

MON TUE WED THU FRI SAT SUN

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JANUARY HABITS

Daily

1. Be active after 5pm
2. Exercise
3. Spend 30 min outdoors
4. No phone usage
5. Journal
6. No late night
7. Clean desk before bed
8. No scrolling after 9pm
9. Read



WEEK TOTAL: WEEK TOTAL: WEEK TOTAL: WEEK TOTAL:

✓ ✓ ✓ ✓

your name

Habit CALENDAR

for 1 Year Period from

January 2024 - December 2024