

Habit Tracker- Like a lion.

Target your attention and consolidate gains.

September 2023
Tishrei 5784

| 5am Miracle Morning* | | | | | | |
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| Exercise: Run, Gym, Boxing Yoga | | | | | | |
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| No social media & Limited Screen time | | | | | | |
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| Adequate Hydration (2L) | | | | | | |
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| Mindful Management | | | | | | |
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| Quality Sleep | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

September 2023
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| Coding & Building | | | | | | |
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| Sales and Support | | | | | | |
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| Marketing & Communications | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| People - Find, grow, and support the people who make us great. | | | | | | |
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| Clean diet | | | | | | |
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| Mindful Management | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

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| Coding & Building | | | | | | |
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| Sales and Support | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| Clean diet | | | | | | |
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| Mindful Management | | | | | | |
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| Quality Sleep | | | | | | |
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| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| People - Find, grow, and support the people who make us great. | | | | | | |
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Habit Tracker- Like a lion.

Target your attention and consolidate gains.

December 2023
Tevet 5784

| 5am Miracle Morning* | | | | | | |
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| Exercise: Run, Gym, Boxing Yoga | | | | | | |
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| No social media & Limited Screen time | | | | | | |
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| Adequate Hydration (2L) | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

September 2023
Tishrei 5784

| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| People - Find, grow, and support the people who make us great. | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

December 2023
Tevet 5784

| Coding & Building | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| People - Find, grow, and support the people who make us great. | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

September 2023
Tishrei 5784

| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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Habit Tracker- Like a lion.

Target your attention and consolidate gains.

January 2024
Sh'vat 5784

| 5am Miracle Morning* | | | | | | |
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| Exercise: Run, Gym, Boxing Yoga | | | | | | |
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| No social media & Limited Screen time | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

September 2023
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| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| People - Find, grow, and support the people who make us great. | | | | | | |
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Light Stone and Still Water.
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January 2024
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| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

September 2023
Tishrei 5784

| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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Habit Tracker- Like a lion.

Target your attention and consolidate gains.

February 2024
Adar I 5784

| 5am Miracle Morning* | | | | | | |
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| Exercise: Run, Gym, Boxing Yoga | | | | | | |
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| No social media & Limited Screen time | | | | | | |
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| Adequate Hydration (2L) | | | | | | |
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| Mindful Management | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

September 2023
Tishrei 5784

| Coding & Building | | | | | | |
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| Sales and Support | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| People - Find, grow, and support the people who make us great. | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

February 2024
Adar I 5784

| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| People - Find, grow, and support the people who make us great. | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

September 2023
Tishrei 5784

| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| People - Find, grow, and support the people who make us great. | | | | | | |
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[illegible]

Habit Tracker- Like a lion.

Target your attention and consolidate gains.

March 2024
Adar II 5784

| 5am Miracle Morning* | | | | | | |
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| Exercise: Run, Gym, Boxing Yoga | | | | | | |
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| No social media & Limited Screen time | | | | | | |
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| Adequate Hydration (2L) | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

September 2023
Tishrei 5784

| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| People - Find, grow, and support the people who make us great. | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

March 2024
Adar II 5784

| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| People - Find, grow, and support the people who make us great. | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

September 2023
Tishrei 5784

| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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Habit Tracker- Like a lion.

Target your attention and consolidate gains.

April 2024
Nisan 5784

| 5am Miracle Morning* | | | | | | |
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| Exercise: Run, Gym, Boxing Yoga | | | | | | |
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| No social media & Limited Screen time | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

September 2023
Tishrei 5784

| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| People - Find, grow, and support the people who make us great. | | | | | | |
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[illegible]

Light Stone and Still Water.

Target your attention and consolidate gains.

April 2024
Nisan 5784

| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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[illegible]

Light Stone and Still Water.
Target your attention and consolidate gains.

September 2023
Tishrei 5784

| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| People - Find, grow, and support the people who make us great. | | | | | | |
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[illegible]

Habit Tracker- Like a lion.

Target your attention and consolidate gains.

May 2024
Iyyar 5784

| 5am Miracle Morning* | | | | | | |
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| Exercise: Run, Gym, Boxing Yoga | | | | | | |
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| No social media & Limited Screen time | | | | | | |
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| Adequate Hydration (2L) | | | | | | |
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| Mindful Management | | | | | | |
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[illegible]

Light Stone and Still Water.
Target your attention and consolidate gains.

September 2023
Tishrei 5784

| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| People - Find, grow, and support the people who make us great. | | | | | | |
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Light Stone and Still Water.

Target your attention and consolidate gains.

May 2024
Iyyar 5784

| Coding & Building | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

September 2023
Tishrei 5784

| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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Habit Tracker- Like a lion.

Target your attention and consolidate gains.

June 2024
Sivan 5784

| 5am Miracle Morning* | | | | | | |
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| Exercise: Run, Gym, Boxing Yoga | | | | | | |
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| No social media & Limited Screen time | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

September 2023
Tishrei 5784

| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

June 2024
Sivan 5784

| Coding & Building | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| People - Find, grow, and support the people who make us great. | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

September 2023
Tishrei 5784

| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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Habit Tracker- Like a lion.

Target your attention and consolidate gains.

July 2024
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| 5am Miracle Morning* | | | | | | |
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| Exercise: Run, Gym, Boxing Yoga | | | | | | |
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| No social media & Limited Screen time | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

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| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| People - Find, grow, and support the people who make us great. | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

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| Coding & Building | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

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| Coding & Building | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| 5am Miracle Morning* | | | | | | |
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Light Stone and Still Water.
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| Coding & Building | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| Exercise: Run, Gym, Boxing Yoga | | | | | | |
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| Torah Study | | | | | | |
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| Clean diet | | | | | | |
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| Limit Alcohol | | | | | | |
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| No social media & Limited Screen time | | | | | | |
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| Adequate Hydration (2L) | | | | | | |
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| Mindful Management | | | | | | |
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| Quality Sleep | | | | | | |
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Light Stone and Still Water.
Target your attention and consolidate gains.

September 2024
Elul 5784

| Coding & Building | | | | | | |
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| Development Operations | | | | | | |
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| Sales and Support | | | | | | |
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| Marketing & Communications | | | | | | |
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| Design - Create beautiful and intuitive experiences | | | | | | |
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| Legal | | | | | | |
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| Finance – Count, save and leverage | | | | | | |
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| Business Strategy - Analysis and insights to innovate | | | | | | |
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| People - Find, grow, and support the people who make us great. | | | | | | |
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| Sun 17 Sep | Mon 18 Sep | Tue 19 Sep | Wed 20 Sep | Thu 21 Sep | Fri 22 Sep | Sat 23 Sep |
|------------------------------------|---|----------------|----------------|----------------|-----------------------|----------------------------------|
| 2nd of Tishrei | 3rd of Tishrei | 4th of Tishrei | 5th of Tishrei | 6th of Tishrei | 7th of Tishrei | 8th of Tishrei |
| Rosh Hashana II 7:42pm Havdalah | Tzom Gedaliah 5:17am Fast begins 7:33pm Fast ends | | | | 6:35p Candle lighting | Shabbat Shuva 7:32pm Havdalah |

| Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Shabbos |
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| שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | שחרית | ערבית | Notes |
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| Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | |
| Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |

| Exercise Journal | Exercise Journal | Exercise Journal | Exercise Journal | Exercise Journal | Exercise Journal |
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| Meal diary | Meal diary | Meal diary | Meal diary | Meal diary | Meal diary |
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| Sun 24 Sep | Mon 25 Sep | Tue 26 Sep | Wed 27 Sep | Thu 28 Sep | Fri 29 Sep | Sat 30 Sep |
|---|-------------------------------|-----------------|-----------------|-----------------|---------------------------------------|------------------------------------|
| 9th of Tishrei | 10th of Tishrei | 11th of Tishrei | 12th of Tishrei | 13th of Tishrei | 14th of Tishrei | 15th of Tishrei |
| Erev Yom Kippur 6:31pm Candle lighting | Yom Kippur 7:29pm Havdalah | | | | Erev Sukkot 6:23pm Candle lighting | Sukkot I 7:20pm Candle lighting |

| Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Shabbos |
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| Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | |
| Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |

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| Sun 1 Oct | Mon 2 Oct | Tue 3 Oct | Wed 4 Oct | Thu 5 Oct | Fri 6 Oct | Sat 7 Oct |
|------------------------------|-------------------|------------------|-----------------|------------------|---|--|
| 16th of Tishrei | 17th of Tishrei | 18th of Tishrei | 19th of Tishrei | 20th of Tishrei | 21st of Tishrei | 22nd of Tishrei |
| Sukkot II 7:19pm Havdalah | Sukkot III (CH"M) | Sukkot IV (CH"M) | Sukkot V (CH"M) | Sukkot VI (CH"M) | Sukkot VII (Hoshana Raba) 6:11pm Candle lighting | Shmini Atzeret 7:09pm Candle lighting |
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| Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Shabbos |
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| Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | |
| Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |

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| Sun 15 Oct | Mon 16 Oct | Tue 17 Oct | Wed 18 Oct | Thu 19 Oct | Fri 20 Oct | Sat 21 Oct |
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| 30th of Tishrei | 1st of Cheshvan 5784 | 2nd of Cheshvan | 3rd of Cheshvan | 4th of Cheshvan | 5th of Cheshvan | 6th of Cheshvan |
| Rosh Chodesh Cheshvan | Rosh Chodesh Cheshvan | | | | 5:50pm Candle lighting | 6:48pm Havdalah |
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| Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Shabbos |
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| Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | |
| Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |

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| Sun 5 Nov | Mon 6 Nov | Tue 7 Nov | Wed 8 Nov | Thu 9 Nov | Fri 10 Nov | Sat 11 Nov |
|------------------|------------------|------------------|------------------|------------------|--|--|
| 21st of Cheshvan | 22nd of Cheshvan | 23rd of Cheshvan | 24th of Cheshvan | 25th of Cheshvan | 26th of Cheshvan | 27th of Cheshvan |
| | | | | | 4:24pm Candle lighting Veterans Day | Shabbat Mevarchim Chodesh Kislev 5:24pm Havdalah |
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| Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Shabbos |
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| Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | |
| Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |

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| Sun 12 Nov | Mon 13 Nov | Tue 14 Nov | Wed 15 Nov | Thu 16 Nov | Fri 17 Nov | Sat 18 Nov |
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| 28th of Cheshvan | 29th of Cheshvan | 1st of Kislev 5784 | 2nd of Kislev | 3rd of Kislev | 4th of Kislev | 5th of Kislev |
| | Sigd | Rosh Chodesh Kislev | | | 4:18pm Candle lighting | 5:19pm Havdalah |
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| Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | |
| Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |

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| Sun 3 Dec | Mon 4 Dec | Tue 5 Dec | Wed 6 Dec | Thu 7 Dec | Fri 8 Dec | Sat 9 Dec |
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| 20th of Kislev | 21st of Kislev | 22nd of Kislev | 23rd of Kislev | 24th of Kislev | 25th of Kislev | 26th of Kislev |
| | | | | 4:59pm Chanukah: 1 Candle Thanksgiving Day | 4:10pm Candle lighting, Chanukah: 2 Candles Art Basel Miami | 5:13pm Havdalah Chanukah: 3 Candles Shabbat Mevarchim Chodesh Tevet Art Basel Miami |

| Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Shabbos |
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| Sam | Marketing | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | |

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| Sun 7 Jan | Mon 8 Jan | Tue 9 Jan | Wed 10 Jan | Thu 11 Jan | Fri 12 Jan | Sat 13 Jan |
|---------------|---------------|---------------|---------------|---|---|----------------------------------|
| 26th of Tevet | 27th of Tevet | 28th of Tevet | 29th of Tevet | 1st of Sh'vat 5784 Rosh Chodesh Sh'vat | 2nd of Sh'vat 4:31pm Candle lighting | 3rd of Sh'vat 5:35pm Havdalah |
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| Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Shabbos |
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| Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Shabbos |
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| Sun 3 Mar | Mon 4 Mar | Tue 5 Mar | Wed 6 Mar | Thu 7 Mar | Fri 8 Mar | Sat 9 Mar |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--|---|
| 23rd of Adar I | 24th of Adar I | 25th of Adar I | 26th of Adar I | 27th of Adar I | 28th of Adar I | 29th of Adar I |
| FinTech Meetup Venetian, LV | FinTech Meetup Venetian, LV | FinTech Meetup Venetian, LV | FinTech Meetup Venetian, LV | SXSW Conference & Festivals | 5:37pm Candle lighting SXSW Conference & Festivals | 6:37pm Havdalah Shabbat Shekalim Shabbat Mevarchim Chodesh Adar II SXSW Conference & Festivals |

| Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Shabbos |
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| Sun 10 Mar | Mon 11 Mar | Tue 12 Mar | Wed 13 Mar | Thu 14 Mar | Fri 15 Mar | Sat 16 Mar |
|---|---|-----------------------------|-----------------------------|-----------------------------|------------------------|-----------------|
| 30th of Adar I | 1st of Adar II 5784 | 2nd of Adar II | 3rd of Adar II | 4th of Adar II | 5th of Adar II | 6th of Adar II |
| Rosh Chodesh Adar II SXSW Conference & Festivals | Rosh Chodesh Adar II SXSW Conference & Festivals | SXSW Conference & Festivals | SXSW Conference & Festivals | SXSW Conference & Festivals | 6:45pm Candle lighting | 7:45pm Havdalah |

| Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Shabbos |
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| Sam | Marketing | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | | | | | | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | | | | | | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | | | | | | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | | | | | | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | | | | | | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | | | | | | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | | | | | | |

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| Sun 7 Apr | Mon 8 Apr | Tue 9 Apr | Wed 10 Apr | Thu 11 Apr | Fri 12 Apr | Sat 13 Apr |
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| 28th of Adar II | 29th of Adar II | 1st of Nisan 5784 Rosh Chodesh Nisan | 2nd of Nisan | 3rd of Nisan | 4th of Nisan 7:14pm Candle lighting | 5th of Nisan 8:16pm Havdalah |
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| Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Shabbos |
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| Sun 12 May | Mon 13 May | Tue 14 May | Wed 15 May | Thu 16 May | Fri 17 May | Sat 18 May |
|--------------|---------------|----------------|--------------|--------------|------------------------|-----------------|
| 4th of Iyyar | 5th of Iyyar | 6th of Iyyar | 7th of Iyyar | 8th of Iyyar | 9th of Iyyar | 10th of Iyyar |
| | Yom HaZikaron | Yom HaAtzma'ut | | | 7:50pm Candle lighting | 8:57pm Havdalah |

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| Sun 19 May | Mon 20 May | Tue 21 May | Wed 22 May | Thu 23 May | Fri 24 May | Sat 25 May |
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| 11th of Iyyar | 12th of Iyyar | 13th of Iyyar | 14th of Iyyar Pesach Sheni | 15th of Iyyar | 16th of Iyyar 7:56pm Candle lighting | 17th of Iyyar 9:04pm Havdalah |
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| Sun 2 Jun | Mon 3 Jun | Tue 4 Jun | Wed 5 Jun | Thu 6 Jun | Fri 7 Jun | Sat 8 Jun |
|---------------|---------------|---------------|-----------------------------------|-------------------------------|---|---------------------------------|
| 25th of Iyyar | 26th of Iyyar | 27th of Iyyar | 28th of Iyyar Yom Yerushalayim | 29th of Iyyar Memorial Day | 1st of Sivan 5784 Rosh Chodesh Sivan 8:07pm Candle lighting | 2nd of Sivan 9:16pm Havdalah |
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| Meal diary | Meal diary | Meal diary | Meal diary | Meal diary | Meal diary |
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| Sam | Marketing | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | Sam | Coding | | | | | | |
| Hydration (2L) | Communications | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | Hydration (2L) | DevOps | | | | | | |
| Meditate | Sales | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | Meditate | Marketing | | | | | | |
| Torah Study | Coding | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | Torah Study | Sales | | | | | | |
| Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | Daven | People | | | | | | |
| Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | Personal Finance | Business Finance | | | | | | |
| No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | No social media | Quality Sleep | | | | | | |

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| Sun 23 Jun | Mon 24 Jun | Tue 25 Jun | Wed 26 Jun | Thu 27 Jun | Fri 28 Jun | Sat 29 Jun |
|---------------|---------------|---------------|---------------|---------------|------------------------|---|
| 17th of Sivan | 18th of Sivan | 19th of Sivan | 20th of Sivan | 21st of Sivan | 22nd of Sivan | 23rd of Sivan |
| | | | | | 8:13pm Candle lighting | 9:21pm Havdalah Shabbat Mevarchim Chodesh Tamuz |

| Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Still Water Solutions | Shabbos |
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| Sun 7 Jul | Mon 8 Jul | Tue 9 Jul | Wed 10 Jul | Thu 11 Jul | Fri 12 Jul | Sat 13 Jul |
|-------------------|--------------|--------------|--------------|--------------|------------------------|-----------------|
| 1st of Tamuz 5784 | 2nd of Tamuz | 3rd of Tamuz | 4th of Tamuz | 5th of Tamuz | 6th of Tamuz | 7th of Tamuz |
| | | | | | 8:09pm Candle lighting | 9:15pm Havdalah |

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| Sun 28 Jul | Mon 29 Jul | Tue 30 Jul | Wed 31 Jul | Thu 1 Aug | Fri 2 Aug | Sat 3 Aug |
|---------------|---------------|---------------|---------------|---------------|------------------------|--|
| 22nd of Tamuz | 23rd of Tamuz | 24th of Tamuz | 25th of Tamuz | 26th of Tamuz | 27th of Tamuz | 28th of Tamuz |
| | | | | | 7:51pm Candle lighting | 8:54pm Havdalah Shabbat Mevarchim Chodesh Av |

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| Sun 25 Aug | Mon 26 Aug | Tue 27 Aug | Wed 28 Aug | Thu 29 Aug | Fri 30 Aug | Sat 31 Aug |
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| 21st of Av | 22nd of Av | 23rd of Av | 24th of Av | 25th of Av | 26th of Av | 27th of Av |
| | | | | | 7:12pm Candle lighting | 8:11pm Havdalah Shabbat Mevarchim Chodesh Elul |

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