

MERMAID JOURNAL



HABIT TRACKER

BIRTHDAY CALENDAR

MONTH COVER PAGE

YEAR AT A GLANCE

WEEK AT A GLANCE

10 EXTRA PAGES

JOURNAL PAGE

NOTES PAGE

STICKERS

MONTHLY GOALS



**SUGGESTED HABITS TO
TRACK**

DAY AT A GLANCE



August

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				

November

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

			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

				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		

October

						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							

January

							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						

February

		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						

May

						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						

March

		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			

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			

April

					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

						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

Birthdays

January

_____	_____
_____	_____
_____	_____

July

_____	_____
_____	_____
_____	_____

February

_____	_____
_____	_____
_____	_____

August

_____	_____
_____	_____
_____	_____

March

_____	_____
_____	_____
_____	_____

September

_____	_____
_____	_____
_____	_____

April

_____	_____
_____	_____
_____	_____

October

_____	_____
_____	_____
_____	_____

May

_____	_____
_____	_____
_____	_____

November

_____	_____
_____	_____
_____	_____

June

_____	_____
_____	_____
_____	_____

December

_____	_____
_____	_____
_____	_____

Habit Tracker

	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
	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
	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
	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
	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
	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
	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
	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
	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
	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
	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
	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
	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

Habits to Track

HOURS OF SLEEP

TEXTING FRIENDS

MEDITATION

POSITIVITY

EXERCISE

MOOD

READING

SHOPPING

NO SPEND DAYS

DEEP BREATHING

VOLUNTEERING

SKIN CARE

BLOGGING

"ME" TIME

SELF CARE

TECH FREE TIME

VITAMIN/MEDICATION

FAMILY TIME

CREATIVITY

ANXIETY

WATER INTAKE

STEPS





January

GOALS

I LIKE TO BE A FREE SPIRIT. SOME DON'T
LIKE THAT, BUT THAT'S THE WAY I AM.

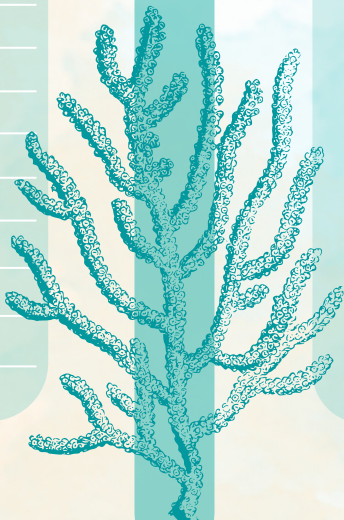
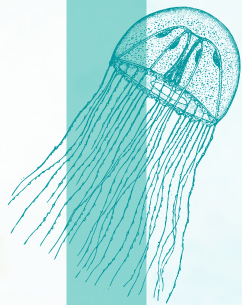
-Princess Diana

Notes



Monday

Tuesday



Wednesday

Thursday

Friday





Today

TODAY I AM GRATEFUL FOR...:

DATE: _____

APPOINTMENTS:

To Do

NOTES



February

GOALS

I LIKE TO BE A FREE SPIRIT. SOME DON'T
LIKE THAT, BUT THAT'S THE WAY I AM.

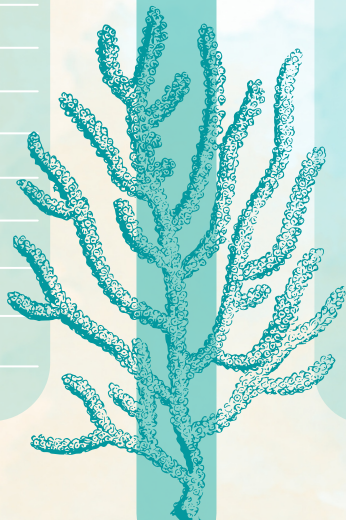
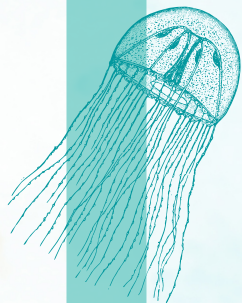
-Princess Diana

Notes



Monday

Tuesday



Wednesday

Thursday

Friday





Today

TODAY I AM GRATEFUL FOR...:

DATE: _____

APPOINTMENTS:

To Do

NOTES



March

GOALS

I LIKE TO BE A FREE SPIRIT. SOME DON'T
LIKE THAT, BUT THAT'S THE WAY I AM.

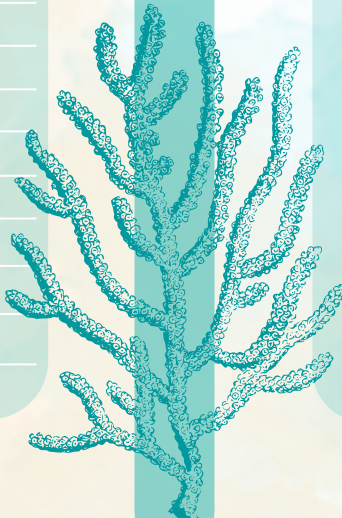
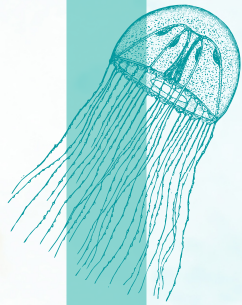
-Princess Diana

Notes



Monday

Tuesday



Wednesday

Thursday

Friday





Today

TODAY I AM GRATEFUL FOR...:

DATE: _____

APPOINTMENTS:

To Do

NOTES



April

GOALS

I LIKE TO BE A FREE SPIRIT. SOME DON'T
LIKE THAT, BUT THAT'S THE WAY I AM.

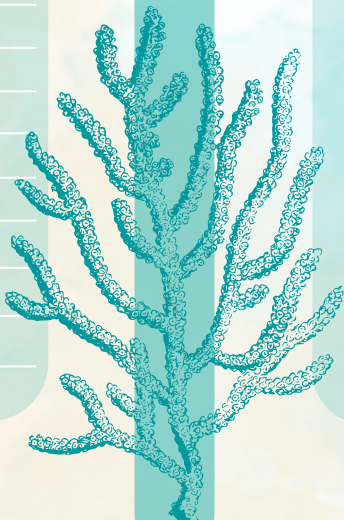
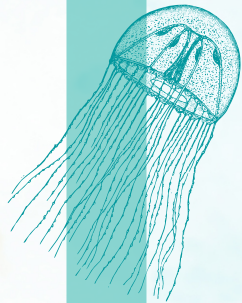
-Princess Diana

Notes



Monday

Tuesday



Wednesday

Thursday

Friday





Today

TODAY I AM GRATEFUL FOR...:

DATE: _____

APPOINTMENTS:

To Do

NOTES



May

GOALS

I LIKE TO BE A FREE SPIRIT. SOME DON'T
LIKE THAT, BUT THAT'S THE WAY I AM.

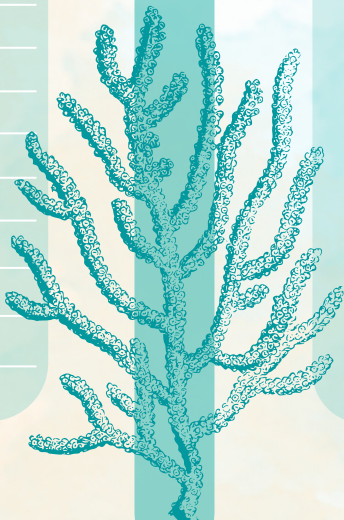
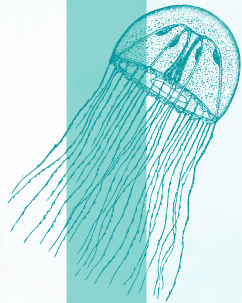
-Princess Diana

Notes



Monday

Tuesday



Wednesday

Thursday

Friday





Today

TODAY I AM GRATEFUL FOR...:

DATE: _____

APPOINTMENTS:

To Do

NOTES



June



GOALS

I LIKE TO BE A FREE SPIRIT. SOME DON'T
LIKE THAT, BUT THAT'S THE WAY I AM.

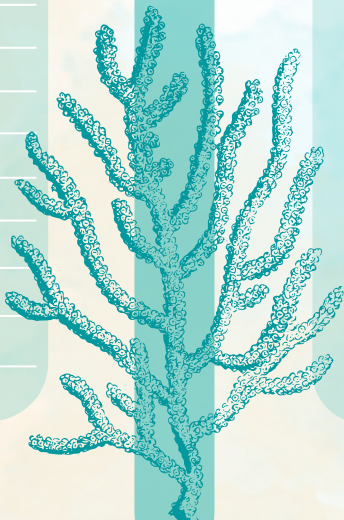
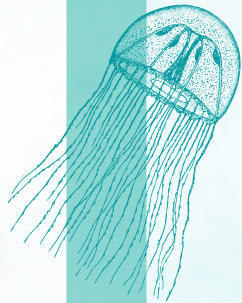
-Princess Diana

Notes



Monday

Tuesday



Wednesday

Thursday

Friday





Today

TODAY I AM GRATEFUL FOR...:

DATE: _____

APPOINTMENTS:

To Do

NOTES



July

GOALS

I LIKE TO BE A FREE SPIRIT. SOME DON'T
LIKE THAT, BUT THAT'S THE WAY I AM.

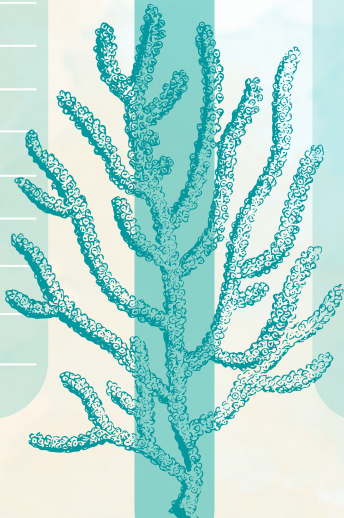
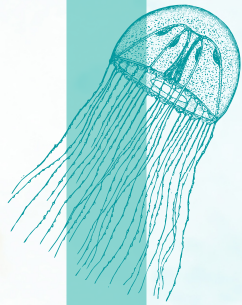
-Princess Diana

Notes



Monday

Tuesday



Wednesday

Thursday

Friday





Today

TODAY I AM GRATEFUL FOR...:

DATE: _____

APPOINTMENTS:

To Do

NOTES



August

GOALS

I LIKE TO BE A FREE SPIRIT. SOME DON'T
LIKE THAT, BUT THAT'S THE WAY I AM.

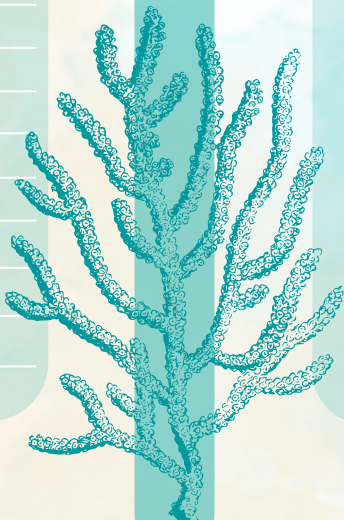
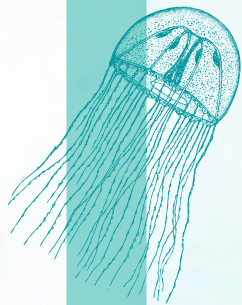
-Princess Diana

Notes



Monday

Tuesday



Wednesday

Thursday

Friday





Today

TODAY I AM GRATEFUL FOR...:

DATE: _____

APPOINTMENTS:

To Do

NOTES



GOALS

I LIKE TO BE A FREE SPIRIT. SOME DON'T
LIKE THAT, BUT THAT'S THE WAY I AM.

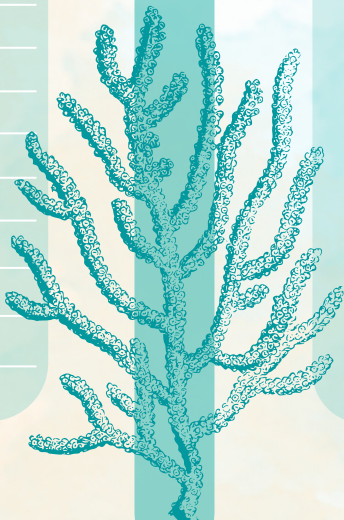
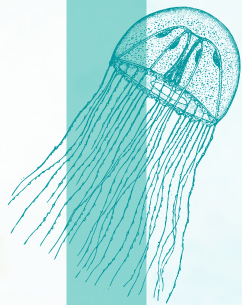
-Princess Diana

Notes



Monday

Tuesday



Wednesday

Thursday

Friday





Today

TODAY I AM GRATEFUL FOR...:

DATE: _____

APPOINTMENTS:

To Do

NOTES



October

GOALS

I LIKE TO BE A FREE SPIRIT. SOME DON'T
LIKE THAT, BUT THAT'S THE WAY I AM.

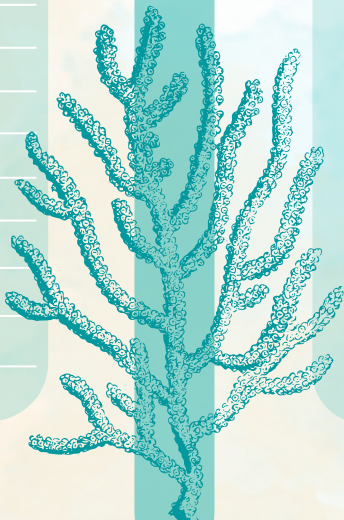
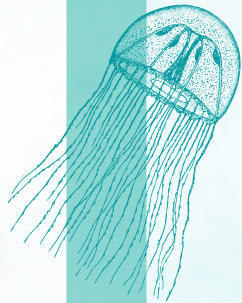
-Princess Diana

Notes



Monday

Tuesday



Wednesday

Thursday

Friday





Today

TODAY I AM GRATEFUL FOR...:

DATE: _____

APPOINTMENTS:

To Do

NOTES



November

GOALS

I LIKE TO BE A FREE SPIRIT. SOME DON'T
LIKE THAT, BUT THAT'S THE WAY I AM.

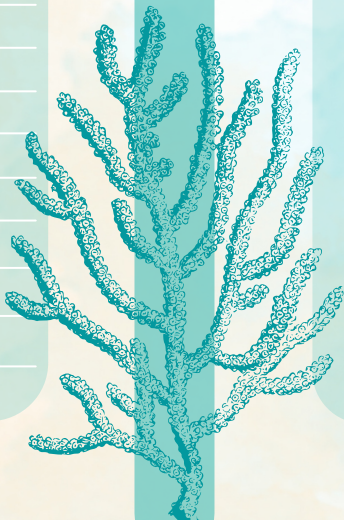
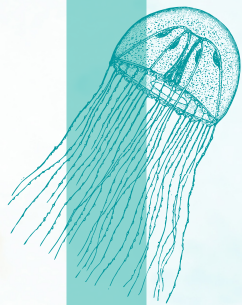
-Princess Diana

Notes



Monday

Tuesday



Wednesday

Thursday

Friday





Today

TODAY I AM GRATEFUL FOR...:

DATE: _____

APPOINTMENTS:

To Do

NOTES



December

GOALS

I LIKE TO BE A FREE SPIRIT. SOME DON'T
LIKE THAT, BUT THAT'S THE WAY I AM.

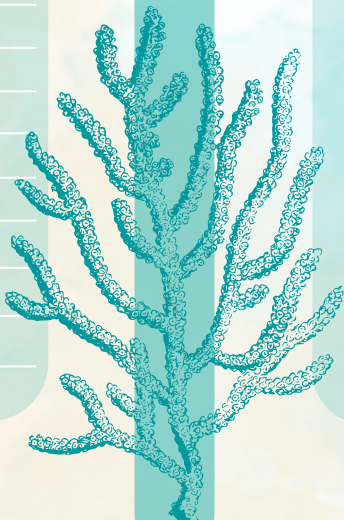
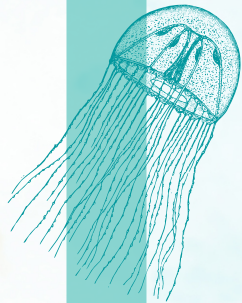
-Princess Diana

Notes



Monday

Tuesday



Wednesday

Thursday

Friday





Today

TODAY I AM GRATEFUL FOR...:

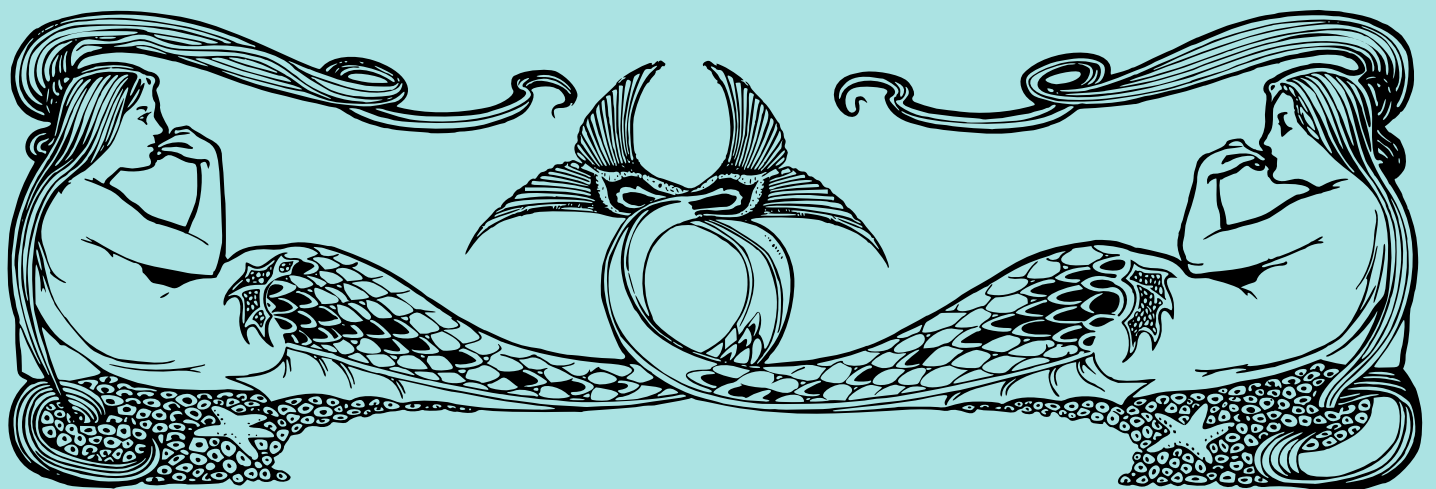
DATE: _____

APPOINTMENTS:

To Do

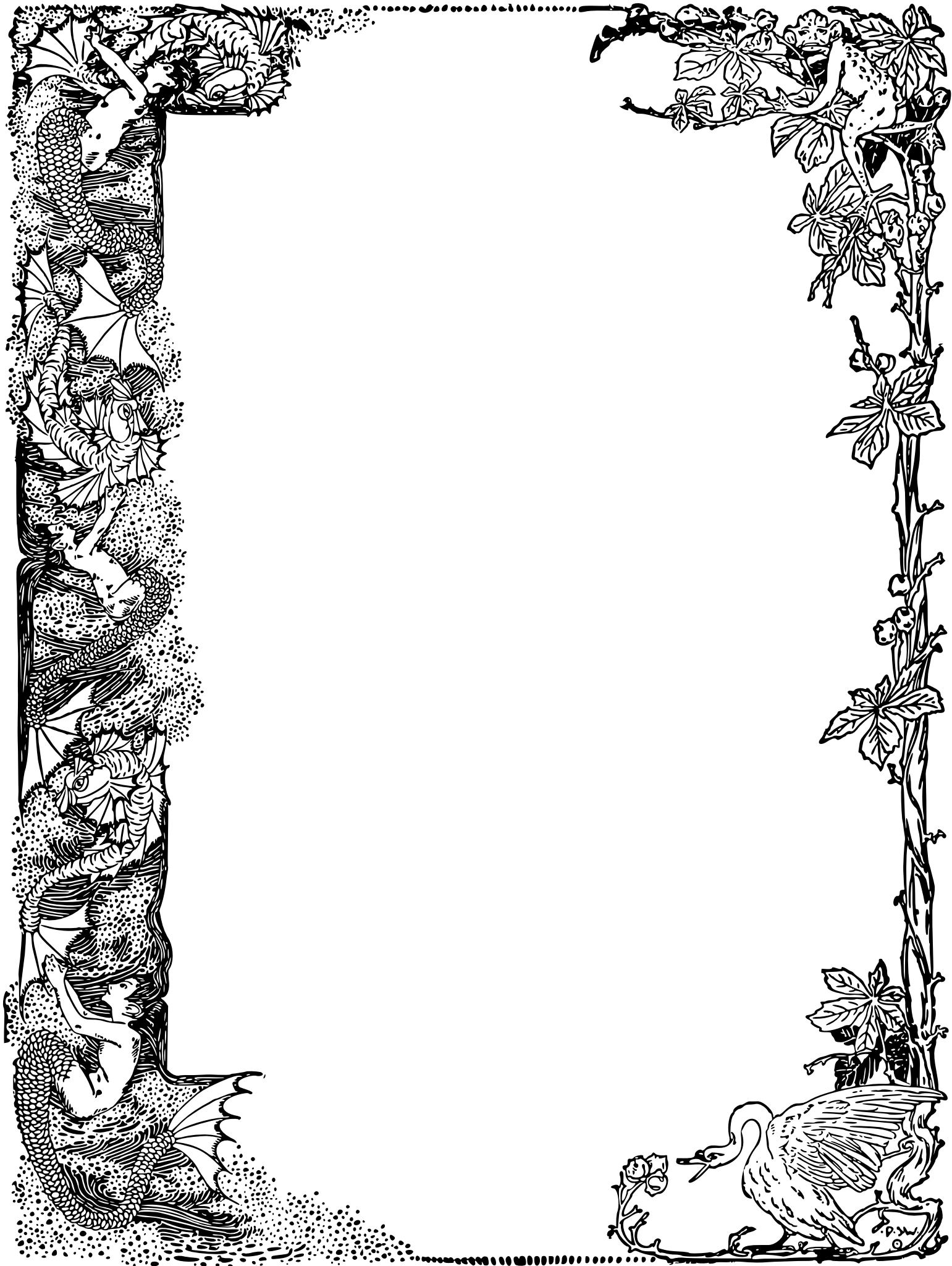
NOTES

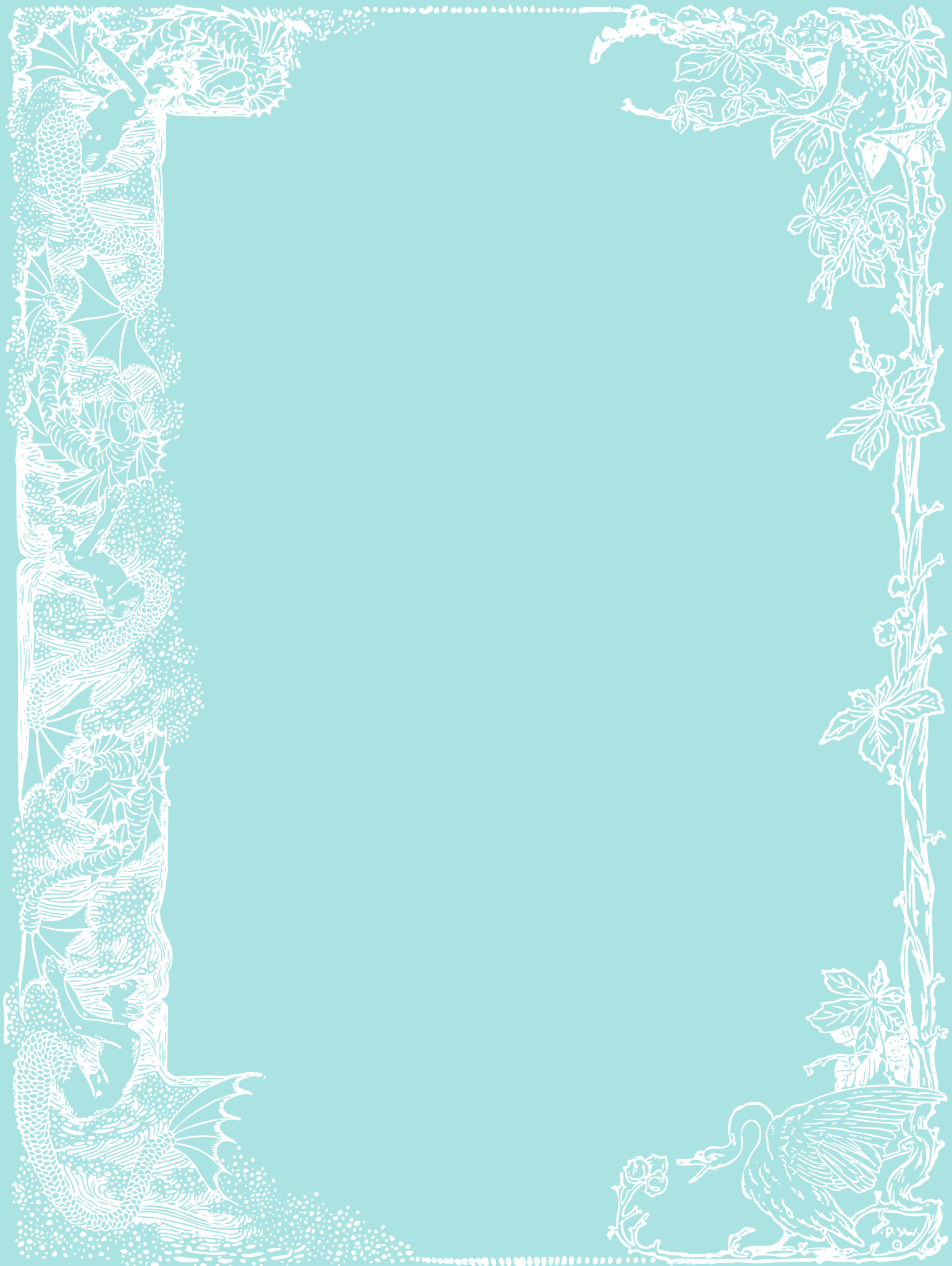
Printable Journal Pages



The image shows a close-up of a textured surface, likely the cover or endpaper of a book. The background is a deep blue with a mottled, marbled texture. Overlaid on this are several horizontal white lines, which are evenly spaced and run across the entire width of the image. The lines vary slightly in thickness and brightness, giving the impression of being printed or hand-drawn. The overall effect is that of a classic, possibly vintage, book's decorative endpaper.







Print & Clip

extra designs
to add



