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								
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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								
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14	MON								
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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								

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2016.4

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	

2016.5

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					

2016.6

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 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								

5 MAY 2016

	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								

6 JUNE 2016

	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								

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2016.7

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

2016.8

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				

2016.9

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 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								

8 AUGUST 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								
30	TUE								
31	WED								

9 SEPTEMBER 2016

	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								

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2016.10

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						

2016.11

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				

2016.12

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 2016

	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								
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21	FRI								
22	SAT								
23	SUN								
24	MON								
25	TUE								
26	WED								
27	THU								
28	FRI								
29	SAT								
30	SUN								
31	MON								

11 NOVEMBER 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								
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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								

12 DECEMBER 2016

	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								
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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								

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2017.1

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					

2017.2

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					

2017.3

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 2017

	ITEM LIST	1.	2.	3.	4.	5.	6.	7.	8.
1	SUN								
2	MON								
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4	WED								
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22	SUN								
23	MON								
24	TUE								
25	WED								
26	THU								
27	FRI								
28	SAT								
29	SUN								
30	MON								
31	TUE								

2 FEBRUARY 2017

	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								
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17	FRI								
18	SAT								
19	SUN								
20	MON								
21	TUE								
22	WED								
23	THU								
24	FRI								
25	SAT								
26	SUN								
27	MON								
28	TUE								

3 MARCH 2017

	ITEM LIST	1.	2.	3.	4.	5.	6.	7.	8.
1	WED								
2	THU								
3	FRI								
4	SAT								
5	SUN								
6	MON								
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23	THU								
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25	SAT								
26	SUN								
27	MON								
28	TUE								
29	WED								
30	THU								
31	FRI								