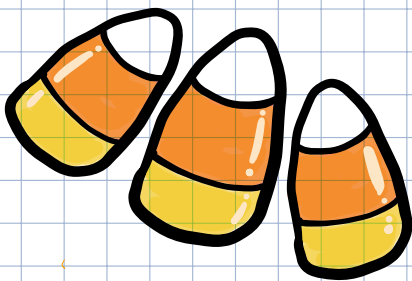
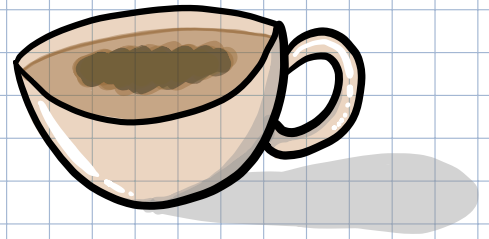
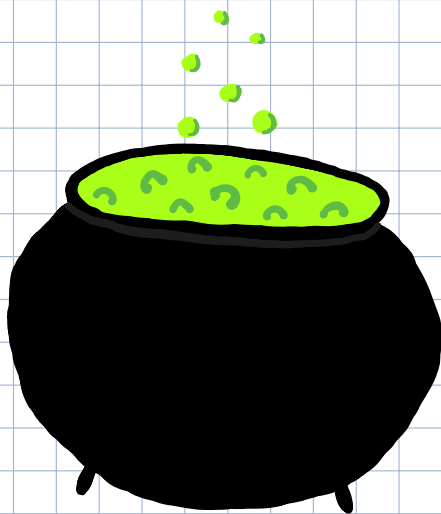


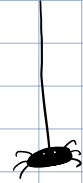
October Journal

by q. watch

happy
spooky szn



October 2022



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

to-do

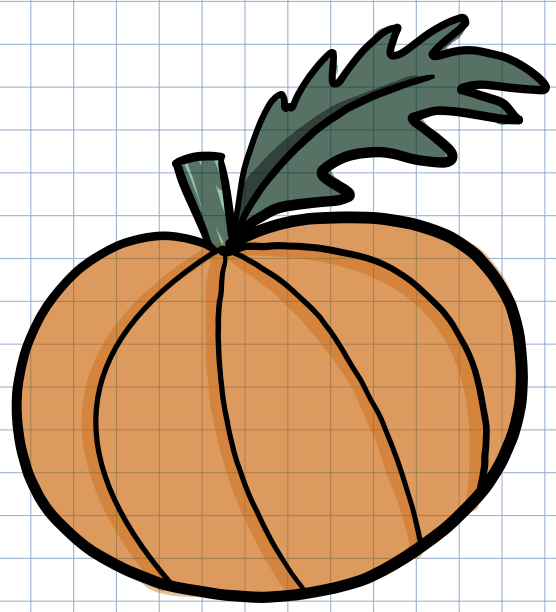
notes

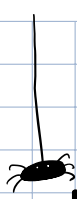
events

birthdays

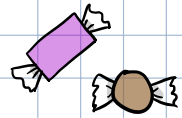
goals

health:	}	personal:
work:		financial:





weekly goals



Week 1

Week 2

Week 3

Week 4

Week 5

S	M	T	W	T	F	S
○	○	○	○	○	○	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	○	○	○	○	○

October Reflections

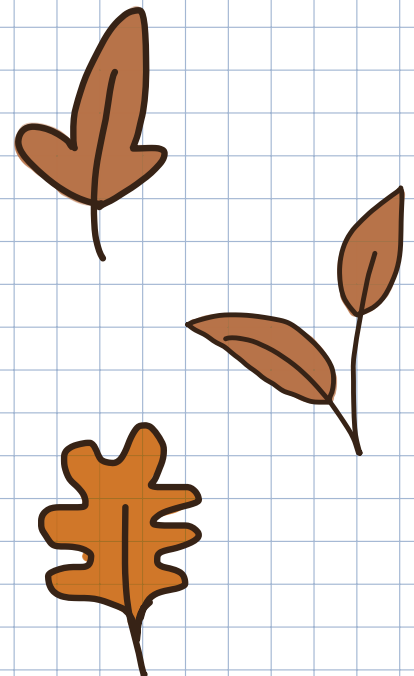
1	2	3	4	5
high:	high:	high:	high:	high:
low:	low:	low:	low:	low:


6	7	8	9	10	11	12
high:	high:	high:	high:	high:	high:	high:
low:	low:	low:	low:	low:	low:	low:

13	14	15	16	17	18	19
high:	high:	high:	high:	high:	high:	high:
low:	low:	low:	low:	low:	low:	low:

20	21	22	23	24	25	26
high:	high:	high:	high:	high:	high:	high:
low:	low:	low:	low:	low:	low:	low:

27	28	29	30	31
high:	high:	high:	high:	high:
low:	low:	low:	low:	low:



glows from the month: 

grows for next month: 



Thoughts + Feelings



____/____/____

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Thoughts + Feelings



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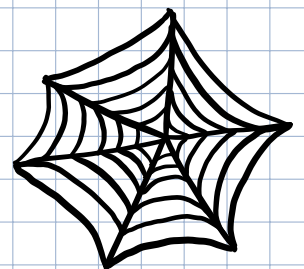


Sleep Tracker

☾ Sweet dreams ✨ ✨



date:	PM												AM												total hrs	energy
10/1	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/2	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/3	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/4	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/5	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/7	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/8	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/9	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/10	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/11	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/12	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/13	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/14	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/15	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/16	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/17	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/18	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/19	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/20	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/21	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/22	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/23	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/24	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/25	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/26	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/27	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/28	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/29	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/30	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>
10/31	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6		<input type="checkbox"/>



notes + such

title: _____

date: _____