

Habits	M	T	W	T	F	S	S

Timetable for the day			
<u>5.q.m-6.q.m</u>			
m.p.F-m.p.			
7.a.m-8.a.m			
8.q.m.9.a.m			
1.a.m-10.a.m			
0.a.m-11.a.m			
1.a.m-12.p.m			
12.p.m-1.p.m			
.p.m-2.p.m			
2.p.m-3.p.m			
3.p.m-4.p.m			
t.p.m-5.p.m			
<u>5.p.m-6.p.m</u>			
<u>m-q.F-m.q.à</u>			
1.p.m-8.p.m			
8.p.m-9.p.m			
9.p.m-10.p.m			
<u> 10p.m-II.p.m</u>			
11.p.m-12q.m			
12.a.m-1.a.m			
l.q.m-2.q.m			
2.a.m-3.a.m			
3.a.m-4.a.m			
t.am-5.a.m			

Day of the week:

Goals:

M	T		F	G	S
МC					

Jan	Feb	Mar	Apr
May	Jun	July	Aug
Sept	Oct	Nov	Dec

TO-DO	
Important events/appointments:	