

# -= DAILY NOTE =-

 YYYY / CW 

M	T	W	T	F	S	S
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# Memos

# Three moments of good feelings

 Habits Tracker

# - Habits Tracker -



YYYY / CW

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## # Energy and Emotions

morning

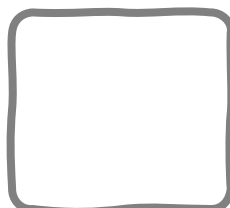
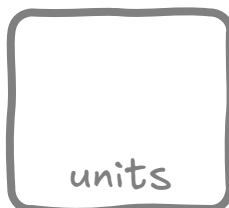
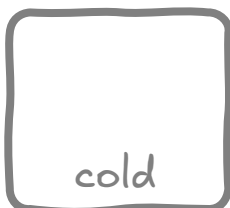
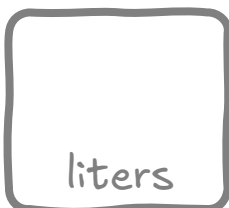
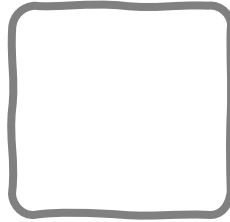
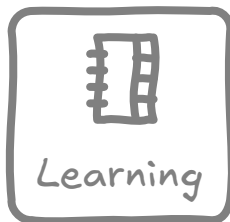
noon

afternoon

evening



## # Habits



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# Memos

















# Three moments of good feelings

> Habits Tracker


# - Habits Tracker -

 YYYY / CW MTWTFSS

## # Energy and Emotions

morning	noon	afternoon	evening
			
  	  	  	  

## # Habits

 Workout	 Water	 Shower	 Learning	 Drinks	
units	liters	cold	minutes	units	



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