|  |  |  |  |
| --- | --- | --- | --- |
|   | habit tracker |  | brain dump list |
|  | wake upbefore 8 |  |  |
|  |  |
| eat healthyfood |  |  |
|  |  |
|  | drink enoughwater |  |
|  |  |
| reada book |  |  |
|  |  |
|  | meetwith friends |  |
|  |  |
| savemoney |  |  |
| notes |  |
|  |  |

|  |  |  |
| --- | --- | --- |
| month in review |  |  |
| — BEST — | — WORST — |  |  |
|  |  |  |  |
| GOALS | MOOD |  | social posts | music |
| mood log |
| goals | books |
| HABITS | SLEEP |  |  |
|  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| thoughts to keepin mind |  |  |  | gratitude log |  |
|  |  |  |
|  |  |
|  |