

BROUGHT TO YOU BY THE MOTIVATION CENTER
AND THE LIFESTYLE PERFECTION

2023

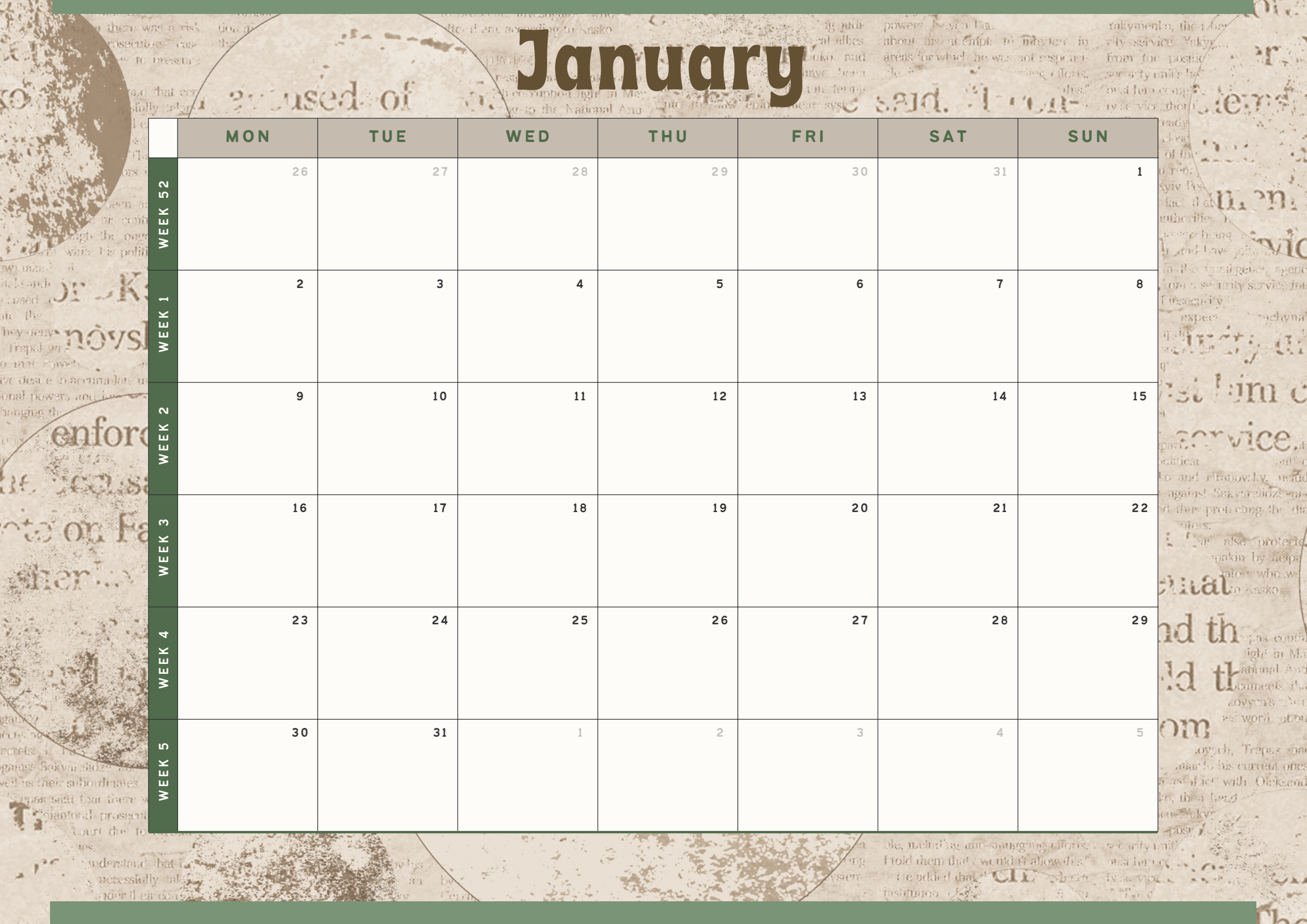
Calendar & Planner

JANUARY - JUNE



January

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 52	26	27	28	29	30	31	1
WEEK 1	2	3	4	5	6	7	8
WEEK 2	9	10	11	12	13	14	15
WEEK 3	16	17	18	19	20	21	22
WEEK 4	23	24	25	26	27	28	29
WEEK 5	30	31	1	2	3	4	5



Monthly To-Dos



**QUESTION OF THE MONTH:
WHAT MAKES ME FEEL THE MOST EMPOWERED?**

Weekly Planner

MONDAY 1/01

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 1/02

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 1/03

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 1/04

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 1/05

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Weekly Planner

MONDAY 1/08

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 1/09

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 1/10

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 1/12

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 1/13

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Weekly Planner

MONDAY 1/16 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 1/17 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 1/18 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 1/19 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 1/20 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		



Weekly Planner

MONDAY 1/23

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 1/24

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 1/25

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 1/26

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 1/27

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Habit Tracker

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

"Self-care is not self-indulgence, it is self-preservation."

February

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 5	30	31	1	2	3	4	5
WEEK 6	6	7	8	9	10	11	12
WEEK 7	13	14	15	16	17	18	19
WEEK 8	20	21	22	23	24	25	26
WEEK 9	27	28	1	2	3	4	5

Monthly To-Dos



**QUESTION OF THE MONTH:
HOW DO I WANT OTHERS TO PERCEIVE ME?**



Weekly Planner

MONDAY 2/06

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 2/07

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 2/08

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 2/09

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 2/10

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Weekly Planner

MONDAY 2/13 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 2/14 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 2/15 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 2/16 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 2/17 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Weekly Planner

MONDAY 2/20 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 2/21 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 2/22 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 2/23 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 2/24 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Habit Tracker

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

"We can choose courage or we can choose comfort, but we can't have both. Not at the same time." – Brene Brown

March

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 9	27	28	1	2	3	4	5
WEEK 10	6	7	8	9	10	11	12
WEEK 11	13	14	15	16	17	18	19
WEEK 12	20	21	22	23	24	25	26
WEEK 13	27	28	29	30	31	1	2

PLAN DU PORT ET DE LA
DE NANGASA

E. Temple ou
Gouverneur
Lors qu'il es
F. Maison des
Port.
une demie Lieue.



Lieu destine
a bruler les
Vaisseaux ennemis

Sebo
Kaminofima

Montagnes
sont habitees

Monthly To-Dos



QUESTION OF THE MONTH:

WHAT NEW SELF-CARE TECHNIQUES CAN I TRY THIS MONTH?

Weekly Planner

MONDAY 3/06 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 3/07 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 3/08 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 3/09 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 3/10 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Weekly Planner

MONDAY 3/13 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 3/14 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 3/15 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 3/16 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 3/17 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Weekly Planner

MONDAY 3/20 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 3/21 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 3/22 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 3/23 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 3/24 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		



MONDAY 3/27

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 3/28

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 3/29

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 3/30

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 3/31

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Habit Tracker

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

"Start by doing what is necessary; then do what's possible; and suddenly you are doing the impossible." – Francis of Assisi

April

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 13	27	28	29	30	31	1	2
WEEK 14	3	4	5	6	7	8	9
WEEK 15	10	11	12	13	14	15	16
WEEK 16	17	18	19	20	21	22	23
WEEK 17	24	25	26	27	28	29	30

Monthly To-Dos



QUESTION OF THE MONTH:

WHAT STEPS AM I TAKING TOWARDS BUILDING MY IDEAL LIFE?



Weekly Planner

MONDAY 4/03

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 4/04

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 4/05

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 4/06

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 4/07

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Weekly Planner

MONDAY 4/10

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 4/11

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 4/12

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 4/13

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 4/14

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Weekly Planner

MONDAY 4/17 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 4/18 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 4/19 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 4/20 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 4/21 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Weekly Planner

MONDAY 4/24 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 4/25 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 4/26 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 4/27 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 4/28 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Habit Tracker

HABIT	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

HABIT	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

HABIT	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

HABIT	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

HABIT	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

HABIT	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

Productivity is never an accident. It is always the result of a commitment to excellence, intelligent planning, and focused effort.” –Paul J. Meyer

May

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 18	1	2	3	4	5	6	7
WEEK 19	8	9	10	11	12	13	14
WEEK 20	15	16	17	18	19	20	21
WEEK 21	22	23	24	25	26	27	28
WEEK 22	29	30	31	1	2	3	4



Monthly To-Dos



QUESTION OF THE MONTH:

WHAT ARE 3 NEGATIVE MINDSETS I NEED TO LET GO OF?

Weekly Planner

MONDAY 5/01 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 5/02 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 5/03 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 5/04 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 5/05 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Weekly Planner

MONDAY 5/08 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 5/09 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 5/10 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 5/11 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 5/12 <input checked="" type="checkbox"/>		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Weekly Planner

MONDAY 5/15

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 5/16

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 5/17


1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 5/18

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 5/19

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		



Weekly Planner

MONDAY 5/22

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 5/23

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 5/24

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 5/25

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 5/26

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Habit Tracker

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

"Almost everything will work again if you unplug it for a few minutes, including you." — Anne Lamott

June

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 22	29	30	31	1	2	3	4
WEEK 23	5	6	7	8	9	10	11
WEEK 24	12	13	14	15	16	17	18
WEEK 25	19	20	21	22	23	24	25
WEEK 26	26	27	28	29	30	1	2

Monthly To-Dos



**QUESTION OF THE MONTH:
WHAT IS ONE PIECE OF ADVICE I WOULD GIVE TO MY FUTURE SELF?**

Weekly Planner

MONDAY 6/06

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 6/07

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 6/08

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 6/09

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 6/10

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Weekly Planner

MONDAY 6/13

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 6/14

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 6/15

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 6/16

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

FRIDAY 6/17

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Weekly Planner

MONDAY 6/27

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TUESDAY 6/28

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WEDNESDAY 6/29

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

THURSDAY 6/30

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Habit Tracker

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

HABIT	M	T	W	T	F	S	S
	<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"/>
	<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"/>

"Put yourself at the top of your to-do list every single day, and the rest will fall into place." – Unknown