

# My Habit Tracker

You can and you will

Balance my T-Bill



Balance my checking



Consume fish meal



Consume fruits



No Spending



No Shopping



No caffeine



Volunteering



Drink 8L water



Reading books



Read for 30 min



Write my to-do list



Walk the dog



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

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes: _____	_____	_____	_____	1 New Year's Day	2 Pet's foods	3 PARTY
5 ShoppiNg	6	7	8 Family time	9	10	11
12	13	14 Guitar LESSON	15	16 6:00	17	18 movie
19	20	21	22 Meeting at 11:00 am	23	24	25
26 BBQ	27	28 Pet's FOODS	29	30	31	

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

# 2025 Edition Habit Building Planner

**Aaron Douglas**

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[Cleveland Women's Journal](#), 1917 [Fortune](#) Henry Robinson Luce, 2004 [The Rural New Yorker](#), 1892

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[American Gas Engineering Journal](#), 1929 [The British Art Journal](#), 2003 [American Gas Journal](#), 1929

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**Consultants & Consulting Organizations Directory: Descriptive listings and indexes** ,2009 **Family**,

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Apollo ,1952 The magazine of the arts for connoisseurs and collectors **The Publishers Weekly** ,1962

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