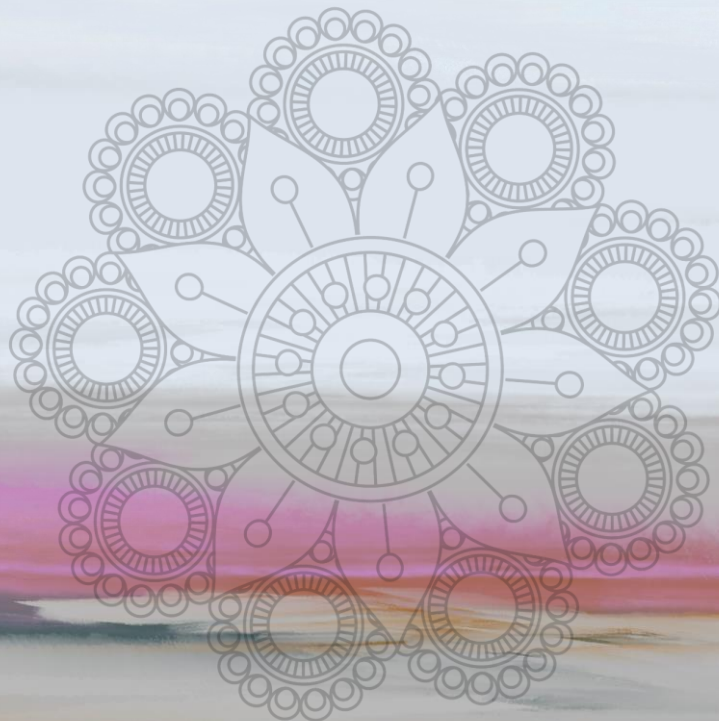
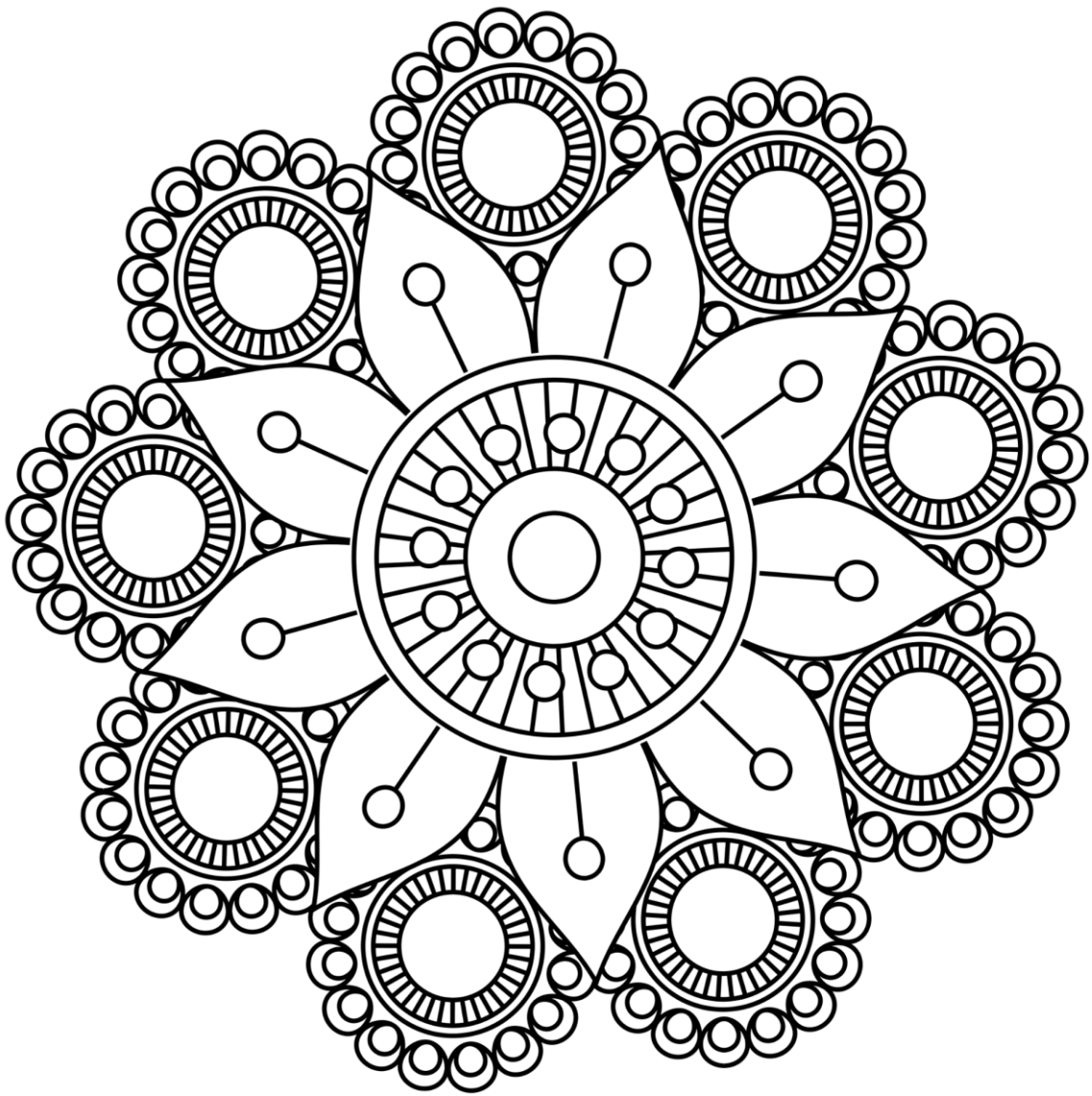
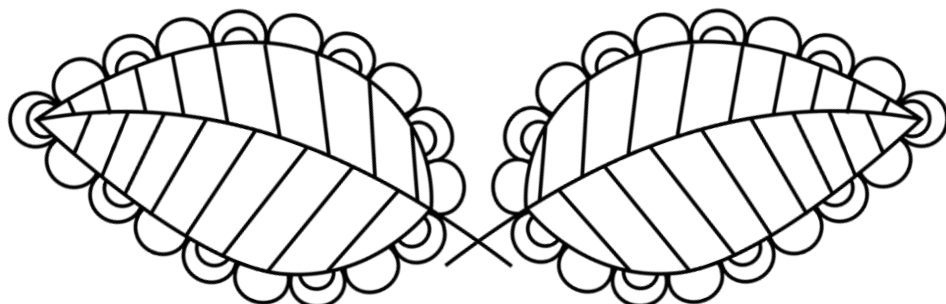


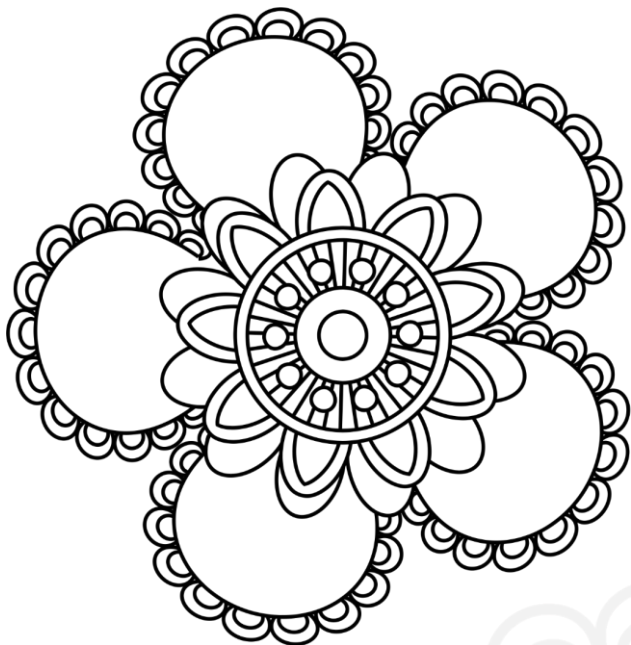
FLORAL COLORING PLANNER





THIS PLANNER BELONGS TO

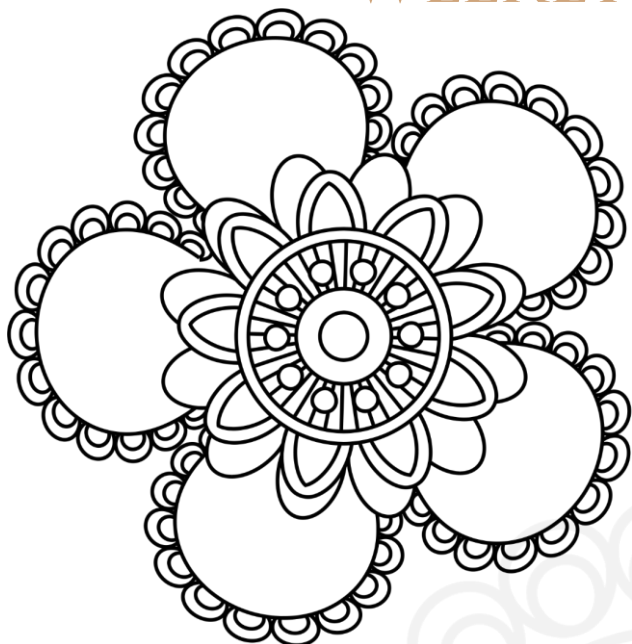




BRAIN DUMP



WEEKLY PLANNER



Week Of _____

This Week's Focus Word

Main priorities

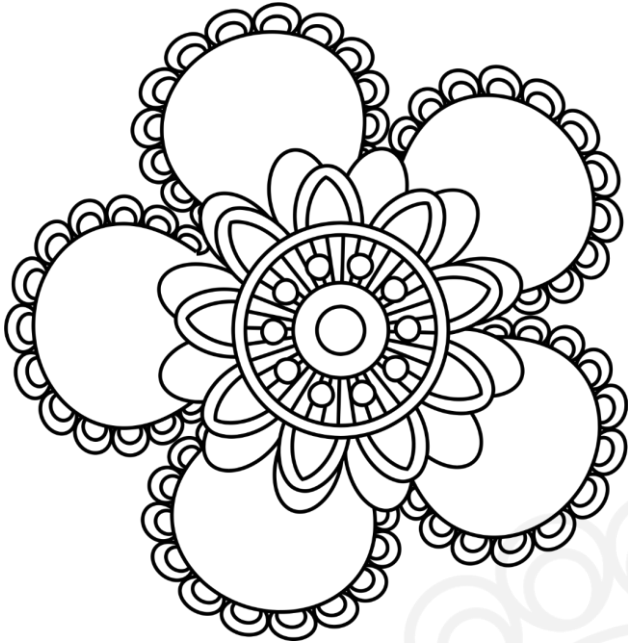


Appointments



Notes

DAILY PLANNER



Today Is _____

I Am Grateful For

To Do List



Water



Steps (thousands)

1

2

3

4

5

6

7

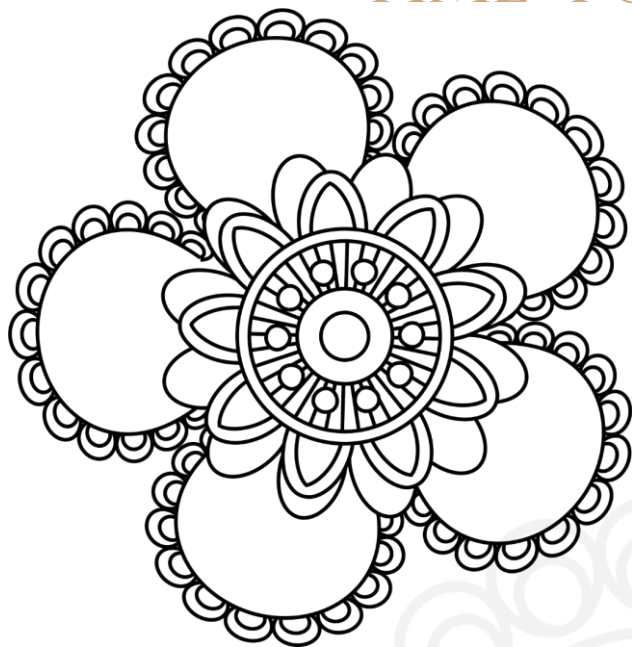
8

9

10

Feelings

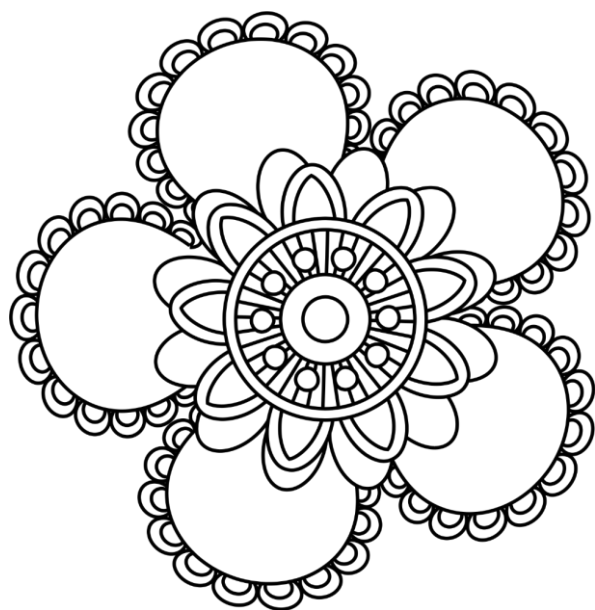
TIME TO DECIDE



The Issue

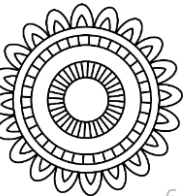
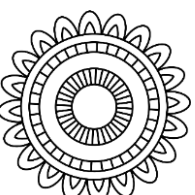
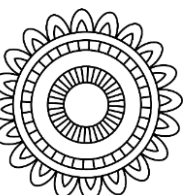
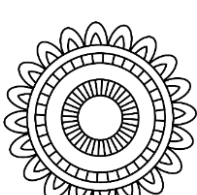
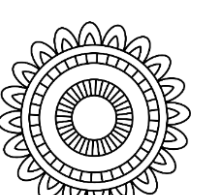
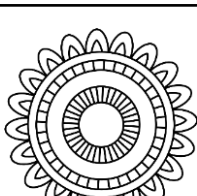
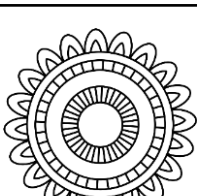
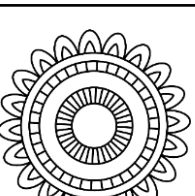
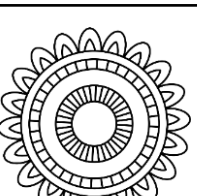
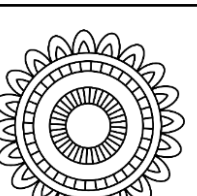
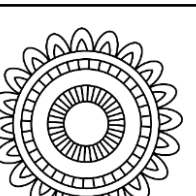
Pros
✓
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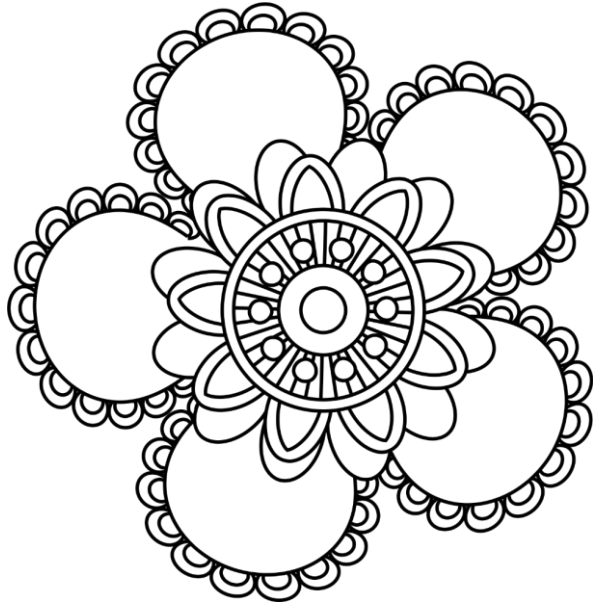
Cons
X
X
X
X
X
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X



HABIT TRACKER

I'm Committed to 30 Days Of

 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



MOOD TRACKER

Month Of _____

This Month's Motto

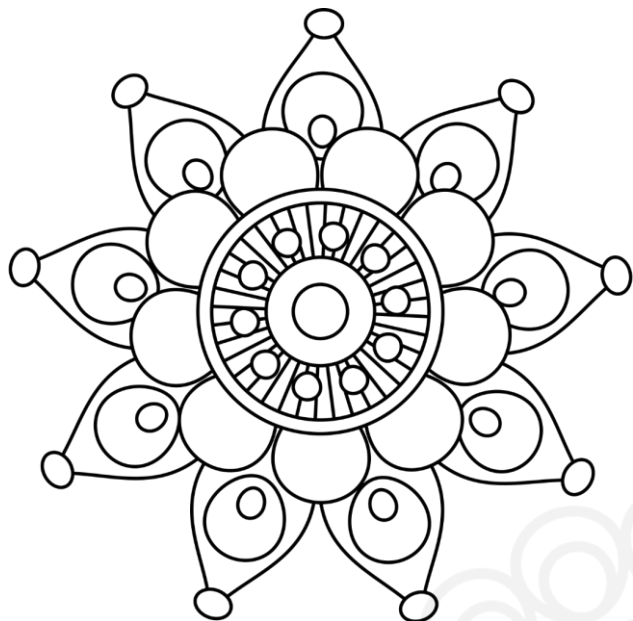
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					

Mood Color Key

ENERGETIC	MOTIVATED	HAPPY	FOCUSED	INSPIRED	CONTENT
TIRED	APATHETIC	SAD	DISTRACTED	DISAPPOINTED	RESTLESS



WEEKLY PLANNER



Week Of _____

This Week's Focus Word

Main priorities

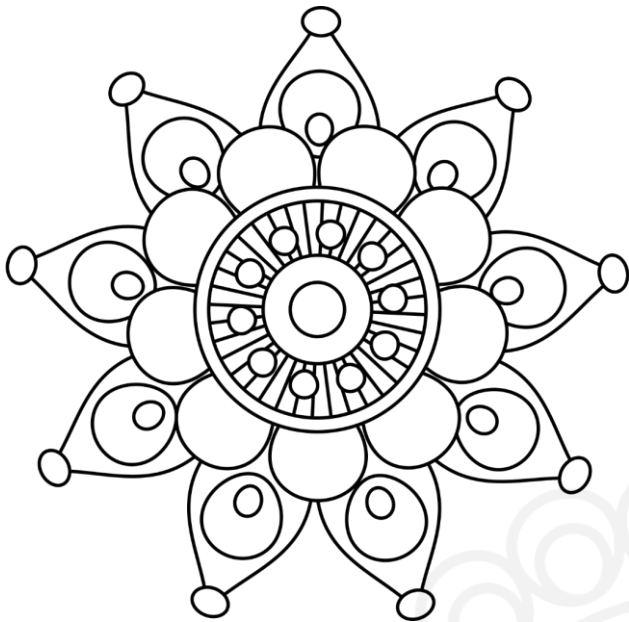


Appointments



Notes

DAILY PLANNER



Today Is _____

I Am Grateful For

To Do List



Water



Steps (thousands)

1

2

3

4

5

6

7

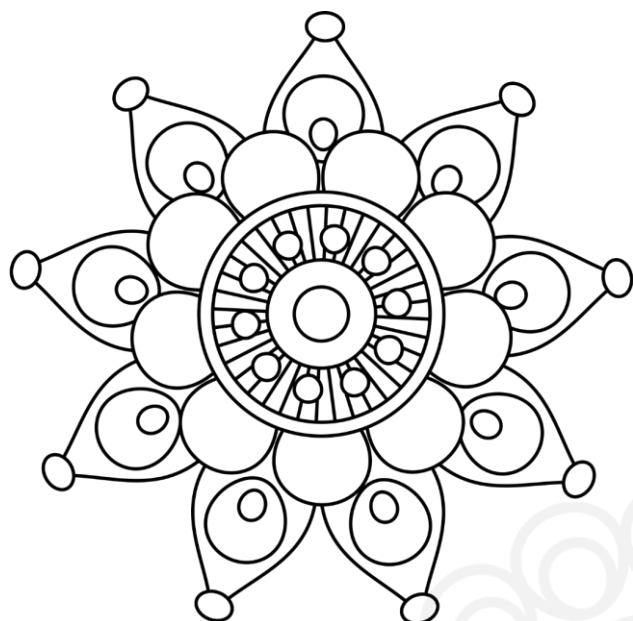
8

9

10

Feelings

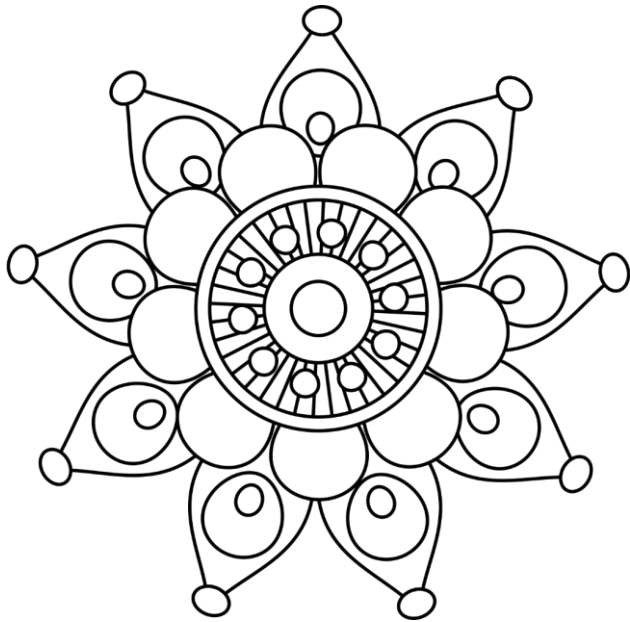
TIME TO DECIDE



The Issue

Pros
✓
✓
✓
✓
✓
✓
✓
✓
✓

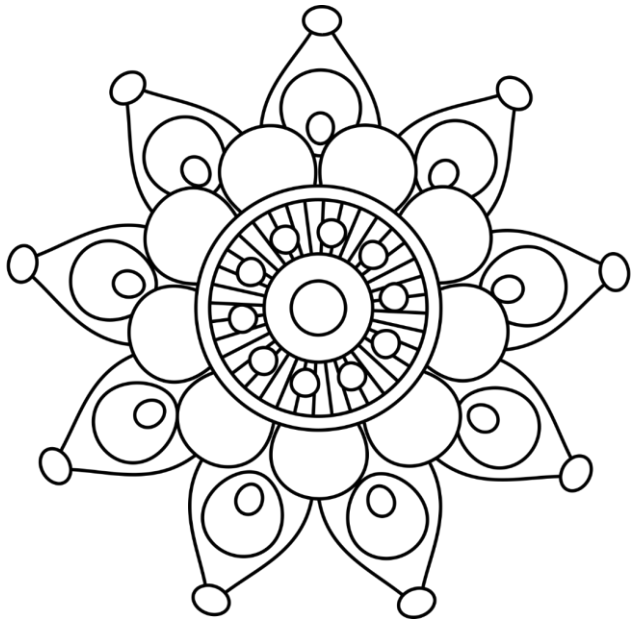
Cons
X
X
X
X
X
X
X
X



HABIT TRACKER

I'm Committed to 30 Days Of

 1	 2	 3	 4	 5	 6
 7	 8	 9	 10	 11	 12
 13	 14	 15	 16	 17	 18
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MOOD TRACKER

Month Of _____

This Month's Motto

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					

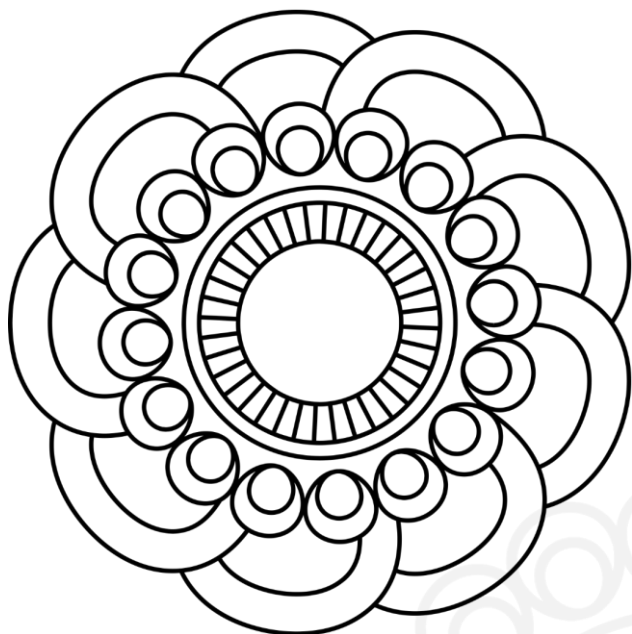
Mood Color Key

ENERGETIC	MOTIVATED	HAPPY	FOCUSED	INSPIRED	CONTENT
TIRED	APATHETIC	SAD	DISTRACTED	DISAPPOINTED	RESTLESS





WEEKLY PLANNER



Week Of _____

This Week's Focus Word

Main priorities

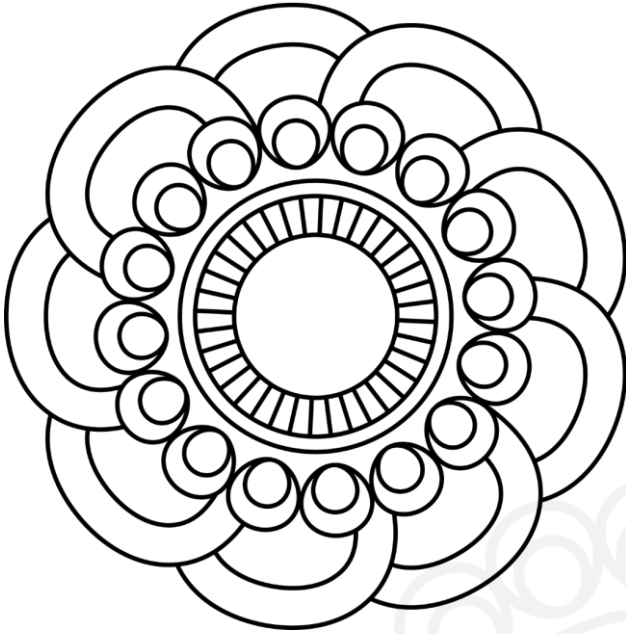


Appointments



Notes

DAILY PLANNER



Today Is _____

I Am Grateful For

To Do List



Water



Steps (thousands)

1

2

3

4

5

6

7

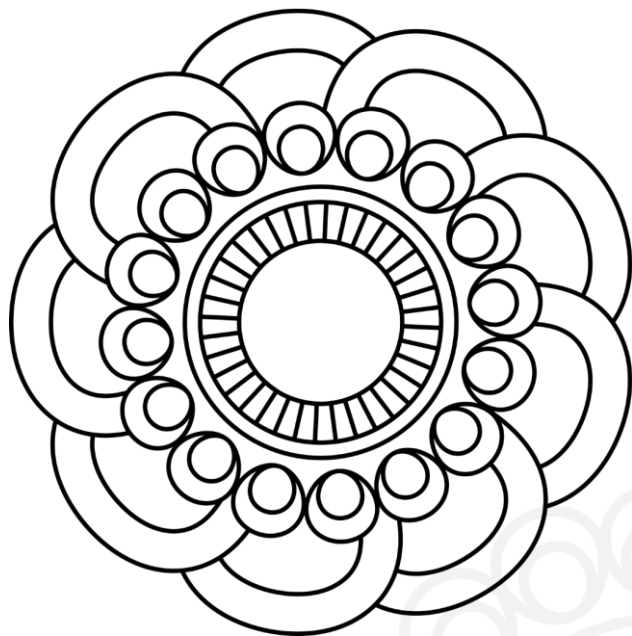
8

9

10

Feelings

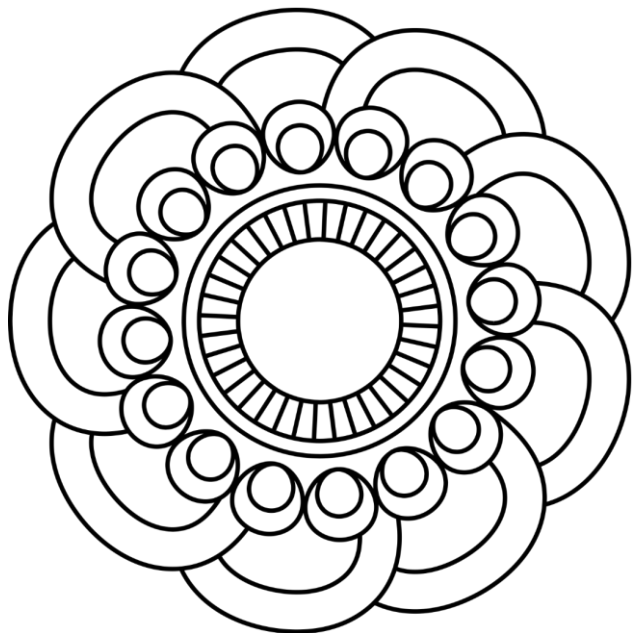
TIME TO DECIDE



The Issue

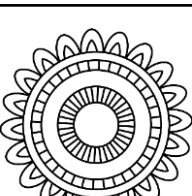
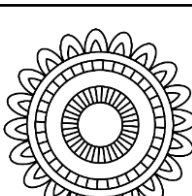
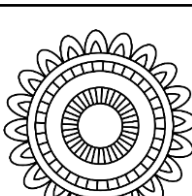
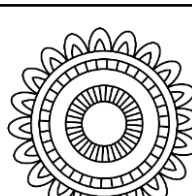
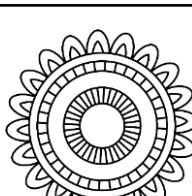
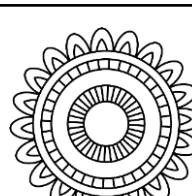
Pros
✓
✓
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✓

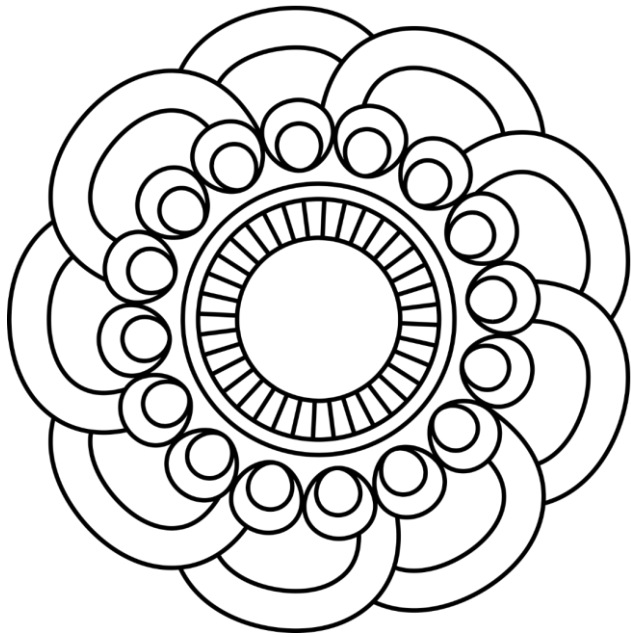
Cons
X
X
X
X
X
X
X
X



HABIT TRACKER

I'm Committed to 30 Days Of

 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



MOOD TRACKER

Month Of _____

This Month's Motto

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					

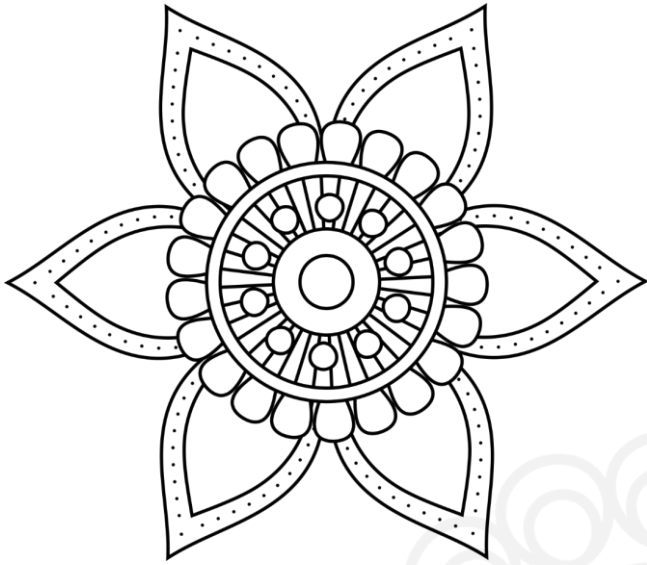
Mood Color Key

ENERGETIC	MOTIVATED	HAPPY	FOCUSED	INSPIRED	CONTENT
TIRED	APATHETIC	SAD	DISTRACTED	DISAPPOINTED	RESTLESS

The image features a background of faint, light gray mechanical gears and components, including circular gears with teeth and various connecting lines. Overlaid on this background are ten horizontal black lines, evenly spaced, providing a template for writing.

WEEKLY PLANNER

Week Of _____



This Week's Focus Word

Main priorities

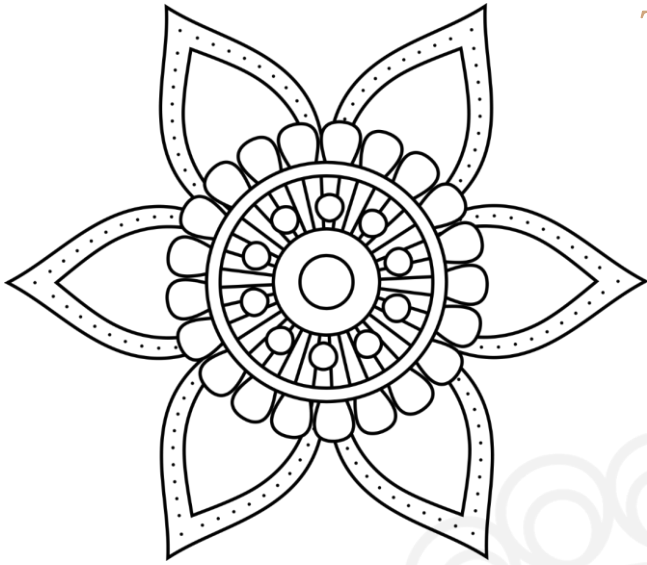


Appointments



Notes

DAILY PLANNER



Today Is _____

I Am Grateful For

To Do List



Water



Steps (thousands)

1

2

3

4

5

6

7

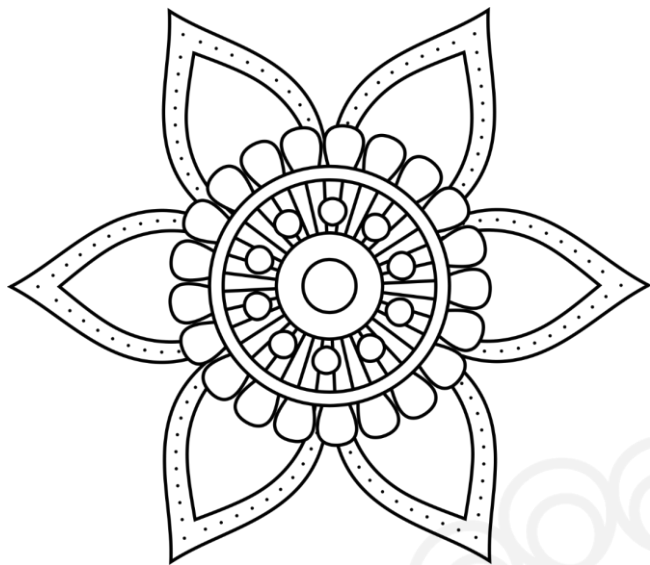
8

9

10

Feelings

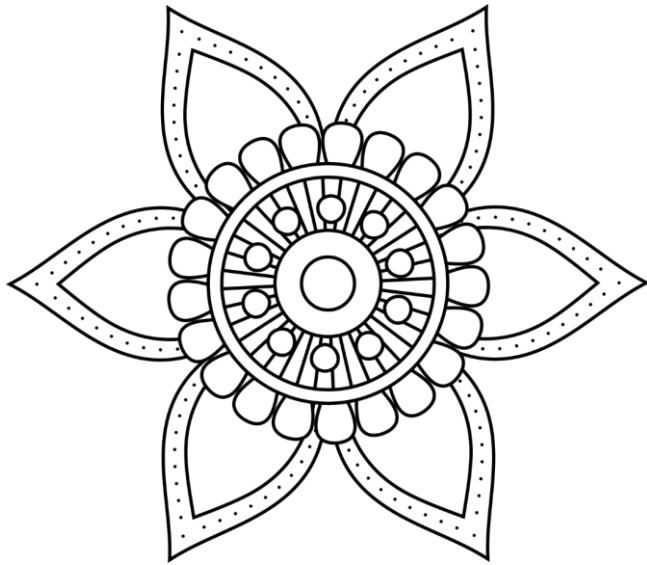
TIME TO DECIDE



The Issue

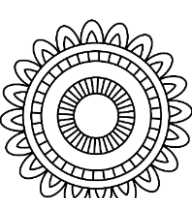
Pros
✓
✓
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✓
✓
✓

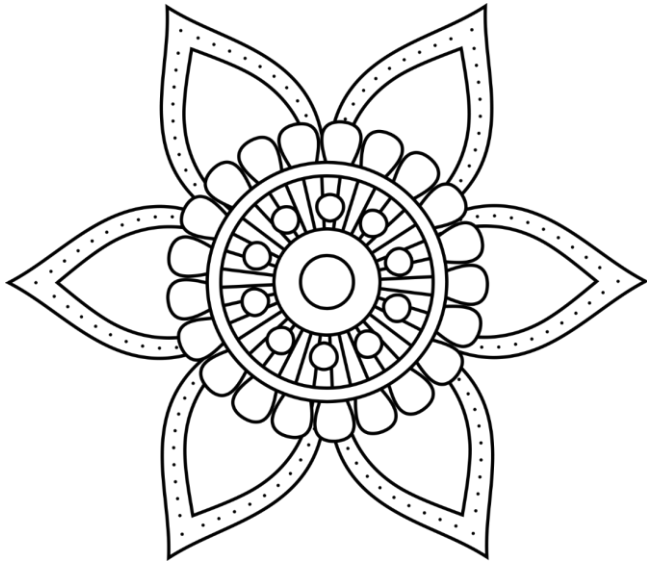
Cons
X
X
X
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X
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X
X



HABIT TRACKER

I'm Committed to 30 Days Of

 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



MOOD TRACKER

Month Of _____

This Month's Motto

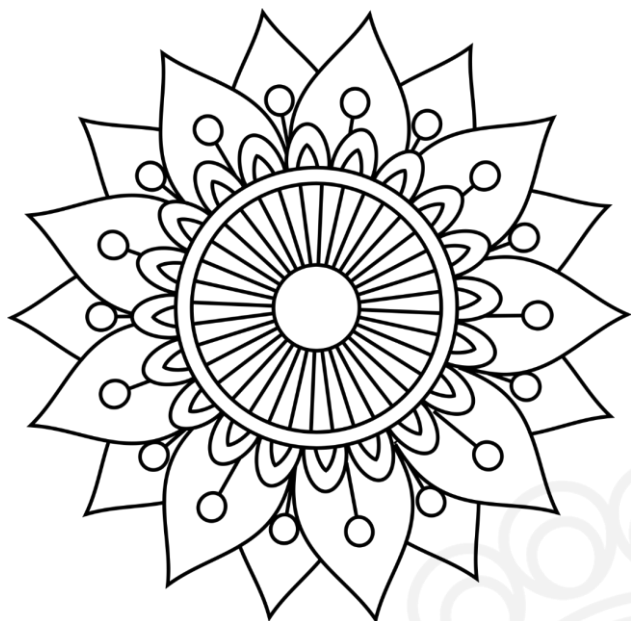
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					

Mood Color Key

ENERGETIC	MOTIVATED	HAPPY	FOCUSED	INSPIRED	CONTENT
TIRED	APATHETIC	SAD	DISTRACTED	DISAPPOINTED	RESTLESS



WEEKLY PLANNER



Week Of _____

This Week's Focus Word

Main priorities

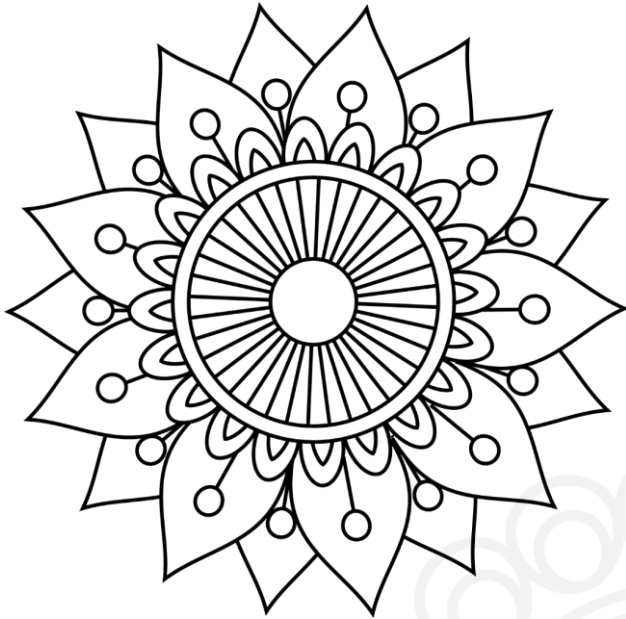


Appointments



Notes

DAILY PLANNER



Today Is _____

I Am Grateful For

To Do List



Water



Steps (thousands)

1

2

3

4

5

6

7

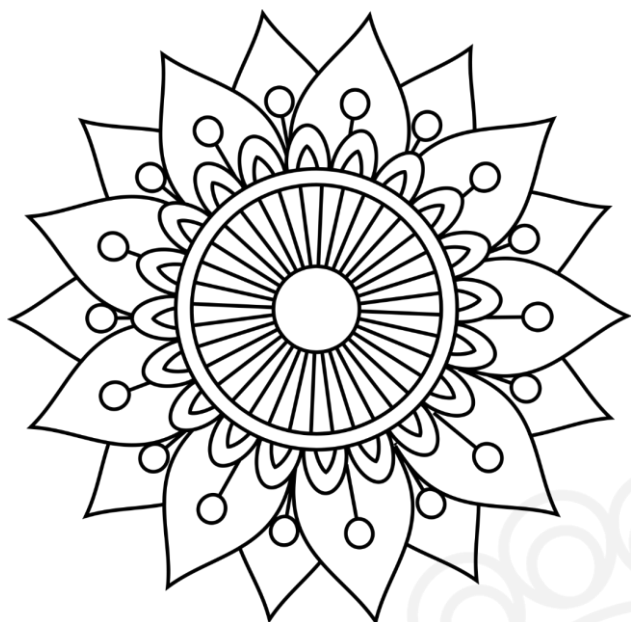
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Feelings

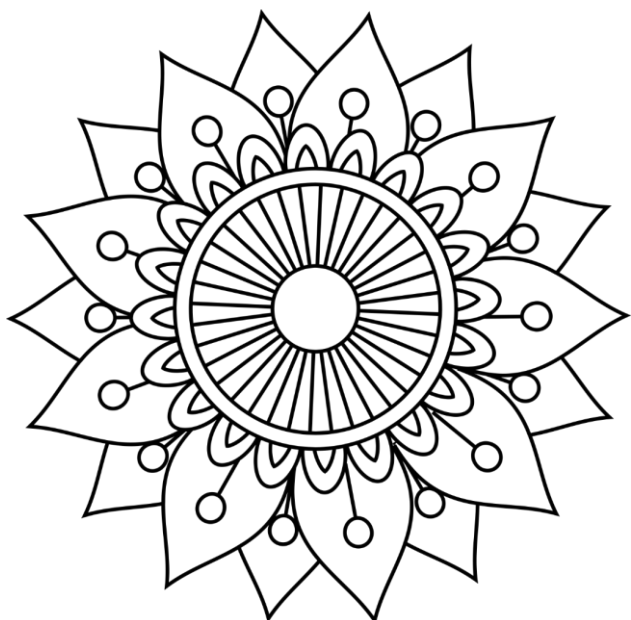
TIME TO DECIDE



The Issue

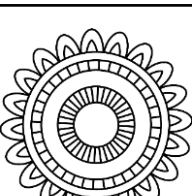
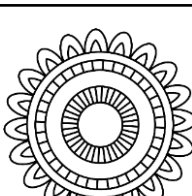
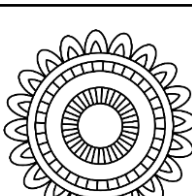
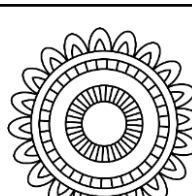
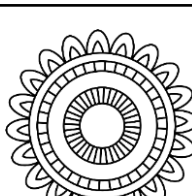
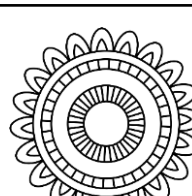
Pros
✓
✓
✓
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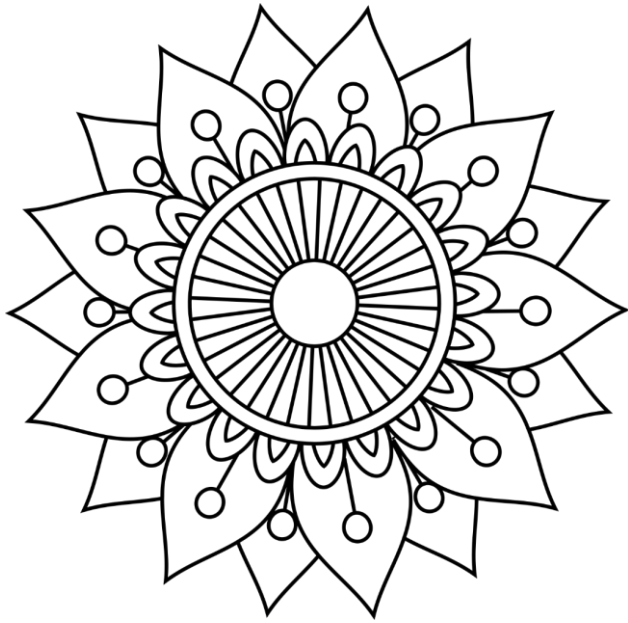
Cons
X
X
X
X
X
X
X
X
X



HABIT TRACKER

I'm Committed to 30 Days Of

 1	 2	 3	 4	 5	 6
 7	 8	 9	 10	 11	 12
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MOOD TRACKER

Month Of _____

This Month's Motto

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					

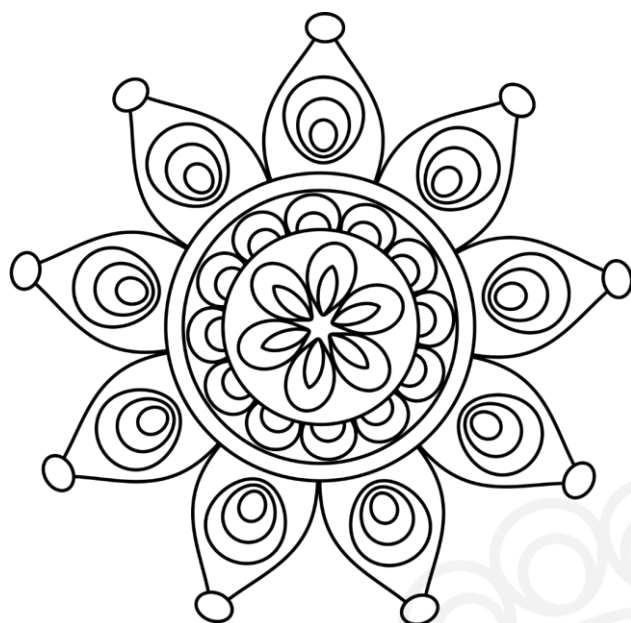
Mood Color Key

ENERGETIC	MOTIVATED	HAPPY	FOCUSED	INSPIRED	CONTENT
TIRED	APATHETIC	SAD	DISTRACTED	DISAPPOINTED	RESTLESS





WEEKLY PLANNER



Week Of _____

This Week's Focus Word

Main priorities



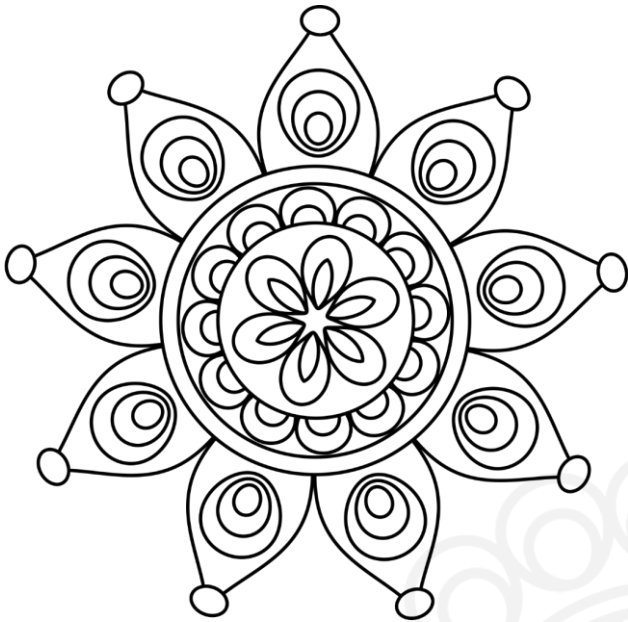
Appointments



Notes

DAILY PLANNER

Today Is _____



I Am Grateful For

To Do List



Water



Steps (thousands)

1

2

3

4

5

6

7

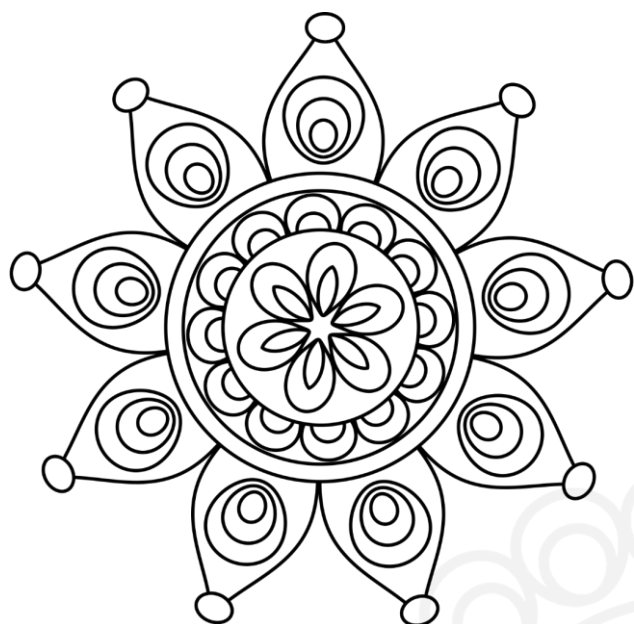
8

9

10

Feelings

TIME TO DECIDE



The Issue

Pros

✓

✓

✓

✓

✓

✓

✓

✓

✓

Cons

X

X

X

X

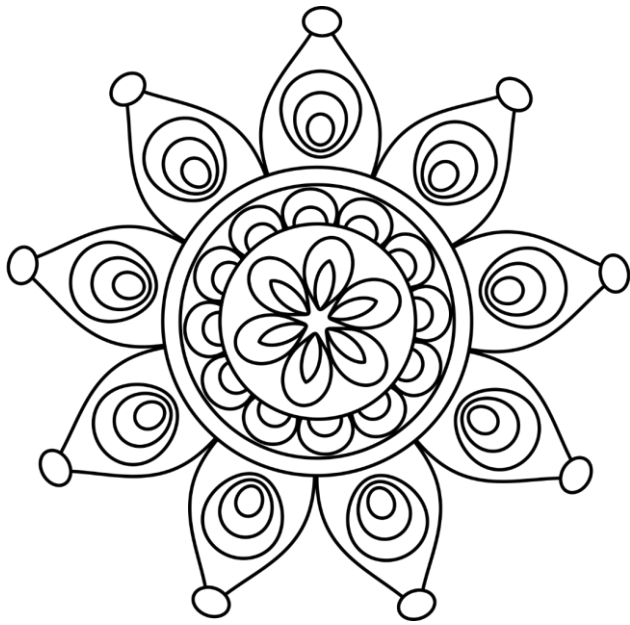
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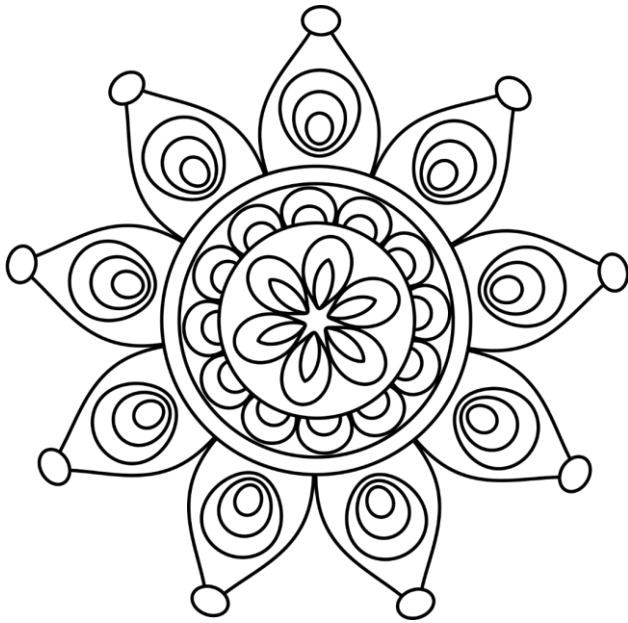
X



HABIT TRACKER

I'm Committed to 30 Days Of

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MOOD TRACKER

Month Of _____

This Month's Motto

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19	20	21	22	23	24
25	26	27	28	29	30
31					

Mood Color Key

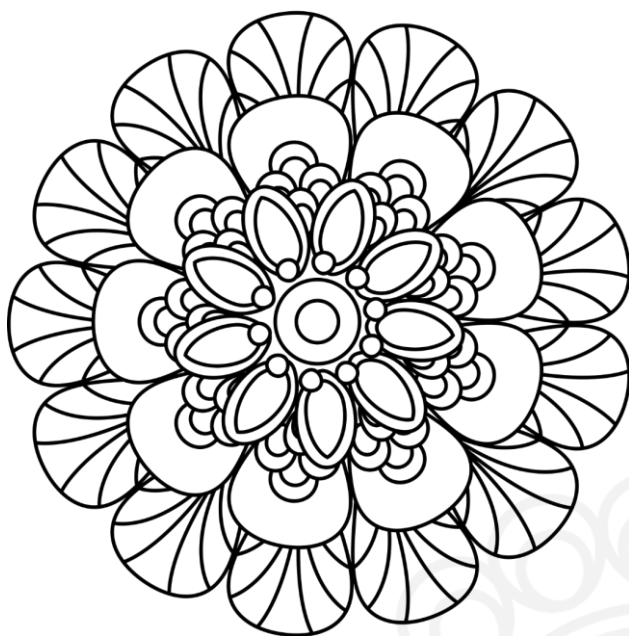
ENERGETIC	MOTIVATED	HAPPY	FOCUSED	INSPIRED	CONTENT
TIRED	APATHETIC	SAD	DISTRACTED	DISAPPOINTED	RESTLESS





Rita May | ritamayblog.com

WEEKLY PLANNER



Week Of _____

This Week's Focus Word

Main priorities

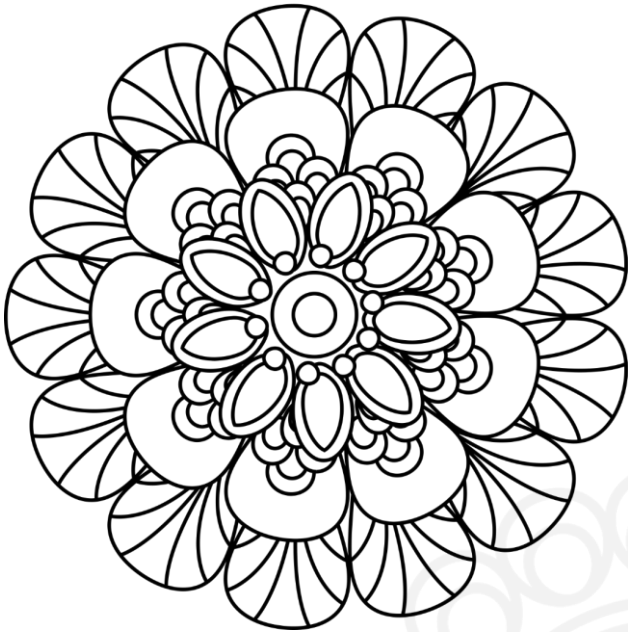


Appointments



Notes

DAILY PLANNER



Today Is _____

I Am Grateful For

To Do List



Water



Steps (thousands)

1

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3

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5

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7

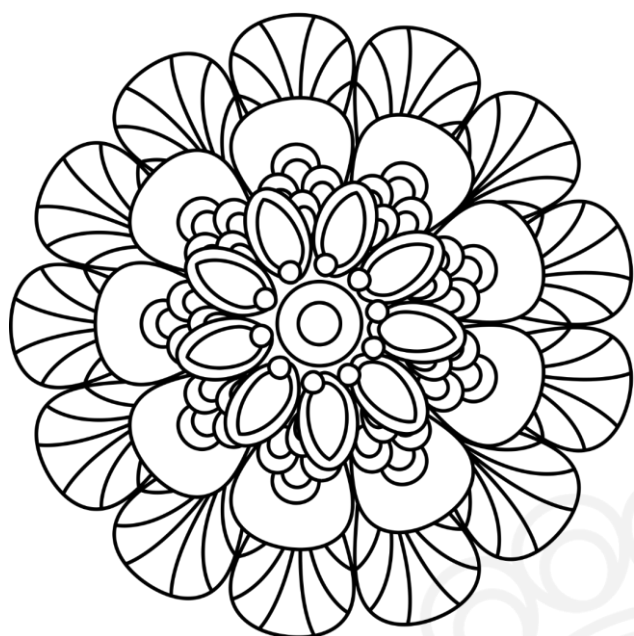
8

9

10

Feelings

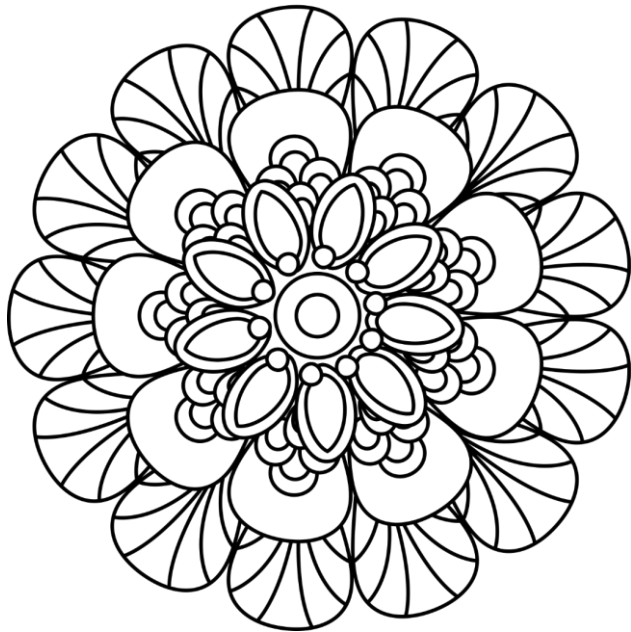
TIME TO DECIDE



The Issue

Pros
✓
✓
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✓

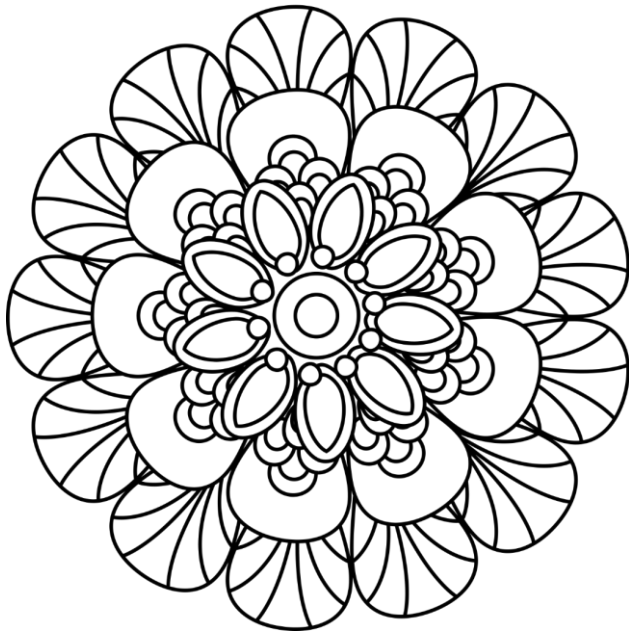
Cons
X
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X



HABIT TRACKER

I'm Committed to 30 Days Of

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MOOD TRACKER

Month Of _____

This Month's Motto

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					

Mood Color Key

ENERGETIC	MOTIVATED	HAPPY	FOCUSED	INSPIRED	CONTENT
TIRED	APATHETIC	SAD	DISTRACTED	DISAPPOINTED	RESTLESS

FLORAL COLOURING PLANNER

DAILY PLANNER



Today's _____

I Am Grateful For _____

To Do List

- ☐
- ☐
- ☐
- ☐
- ☐

Water

☐	☐	☐	☐	☐	☐
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Steps (thousands)

1	2	3	4	5	6
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Feelings

BRAIN DUMP

MOOD TRACKER

Month Of _____

This Month's Motto _____

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

Mood Color Key

_____	_____	_____	_____
_____	_____	_____	_____

A large mandala coloring page. At the top left is a large, intricate flower-like mandala with multiple layers of petals. To its right, the text 'HABIT TRACKER' is written in a large, orange, sans-serif font. Below this text, the phrase 'I'm Committed to 30 Days Of' is written in a smaller, orange, sans-serif font, followed by a long horizontal line. Below the text and the large mandala is a grid of 25 smaller mandala patterns, arranged in 5 rows and 5 columns. Each mandala in the grid is a circular design with concentric circles and floral patterns. The grid is tilted slightly to the right. The numbers 1 through 25 are printed in small, black, sans-serif font at the bottom right of each mandala in the grid.

[illegible]

WEEKLY PLANNER

Week Of _____

This Week's Focus Word

Main priorities

-
-
-
-
-

Appointments

-
-
-
-
-

Notes

RITA MAY