

JANUARY HABITS

Daily

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1. no caffeine after 3pm	✓	✓	✓	✓	✓	✓		✓	✓	✓		✓	✓	✓		✓	✓	✓	✓	✓	✓			✓	✓	✓	✓		✓	✓	
2. meditate			✓	✓	✓				✓	✓					✓	✓	✓	✓		✓	✓	✓		✓	✓		✓	✓	✓	✓	
3. spend 30 mins outdoors	✓	✓	✓		✓	✓	✓		✓	✓		✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓		✓	✓	✓	✓	✓	
4. no plastic bags	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5. journal				✓			✓	✓	✓				✓	✓					✓			✓			✓	✓	✓	✓	✓	✓	
6. in bed by 10pm					✓	✓			✓	✓	✓			✓	✓			✓	✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	
7. clean dishes before bed	✓	✓	✓			✓	✓	✓	✓	✓		✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓		✓	✓			✓	
8. no food/snacks after 9pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
9. floss			✓	✓	✓		✓	✓	✓			✓	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

WEEK TWO WEEK THREE WEEK FOUR WEEK FIVE

✓	✓		
✓	✓	✓	
✓			

good cause

Habit

CALENDAR

by Free Period Press

Track the small habits that make a big difference.