Daily Habits Checklist

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

1 JANUARY 2009

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 2009

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 2009

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								

2009 1 January

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	

2009 2 FEBRUARY

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	

2009 3 MARCH

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					

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- John Dryden

4 APRIL 2009

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 2009

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 2009

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								

2009 **4** APRIL

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			

2009 **5** MAY

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

2009 **6** JUNE

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					

Daily Habits Checklist

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- John Dryden

7 JULY 2009

	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 2009

	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 2009

	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								

2009 7 JUNE

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		

2009 8 AUGUST

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						

2009 9 SEPTEMBER

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				

Daily Habits Checklist

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- John Dryden

10 OCTOBER 2009

	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 2009

	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 2009

	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								

2009 MON TUE WED THU FRI SAT SUN
10 OCTOBER

			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	

2009 MON TUE WED THU FRI SAT SUN
11 NOVEMBER

						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						

2009 MON TUE WED THU FRI SAT SUN
12 DECEMBER

	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			