

January

GOAL FOR THIS MONTH: *Eat dinner at home 6 nights per week*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
☐	☐	☐	☐	☐	① Payday Rent	②
③	④	⑤	⑥	⑦ AT&T	⑧ Spotify	⑨
⑩	⑪	⑫	⑬	⑭	⑮ Payday	⑯
⑰	⑱ Insurance	⑲	⑳	㉑	㉒ Netflix	㉓
㉔	㉕ Savings	㉖ Water bill	㉗	㉘	㉙	㉚ Birthday
㉛	☐	☐	☐	☐	☐	☐