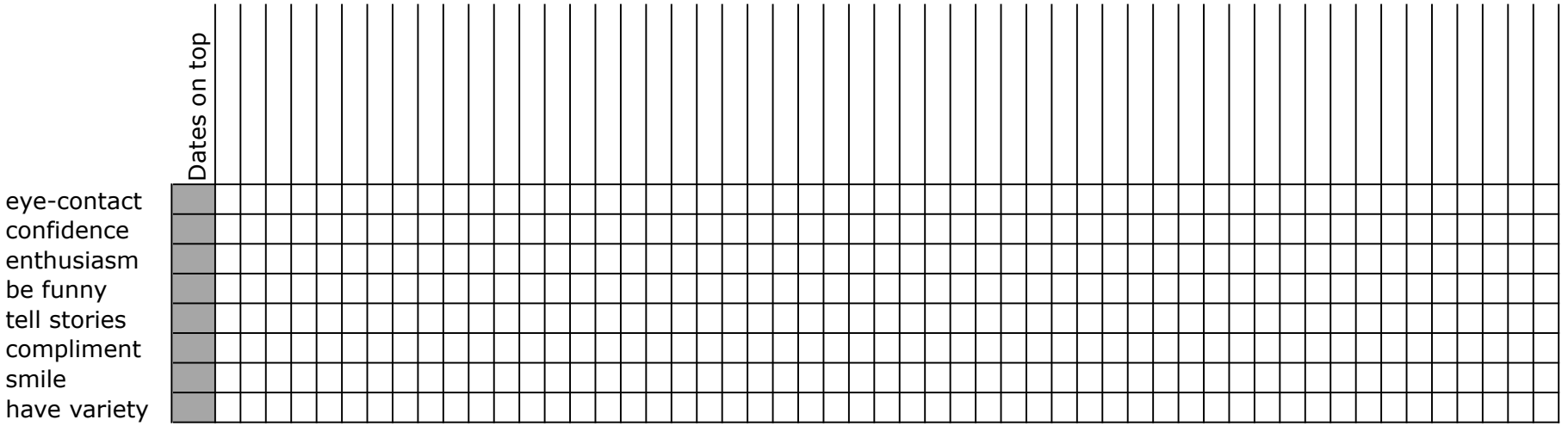
	Dates on top	2001.09.12	2001.09.13	2001.09.14	2001.09.15	2001.09.16	2001.09.17	2001.09.18	2001.09.19	2001.09.20	2001.09.21	2001.09.22	2001.09.23	2001.09.24	2001.09.25	2001.09.26	2001.09.27	2001.09.28	2001.09.29	2001.09.30	2001.10.01	2001.10.02	2001.10.03	2001.10.04	2001.10.05	2001.10.06	2001.10.07	2001.10.08	2001.10.09	2001.10.10	2001.10.11	2001.10.12	2001.10.13	2001.10.14	2001.10.15	2001.10.16	2001.10.17	2001.10.18	2001.10.19	2001.10.20	2001.10.21	2001.10.22	2001.10.23	2001.10.24	2001.10.25	2001.10.26	2001.10.27	2001.10.28	2001.10.29	2001.10.30	2001.10.31	2001.11.01	2001.11.02	2001.11.03
eye-contact		x		x	x		x				x			x	x				x		x		x		x		x		x	x		x	x	x	x	x		x	x	x	x	x		x	x	x	x		x	x	x	x	x	x
confidence		x		x					x						x				x			x					x			x		x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
enthusiasm						x							x				x	x			x	x	x		x		x			x	x			x		x	x	x		x	x		x	x	x	x		x	x	x	x	x	x	x
be funny			x			x			x		x				x		x		x		x		x		x	x		x	x	x	x	x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x	x	x		x	x	x
tell stories		x			x	x			x			x		x			x	x		x			x		x	x	x	x	x		x	x	x		x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x
compliment			x				x		x	x		x	x	x		x			x				x		x		x		x	x		x	x	x	x	x	x		x	x	x		x	x	x		x	x		x	x	x	x	x
smile				x		x				x			x			x		x	x		x		x		x	x	x	x		x	x	x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
have variety			x			x		xx		x					x		x		x			x		x	x	x	x		x			x		x		x	x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x	x

Use this chart to improve your coolness.

The above is a demo. Print out the next page.

Fill out the dates across the top of your printed page.
When you "exemplify a quality" for current day, put an x, or whatever, in that day's box.

When you start to get a lot of days in a row of total coolness, you can stop.


Dates on top
eye-contact
confidence
enthusiasm
be funny
tell stories
compliment
smile
have variety