# Daily Habits Checklist

We first make our habits, and then our habits make us
- John Dryden

2015.1

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | 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 | |

2015.2

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | | | | 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 | |

2015.3

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | | | | 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 JANUARY 2015

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

## 2 FEBRUARY 2015

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

## 3 MARCH 2015

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

# Daily Habits Checklist

We first make our habits, and then our habits make us

- John Dryden

2015.4

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | 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 | | | |

2015.5

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | | 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 |

2015.6

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| 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 | | | | | |

## 4 APRIL 2015

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

## 5 MAY 2015

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

## 6 JUNE 2015

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

# Daily Habits Checklist

We first make our habits, and then our habits make us
- John Dryden

2015.7

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | 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 | | |

2015.8

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | | | 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 | | | | | | |

2015.9

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | 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 | | | | |

## 7 JULY 2015

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

## 8 AUGUST 2015

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

## 9 SEPTEMBER 2015

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

# Daily Habits Checklist

We first make our habits, and then our habits make us
- John Dryden

2015.10

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | 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 | |

2015.11

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | | | | 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 | | | | | | |

2015.12

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | 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 | | | |

## 10 OCTOBER 2015

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

## 11 NOVEMBER 2015

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

## 12 DECEMBER 2015

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

# Daily Habits Checklist

We first make our habits, and then our habits make us

- John Dryden

2016.1

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | | 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 |

2016.2

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| 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 | | | | | | |

2016.3

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | 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 JANUARY 2016

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

## 2 FEBRUARY 2016

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

## 3 MARCH 2016

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