Daily Habits Checklist

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

1 JANUARY 2010

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 2010

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								

3 MARCH 2010

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								

1 JANUARY 2010

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
.	.	.	.	.	.	.

2 FEBRUARY 2010

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
.	.	.	.	.	.	.
.	.	.	.	.	.	.

3 MARCH 2010

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	.	.	.	.
.	.	.	.	.	.	.

Daily Habits Checklist

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

4 APRIL 2010

	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								

5 MAY 2010

	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								

6 JUNE 2010

	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								

4 APRIL 2010

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	.	.
.	.	.	.	.	.	.

5 MAY 2010

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	.	.	.	.	.	.

6 JUNE 2010

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

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

7 JULY 2010

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								

8 AUGUST 2010

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								

9 SEPTEMBER 2010

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								

7 JULY 2010

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	.
.	.	.	.	.	.	.

8 AUGUST 2010

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	.	.	.	.	.

9 SEPTEMBER 2010

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

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

10 OCTOBER 2010

	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								

11 NOVEMBER 2010

	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								

12 DECEMBER 2010

	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								

10 OCTOBER 2010

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
.	.	.	.	.	.	.

11 NOVEMBER 2010

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	.	.	.	.	.
.	.	.	.	.	.	.

12 DECEMBER 2010

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	.	.
.	.	.	.	.	.	.