



OCTOBER

Habit / Weather

	Pill	Vitamins	One Sec	10pm Bed	30m Air	Gaming	Fless in PM	10k Steps
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	●	●	●	●	●	●	●	●



Highlight of the Day

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	_____



Notes

Notes



October 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						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					

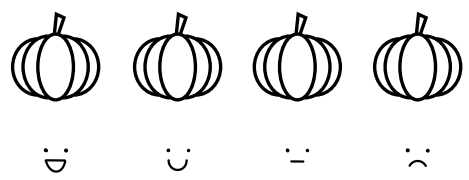
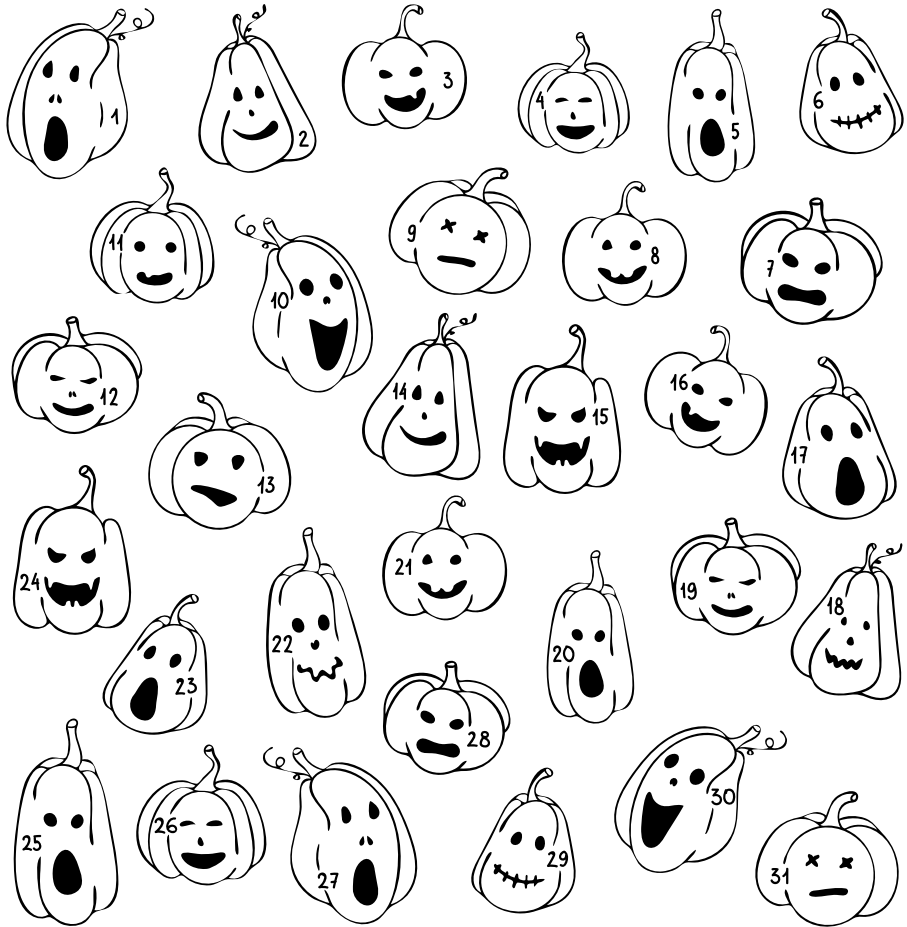


Master To-Do List

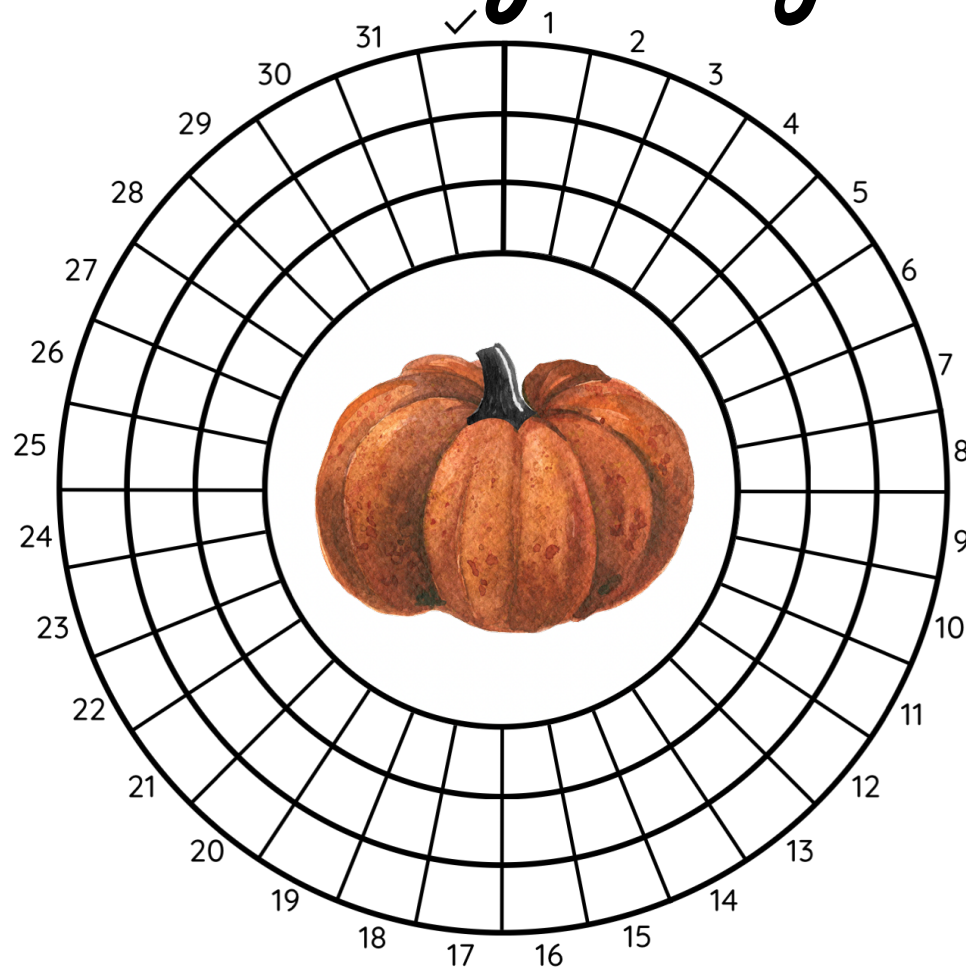
A series of 20 horizontal lines for writing, each preceded by a small circle on the left side.



October Mood



Activity Rings



Exercise Goal
30 Minutes

Move Goal
450 Calories

Stand Goal
12 Hours

