

# JANUARY <sup>01</sup>/<sub>2024</sub>

*Habits:*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	31	31	1	2	3

*Notes:*