

Whole document sizes (specifications)
Tamaño de página *a medida*
W: 519.441 pt
H: 745.284 pt

Margenes
Superior: 25.294 pt
Inferior: 25.294 pt
Interior: 36.135 pt
Exterior: 25.294 pt

First and Second Name
X:35.633 pt
Y: 224.79 pt
W: 466.242 pt
H: 11.985 pt
Sans Font: Gill Sans SemiBold
Script Font: ALS Script
13pt
Centered text
Color: Black 85%

NANCY DUTCH

Line
X: 248.835 pt
Y: 256.224 pt
W: 39.839 pt
H: 0.251 pt
Color: Black 85%

480-234-7121

nancy@dutchanddeckle.com

185 N Downing Street
Denver, CO 80218

Contact Information (phone, email, address 1, address 2)
X: 174.301 pt
Y: 277.458 pt
W: 188.906 pt
H: 70.612 pt
Font: Minion Pro Semibold Italic
10pt
Space b/lines: (12.045 pt)
Space b/letters: 25
Centered text
Color: Black 85%

REWARD IF FOUND

Reward if found image
X: 2.9466
Y: 5.5172 pulg
An: 1.5442 pulg
Al: 0.3661 pulg



Ribbon
X: 105.345 pt
Y: 486.317 pt
W: 326.818 pt
H: 150.297 pt
Color: Black 85%
Opacity: 5%

Border
X: 25.294 pt
Y: 25.294 pt
W: 458.011 pt
H: 694.695 pt
Color: Black 85%



<Horoscope> Icon (the x and the w
can change depending on the icon)
X: 236.63 pt
Y: 85.108 pt
W: 46.636 pt
H: 55.527 pt
Color: Black 85%

<Horoscope> insight title
X: 106.153 pt
Y: 182.236 pt
W: 296.293 pt
H: 18.946 pt
Sans Font: Gill Sans Light
Script Font: ALS Script
24pt
Centerd text
Color: Black 85%

ARIES INSIGHT

DATE RANGE *March 21 - April 19*

SYMBOL *The Ram*
RULING PLANET *Mars*
ELEMENT *Fire*
BIRTHSTONE *Diamond*
LUCKY NUMBER *14*
DAY *Tuesday*
FLOWER *Daisy*

<Horoscope> insight info
X: 64.953 pt
Y: 224.35 pt
W: 378.695 pt
H: 206.04 pt
First Font: Gill Sans SemiBold
8pt
Space b/lines: 22pt
Space b/letters: 100
Second Font: Minion Pro Semibold Italic
10pt
Space b/lines: 15 pt
Space b/letters: 25
Centerd text
Color: Black 85%

COMPATIBILITY *Gemini, Leo, Sagittarrius, Aquarius, Cancer*

OPPOSITE SIGN *Libra*

<Horoscope> traits title
X: 106.153 pt
Y: 478.02 pt
W: 296.293 pt
H: 18.946 pt
Sans Font: Gill Sans Light
Script Font: ALS Script
24pt
Centerd text
Color: Black 85%

ARIES TRAITS

STRENGTHS

Courageous, determined, confident, enthusiastic, optimistic, honest, passionate

<Horoscope> traits info

X: 64.953 pt
Y: 520.135 pt
W: 378.695 pt
H: 132.303 pt

First Font: Gill Sans SemiBold

8pt *Comfortable clothes, taking on leadership roles, physical challenges, individual sports*

Space b/lines: 22 pt

Space b/letters: 100

Second Font: Minion Pro Semibold Italic

10pt

Space b/lines: 15 pt

Space b/letters: 25

Centerd text

Color: Black 85%

WEAKNESSES

Impatient, moody, short-tempered, impulsive, aggressive

LIKES

DISLIKES

Inactivity, delays, work that does not use one's talent

First Name
X: 56.637 pt
Y: 90.829 pt
W: 425.741 pt
H: 17.274 pt
Sans Font: Gill Sans Light
Script Font: ALS Script
24pt

ANN MARIE,

Left side text
Color: Black 85%

As the first sign in the zodiac, the presence of Aries always marks the beginning of something energetic and turbulent.

Always looking for dynamic, speed and competition, always being the first in everything - from work to social gatherings. Thanks to your ruling planet Mars and the fact it belongs to the element of Fire, Aris is one of the most active zodiac signs, It is in their nature to take action, sometimes before they think about it well.

Aries - The Flying Ram is guided by the story of the Golden Fleece is ready to be the hero of the day, fly away and carry many endangered, powerless people on their back.

Each Aries has a task to share their position, power, gold, or physical strength with other people willingly, or the energy will be stopped in its natural flow.

Ann Marie, as an Aries you shine your brightest in career and money. Your speed of mind and vat energy to move helps you stay ahead of everyone else.

To bright skies,

Maria Shaw, Astrologer

Horoscope Letter
X: 57.138 pt
Y: 91.331 pt
W: 425.239 pt
H: 407.06 pt
Font: Minion Pro Semibold Italic
10pt
Space b/lines: 12 pt
Space b/letters: 25
Left side text
Color: Black 85%

Zodiac Wheel
X: 170 pt
Y: 396.283 pt
W: 327 pt
H: 326.9 pt
Color: Black 85%
Opacity: 5%



Holidays List
X: 35.332 pt
Y: 137.515 pt
W: 139.006 pt
H: 557.893 pt
Font: Gill Sans SemiBold
8pt
Space b/lines: 22 pt
Space b/letters: 100
Left text
Color: Black 85%

HOLIDAYS

Holidays titles
X: 137.944 pt
Y: 39.648 pt
W: 225.485 pt
H: 18.981 pt
Sans Font: Gill Sans Light
Script Font: ALS Script
24pt
Centered text
Color: Black 85%

Holidays List Year (1)
X: 261.931 pt
Y: 108.538 pt
W: 29.044 pt
H: 8.746 pt
Font: Gill Sans Semibold
10pt
Space b/letters: 100
Centered text
Color: Black 85%

2021

Friday, January 1st

Holidays List Days (2)
X: 354.897 pt
Y: 135.507 pt
W: 139.006 pt
H: 559.542 pt
Font: Minion Pro Semibold Italic
10pt
Space b/lines: 22 pt
Space b/letters: 25
Centered text
Color: Black 85%

2022

Friday, January 1st

Holidays List Year (2)
X: 409.878 pt
Y: 108.538 pt
W: 29.044 pt
H: 8.746 pt
Font: Gill Sans Semibold
10pt
Space b/letters: 100
Centered text
Color: Black 85%

NEW YEAR'S DAY

MARTIN LUTHER KING JR.

VALENTINE'S DAY

PRESIDENTS' DAY

ST. PATRICKS' DAY

GOOD FRIDAY

FIRST DAY OF PASSOVER

EASTER SUNDAY

CINCO DE MAYO

MOTHER'S DAY

MEMORIAL DAY

FATHER'S DAY

INDEPENDENCE DAY

LABOR DAY

FIRST DAY ROSH HASHANAH

YOM KIPPUR

COLUMBUS DAY

HALLOWEEN

ELECTION DAY

VETERANS DAY

THANKSGIVING DAY

FIRST DAY HANUKKAH

CHRISTMAS EVE

CHRISTMAS DAY

KWANZAA

NEW YEAR'S EVE

Holidays List Days (1)
X: 206.95 pt
Y: 135.507 pt
W: 139.006 pt
H: 559.542 pt
Font: Minion Pro Semibold Italic
10pt
Space b/lines: 22 pt
Space b/letters: 25
Centered text
Color: Black 85%

Monday, January 18th

Sunday, February 14th

Monday, February 15th

Wednesday, March 17th

Friday, April 2nd

Saturday, March 27th

Sunday, April 4th

Wednesday, May 5th

Sunday, May 9th

Monday, May 31st

Sunday, June 20th

Sunday, July 4th

Monday, September 6th

Monday, September 6th

Thursday, September 16th

Monday, October 11th

Sunday, October 31st

Tuesday, November 2nd

Thursday, November 11th

Thursday, November 25th

Monday, December 19th

Friday, December 24th

Saturday, December 25th

Monday, December 26th

Friday, December 31st

Monday, January 18th

Sunday, February 14th

Monday, February 15th

Wednesday, March 17th

Friday, April 2nd

Saturday, March 27th

Sunday, April 4th

Wednesday, May 5th

Sunday, May 9th

Monday, May 31st

Sunday, June 20th

Sunday, July 4th

Monday, September 6th

Monday, September 6th

Thursday, September 16th

Monday, October 11th

Sunday, October 31st

Tuesday, November 2nd

Thursday, November 11th

Thursday, November 25th

Monday, December 19th

Friday, December 24th

Saturday, December 25th

Monday, December 26th

Friday, December 31st

AT A GLANCE

2021

JANUARY

S	M	T	W	T	F	S
	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				

FEBRUARY

S	M	T	W	T	F	S
	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				

MARCH

S	M	T	W	T	F	S
	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				

APRIL

S	M	T	W	T	F	S
	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				

MAY

S	M	T	W	T	F	S
	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				

JUNE

S	M	T	W	T	F	S
	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				

JULY

S	M	T	W	T	F	S
	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				

AUGUST

S	M	T	W	T	F	S
	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				

SEPTEMBER

S	M	T	W	T	F	S
	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				

OCTOBER

S	M	T	W	T	F	S
	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				

NOVEMBER

S	M	T	W	T	F	S
	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				

DECEMBER

S	M	T	W	T	F	S
	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				

2022

JANUARY

S	M	T	W	T	F	S
	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				

FEBRUARY

S	M	T	W	T	F	S
	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				

MARCH

S	M	T	W	T	F	S
	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				

APRIL

S	M	T	W	T	F	S
	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				

MAY

S	M	T	W	T	F	S
	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				

JUNE

S	M	T	W	T	F	S
	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				

JULY

S	M	T	W	T	F	S
	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				

AUGUST

S	M	T	W	T	F	S
	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				

SEPTEMBER

S	M	T	W	T	F	S
	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				

OCTOBER

S	M	T	W	T	F	S
	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				

NOVEMBER

S	M	T	W	T	F	S
	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				

DECEMBER

S	M	T	W	T	F	S
	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				

Border
X: 25.294 pt
Y: 25.294 pt
W: 458.011 pt
H: 694.695 pt
Color: Black 85%

Inspirational Quote
X: 125.88 pt
Y: 244.202 pt
W: 249.613 pt
H: 162.317 pt
Sans Font: Gill Sans Light
Script Font: ALS Script
30pt
Centerd text
Color: Black 85%

“BE YOURSELF;
EVERYONE ELSE
IS ALREADY
TAKEN.”

Ribbon
X: 204.022 pt
Y: 449.429 pt
W: 93.329 pt
H: 42.92 pt
Color: Black 85%



Author of Inspirational Quote
X: 156.234 pt
Y: 526.256 pt
W: 188.906 pt
H: 13.551 pt
Font: Minion Pro
8pt
Centerd text
Color: Black 85%

Oscar Wilde

1 image
X: 35.633 pt
Y: 24.291 pt
W:459.015 pt
H: 629.943 pt

**YOUR PRESENT CIRCUMSTANCES DON'T DETERMINE WHERE YOU
CAN GO; THEY MERELY DETERMINE WHERE YOU START.
NIDO QUBEIN**

Quote
X: 123.356 pt
Y: 672.386 pt
W: 283.569 pt
H: 38.771 pt
Font: Gill Sans SemiBold
8pt
Space b/lines : 12 pt
Space b/letters: 50
Centerd text
Color: Black 85%

1 image
X: 35.633 pt
Y: 24.291 pt
W:459.015 pt
H: 309.372 pt

2 image
X: 35.633 pt
Y: 344.36 pt
W:459.015 pt
H: 309.372 pt

YOUR PRESENT CIRCUMSTANCES DON'T DETERMINE WHERE YOU
CAN GO; THEY MERELY DETERMINE WHERE YOU START.
NIDO QUBEIN

Quote
X: 123.356 pt
Y: 672.386 pt
W: 283.569 pt
H: 38.771 pt
Font: Gill Sans SemiBold
8pt
Space b/lines : 12 pt
Space b/letters: 50
Centerd text
Color: Black 85%

1 image
X: 35.633 pt
Y: 24.291 pt
W:459.015 pt
H: 204.494 pt

2 image
X: 35.633 pt
Y: 237.015 pt
W:459.015 pt
H: 204.494 pt

3 image
X: 35.633 pt
Y: 449.238 pt
W:459.015 pt
H: 204.494 pt

YOUR PRESENT CIRCUMSTANCES DON'T DETERMINE WHERE YOU
CAN GO; THEY MERELY DETERMINE WHERE YOU START.
NIDO QUBEIN

Quote
X: 123.356 pt
Y: 672.386 pt
W: 283.569 pt
H: 38.771 pt
Font: Gill Sans SemiBold
8pt
Space b/lines : 12 pt
Space b/letters: 50
Centerd text
Color: Black 85%

1 image
X: 35.633 pt
Y: Y: 24.291 pt
W:224.031 pt
H: 309.372 pt

2 image
X: 271.119 pt
Y: 24.291 pt
W:224.031 pt
H: 309.372 pt

3 image
X: 35.633 pt
Y: 344.36 pt
W:224.031 pt
H: 309.372 pt

4 image
X: 271.119 pt
Y: 344.36 pt
W:224.031 pt
H: 309.372 pt

**YOUR PRESENT CIRCUMSTANCES DON'T DETERMINE WHERE YOU
CAN GO; THEY MERELY DETERMINE WHERE YOU START.
NIDO QUBEIN**

Quote
X: 123.356 pt
Y: 672.386 pt
W: 283.569 pt
H: 38.771 pt
Font: Gill Sans SemiBold
8pt
Space b/lines : 12 pt
Space b/letters: 50
Centered text
Color: Black 85%

1 image
X: 35.633 pt
Y: 24.291 pt
W:224.031 pt
H: 204.494 pt

2 image
X: 271.119 pt
Y: 24.291 pt
W:224.031 pt
H: 204.494 pt

3 image
X: 35.633 pt
Y: 237.015 pt
W:459.015 pt
H: 204.494 pt

4 image
X: 35.633 pt
Y: 449.238 pt
W:224.031 pt
H: 204.494 pt

5 image
X: 271.119 pt
Y: 449.238 pt
W:224.031 pt
H: 204.494 pt

YOUR PRESENT CIRCUMSTANCES DON'T DETERMINE WHERE YOU
CAN GO; THEY MERELY DETERMINE WHERE YOU START.
NIDO QUBEIN

Quote
X: 123.356 pt
Y: 672.386 pt
W: 283.569 pt
H: 38.771 pt
Font: Gill Sans SemiBold
8pt
Space b/lines : 12 pt
Space b/letters: 50
Centered text
Color: Black 85%

1 image
X: 35.633 pt
Y: 24.291 pt
W:224.031 pt
H: 204.494 pt

2 image
X: 271.119 pt
Y: 24.291 pt
W:224.031 pt
H: 204.494 pt

3 image
X: 35.633 pt
Y: 237.015 pt
W:224.031 pt
H: 204.494 pt

4 image
X: 271.119 pt
Y: 237.015 pt
W:224.031 pt
H: 204.494 pt

5 image
X: 35.633 pt
Y: 449.238 pt
W:224.031 pt
H: 204.494 pt

6 image
X: 271.119 pt
Y: 449.238 pt
W:224.031 pt
H: 204.494 pt

YOUR PRESENT CIRCUMSTANCES DON'T DETERMINE WHERE YOU
CAN GO; THEY MERELY DETERMINE WHERE YOU START.
NIDO QUBEIN

Quote
X: 123.356 pt
Y: 672.386 pt
W: 283.569 pt
H: 38.771 pt
Font: Gill Sans SemiBold
8pt
Space b/lines : 12 pt
Space b/letters: 50
Centerd text
Color: Black 85%

DECEMBER 2021

Month year
X: 24.793 pt
Y: 34.83 pt
W: 251.459 pt
H: 18.74 pt
Sans Font: Gill Sans Light
Script Font: ALS Script
24pt
Left text
Color: Black 85%

NOTES

[illegible]

JUNE 2021

S	M	T	W	T	F	S
	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				

AUGUST 2021

S	M	T	W	T	F	S
	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				

SUNDAY	MONDAY	TUESDAY
4 Independence Day	5	6
11	12	13
18	19	20
25	26	27

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31

Horoscope Image
X: 103.572 pt
Y: 35.939 pt
W: 51.814 pt
H: 52.315 pt



DECEMBER HOROSCOPE

Lovely Venus trines your sun sign the first ten days of September,
bringing reunions, special blessings and a big boost to your love life.
-Maria Shaw

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	<Month> Horoscope (Header) X: 220.618 pt Y: 35.437 pt W: 152.57 pt H: 8.567 pt Font: Gill Sans SemiBold 9pt Space b/letters: 50 Centered text Color: Black 85%
7	8	<div>New</div> 9	Month Horoscope Text X: 166.595 pt Y: 43.016 pt W: 260.616 pt H: 45.74 pt Font: Minion Pro Semibold Italic 9pt Space b/lines: 10 pt Centered text Color: Black 85%
14	15	16	17
Zodiac wheel X: 179.23 pt Y: 406.017 pt W: 328.106 pt H: 328.106 pt Opacity: 5%			
21	22	23	24
Mercury Goes Retrograde 28	29	30	31

DECEMBER

Month
X: 24.793 pt
Y: 34.83 pt
W: 251.459 pt
H: 18.74 pt
Sans Font: Gill Sans Light
Script Font: ALS Script
24pt
Left text
Color: Black 85%

SUNDAY
28

MONDAY
29

TUESDAY
2

WEDNESDAY
3

THURSDAY
30

FRIDAY
1

SATURDAY
4

Notes

Ribbon
X: 171.139 pt
Y: 577.02 pt
W: 333.694 pt
H: 153.459 pt
Opacity: 5%



DECEMBER

Month
X: 24.793 pt
Y: 34.83 pt
W: 251.459 pt
H: 18.74 pt
Sans Font: Gill Sans Light
Script Font: ALS Script
24pt
Left text
Color: Black 85%

THURSDAY 01

6am

30

7

30

8

30

9

30

10

30

11

30

12pm

30

1

30

2

30

3

30

4

30

5

30

6

GOALS

- ☐
- ☐
- ☐
- ☐

☐

☐

☐

TO DO

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

☐

☐

☐

☐

☐

☐

☐

Notes

Rectangle
X: 36.135 pt
Y: 438.408 pt
W: 458.011 pt
H: 267.399 pt

Ribbon
X: 231.074 pt
Y: 689.948 pt
W: 68.132 pt
H: 31.333 pt

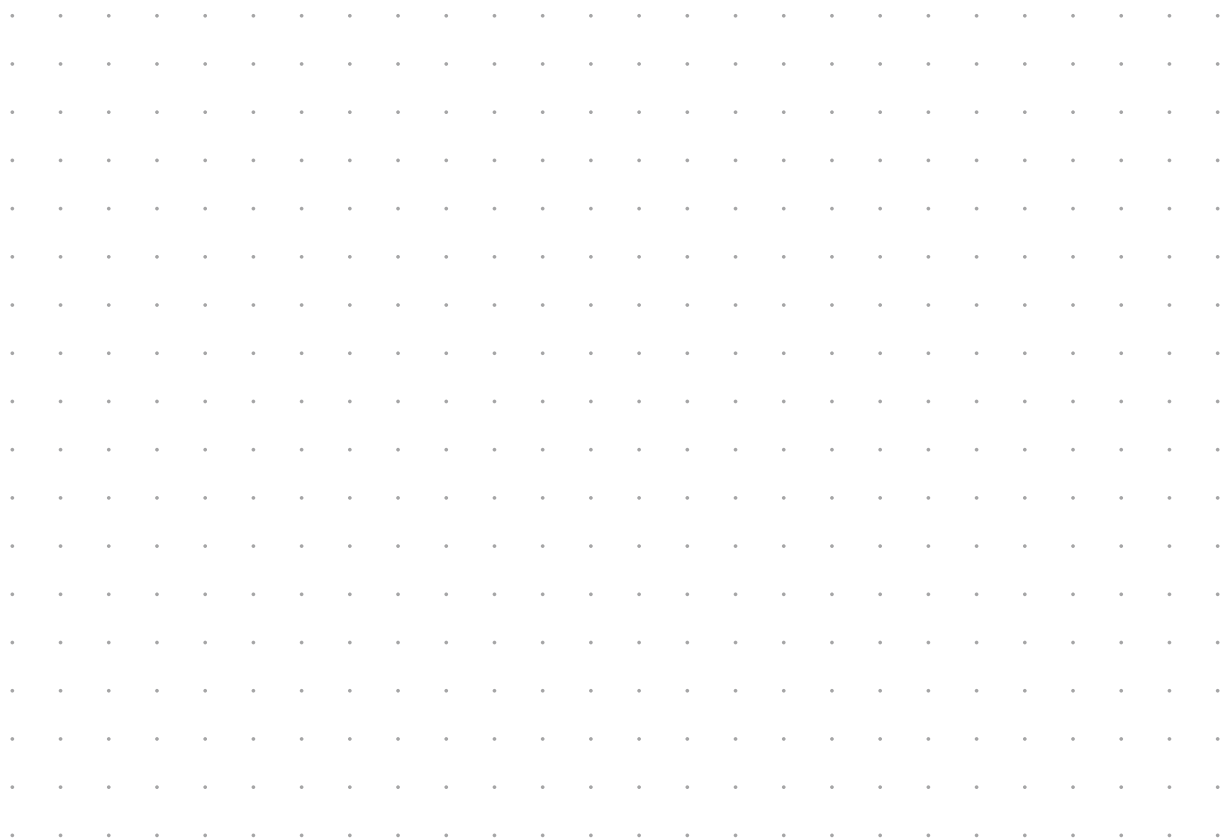


DECEMBER

THURSDAY 01

Month
X: 24.793 pt
Y: 34.83 pt
W: 251.459 pt
H: 18.74 pt
Sans Font: Gill Sans Light
Script Font: ALS Script
24pt
Left text
Color: Black 85%

[illegible]

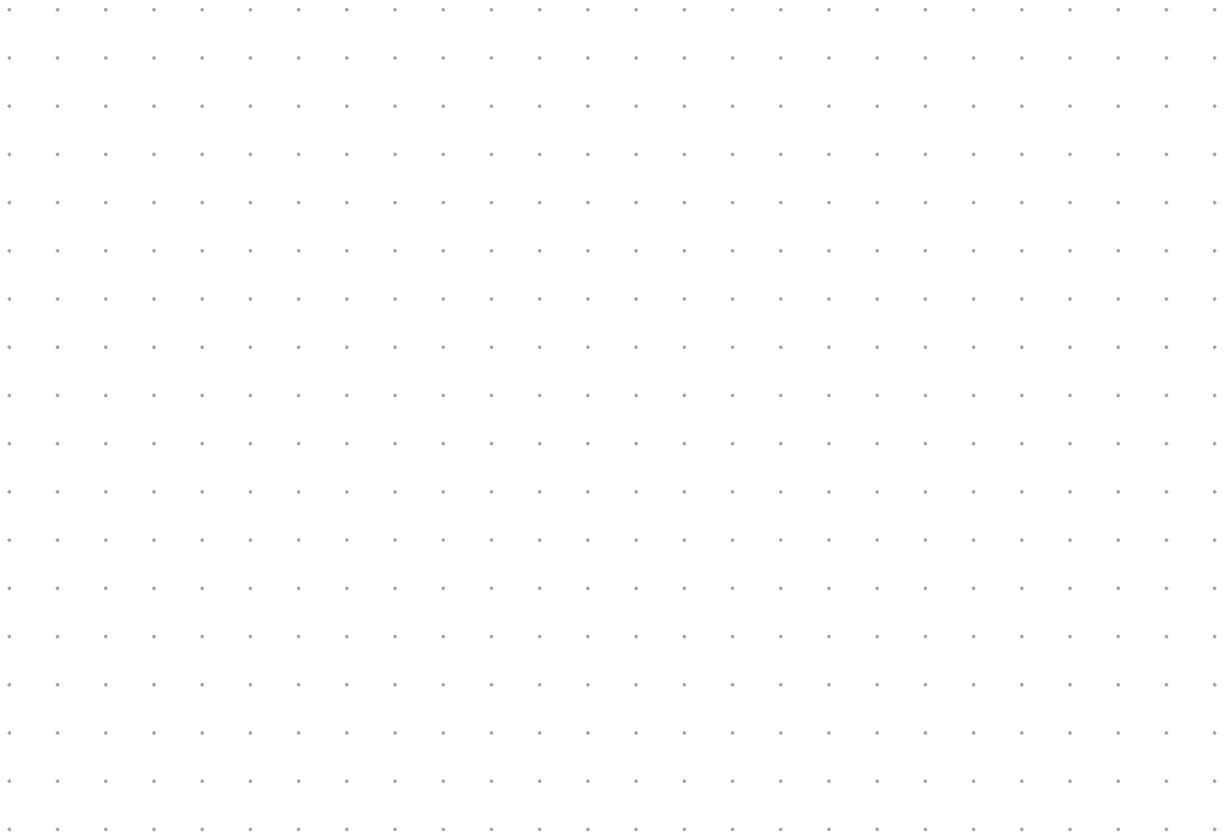


Ribbon
X: 231.074 pt
Y: 689.948 pt
W: 68.132 pt
H: 31.333 pt



YOUR PRESENT CIRCUMSTANCES DON'T DETERMINE WHERE YOU
CAN GO; THEY MERELY DETERMINE WHERE YOU START.
NIDO QUBEIN

Energy of the day
X: 123.356 pt
Y: 36.838 pt
W: 283.569 pt
H: 38.771 pt
Font: Gill Sans SemiBold
8pt
Space b/lines : 12 pt
Space b/letters: 50
Centerd text
Color: Black 85%



Ribbon
X: 231.074 pt
Y: 689.948 pt
W: 68.132 pt
H: 31.333 pt



Weekly health tracker
X: 24.793 pt
Y: 34.83 pt
W: 376.627 pt
H: 18.74 pt
Sans Font: Gill Sans Light
Script Font: ALS Script
24pt
Left text
Color: Black 85%

WEEKLY HEALTH TRACKER

	SUNDAY	MONDAY	TUESDAY
weight			
unit count			
water	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
exercise			
sleep			

weight			
unit count			
water	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
exercise			
sleep			

weight			
unit count			
water	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
exercise			
sleep			

weight			
unit count			
water	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
exercise			
sleep			

weight			
unit count			
water	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
exercise			
sleep			

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐

☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐

☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐

☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐

☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐

Monthly Intentions
X: 70.898 pt
Y: 39.648 pt
W: 366.804 pt
H: 18.941 pt
Sans Font: Gill Sans Light
Script Font: ALS Script
24pt
Centered
Color: Black 85%

MONTHLY INTENTIONS

Intention

ACTION STEPS

01

02

03

Intention

ACTION STEPS

01

02

03

Intention

ACTION STEPS

01

02

03

PASSWORDS

Passwords
X: 137.944 pt
Y: 39.648 pt
W: 225.485 pt
H: 18.981 pt
Sans Font: Gill Sans Light
Script Font: ALS Script
24pt
Center text
Color: Black 85%

website _____
username _____
password _____
email _____
notes _____

website _____
username _____
password _____
email _____
notes _____

website _____
username _____
password _____
email _____
notes _____

website _____
username _____
password _____
email _____
notes _____

website _____
username _____
password _____
email _____
notes _____

website _____
username _____
password _____
email _____
notes _____

website _____
username _____
password _____
email _____
notes _____

website _____
username _____
password _____
email _____
notes _____

website _____
username _____
password _____
email _____
notes _____

website _____
username _____
password _____
email _____
notes _____

website _____
username _____
password _____
email _____
notes _____

website _____
username _____
password _____
email _____
notes _____

MONTHLY MOOD TRACKER

Monthly mood tracker
X: 24.291 pt
Y: 34.328 pt
W: 377.631 pt
H: 19.523 pt
Sans Font: Gill Sans Light
Script Font: ALS Script
24pt
Left text
Color: Black 85%

	JAN	FEB	MAR	APR	MAY	JUNE
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						

☐ *energetic/motivated* ☐ *happy* ☐ *content / neutral* ☐ *irritable/annoyed*

JULY	AUG	SEP	OCT	NOV	DEC

MEDICATIONS

[illegible]

Monthly expense tracker

Monthly Expenses Tracker

X: 55.878 pt

Y: 39.648 pt

W: 396.844 pt

H: 24.04 pt

Sans Font: Gill Sans Light

Script Font: ALS Script	
-------------------------	--

24pt

Center text

Color: Black	85%
--------------	-----

[illegible]