

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

- John Dryden

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

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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

1

JANUARY

2026

ITEM LIST	1.	2.	3.	4.	5.	6.	7.	8.
1 THU								
2 FRI								
3 SAT								
4 SUN								
5 MON								
6 TUE								
7 WED								
8 THU								
9 FRI								
10 SAT								
11 SUN								
12 MON								
13 TUE								
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20 TUE								
21 WED								
22 THU								
23 FRI								
24 SAT								
25 SUN								
26 MON								
27 TUE								
28 WED								
29 THU								
30 FRI								
31 SAT								

[illegible][illegible]

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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][illegible]

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.

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7.

8.

Daily Routine Checklist

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2026.7						
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		

2026.8						
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						

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				

7 JULY 2026								
		ITEM LIST		1.	2.	3.	4.	5.
1	WED							
2	THU							
3	FRI							
4	SAT							
5	SUN							
6	MON							
7	TUE							
8	WED							
9	THU							
10	FRI							
11	SAT							
12	SUN							
13	MON							
14	TUE							
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20	MON							
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22	WED							
23	THU							
24	FRI							
25	SAT							
26	SUN							
27	MON							
28	TUE							
29	WED							
30	THU							
31	FRI							

8 AUGUST 2026								
		ITEM LIST		1.	2.	3.	4.	5.
1	SAT							
2	SUN							
3	MON							
4	TUE							
5	WED							
6	THU							
7	FRI							
8	SAT							
9	SUN							
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23	SUN							
24	MON							
25	TUE							
26	WED							
27	THU							
28	FRI							
29	SAT							
30	SUN							
31	MON							

9 SEPTEMBER 2026								
		ITEM LIST		1.	2.	3.	4.	5.
1	TUE							
2	WED							
3	THU							
4	FRI							
5	SAT							
6	SUN							
7	MON							
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27	SUN							
28	MON							
29	TUE							
30	WED							

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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

[illegible][illegible][illegible]

Daily Routine Checklist

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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.
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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							
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8	MON							
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24	WED							
25	THU							
26	FRI							
27	SAT							
28	SUN							

3 MARCH 2027								
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31	WED							