

We first make our habits, and then our habits make us

- John Dryden

We first make our habits, and then our habits make us

2026.3

| 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  |     |     |     |     |     |

[illegible][illegible]

3

MARCH

2026

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

We first make our habits, and then our habits make us

- John Dryden

We first make our habits, and then our habits make us

- John Dryden

| 2026.6 |     |     |     |     |     |     |
|--------|-----|-----|-----|-----|-----|-----|
| 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  |     |     |     |     |     |

[illegible]

5

MAY

2026

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

6

JUNE

2026

ITEM LIST

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

1.

2.

3.

4.

5.

6.

7.

8.

We first make our habits, and then our habits make us

- John Dryden

We first make our habits, and then our habits make us

| 2026.9 |     |     |     |     |     |     |
|--------|-----|-----|-----|-----|-----|-----|
| 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  |     |     |     |     |

[illegible][illegible]

9

SEPTEMBER

2026

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

We first make our habits, and then our habits make us

- John Dryden

We first make our habits, and then our habits make us

| 2026.12 |     |     |     |     |     |     |
|---------|-----|-----|-----|-----|-----|-----|
| 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

2026

12

DECEMBER

2026

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

31 THU

# Daily Routine Checklist

We first make our habits, and then our habits make us

- John Dryden

| 2027.1 |     |     |     |     |     |     |
|--------|-----|-----|-----|-----|-----|-----|
| 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  |

| 2027.2 |     |     |     |     |     |     |
|--------|-----|-----|-----|-----|-----|-----|
| 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  |

| 2027.3 |     |     |     |     |     |     |
|--------|-----|-----|-----|-----|-----|-----|
| 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  |     |     |     |     |

| 1 JANUARY 2027 |     |           |    |    |    |    |    |    |
|----------------|-----|-----------|----|----|----|----|----|----|
|                |     | ITEM LIST |    |    |    |    |    |    |
|                |     | 1.        | 2. | 3. | 4. | 5. | 6. | 7. |
| 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 2027 |     |           |    |    |    |    |    |    |
|-----------------|-----|-----------|----|----|----|----|----|----|
|                 |     | ITEM LIST |    |    |    |    |    |    |
|                 |     | 1.        | 2. | 3. | 4. | 5. | 6. | 7. |
| 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 2027 |     |           |    |    |    |    |    |    |
|--------------|-----|-----------|----|----|----|----|----|----|
|              |     | ITEM LIST |    |    |    |    |    |    |
|              |     | 1.        | 2. | 3. | 4. | 5. | 6. | 7. |
| 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 |           |    |    |    |    |    |    |