

# AUGUST 2020

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY   |
|--|--|--|--|--|--|--|
|  |  |  |  |  | <b>1</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list  | <b>2</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list  |
| <b>3</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list  | <b>4</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list  | <b>5</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list  | <b>6</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list  | <b>7</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list  | <b>8</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list  | <b>9</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list  |
| <b>10</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list | <b>11</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list | <b>12</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list | <b>13</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list | <b>14</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list | <b>15</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list | <b>16</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list |
| <b>17</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list | <b>18</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list | <b>19</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list | <b>20</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list | <b>21</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list | <b>22</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list | <b>23</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list |
| <b>24</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list | <b>25</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list | <b>26</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list | <b>27</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list | <b>28</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list | <b>29</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list | <b>30</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list |
| <b>31</b><br><input type="checkbox"/> Do morning routine<br><input type="checkbox"/> Be present<br><input type="checkbox"/> Do thing you love<br><input type="checkbox"/> Spend time w/ self<br><input type="checkbox"/> Do list |  |  |  |  |  |  |