### 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



	<	A	ugu	ust				1	Vou	em	be	er	
			Y					1	2	3	4	5	6
Ý	9	10	11	12	13	14	7	Ŷ	9	10	11	12	13
15	16	17	18	19	20	21	14	15	16	17	18	19	20
22	23	24	25	26	27	28	21	22	23	24	25	26	27
29	30	31					28	29	30				
	Se	pt	Len	be	n				De	ce	mb	er	
			1	2	3	y				1	2	3	Y
5	6	7	ý	9	10	11	5	6	7	Ŷ	9	10	11
12	13	14	15	16	17	18	12	13	14	15	16	17	18
19	20	21	22	23	24	25	19	20	21	22	23	24	25
26	27	28	29	30			26	27	28	29	30	31	
	(	Qct	Lob	er	1	2			Ja	nu	ar	y	1
3	4	5	6	7	Ŷ	9	2	3	y	5	6	7	Ŷ
10	11	12	13	14	15	16	9	10	11	12	13	14	15
17	18	19	20	21	22	23	16	17	18	19	20	21	22
24	25	26	27	28	29	30	23	24	25	26	27	28	29
31							30	31					

	7	ebe	ru	ir	7				C	Ma	y		1
		1	2	3	Ч	5	2	3	4	5	6	7	Ŷ
6	7	Ŷ	9	10	11	12	9	10	11	12	13	14	15
13	14	15	16	17	18	19	16	17	18	19	20	21	22
20	21	22	23	24	25	26	23	24	25	26	27	28	29
27	28						30	31					
		Mo	in	ch					C	Tur	e		
		1	2	3	Y	5				1	2	3	4
6	7	ý	9	10	11	12	5	6	7	Ŷ	9	10	11
13	14	15	16	17	18	19	12	13	14	15	16	17	18
20	21	22	23	24	25	26	19	20	21	22	23	24	25
27	28	29	30	31			26	27	28	29	30		
	~	A	معر	l						Tul	y		
					1	2					V	1	2
}	4	5	6	7	ý	9	3	Y	5	6	7	Ŷ	9
10	11	12	13	14	15	16	10	11	12	13	14	15	16
17	18	19	20	21	22	23	17	18	19	20	21	22	23
24	25	26	27	28	29	30	24	25	26	27	28	29	30

Birth	days
January	July -
February	August
March	September
April	October S
May	November
June	December

Habit Tracker

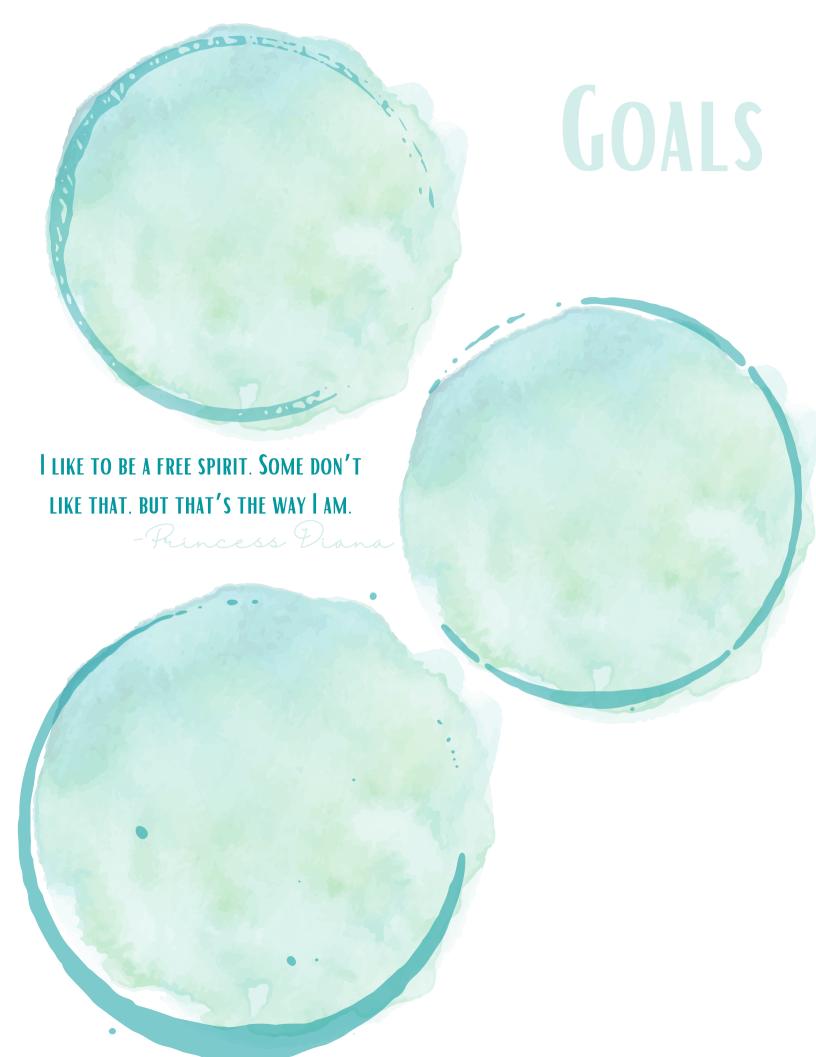
40						1 24							A.A.	
1	2	} ′	Y	5	6	7	Ŷ	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1	2	3	y	5	6	7	Ŷ	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1	2	3	y	5	6	7	Ŷ	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1	2	3	y	5	6	7	Ŷ	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1	2	3	y	5	6	7	Ŷ	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	у	5	6	7	Ŷ	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	y	5	6	7	ý	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	307
1	2	)	<b>y</b> _	5	6	7	Ŷ	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	Ч	5	6	7	ý	9	10	11	12	13	14	15
16	17	19	19	20	21	22	23	24	25	26	27	28	29	30
1'	2	3	y	5	6	7	Ŷ	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-	y	5	6	7	Ŷ	9	10	11	12	13	14	15
16	17	19	19	20	21	22	23	24	25	26	27	28	29	30
1	2	3	y	5	6	7	Ŷ	9	10	11	12	13	14	15
16	17	19	19	20	21	22	23	24	25	26	27	28	29	30
1	2	3	Ч	5	6	7	Ŷ	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	y	5	6	7	ŷ	9	10	11	12	13/	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
														/

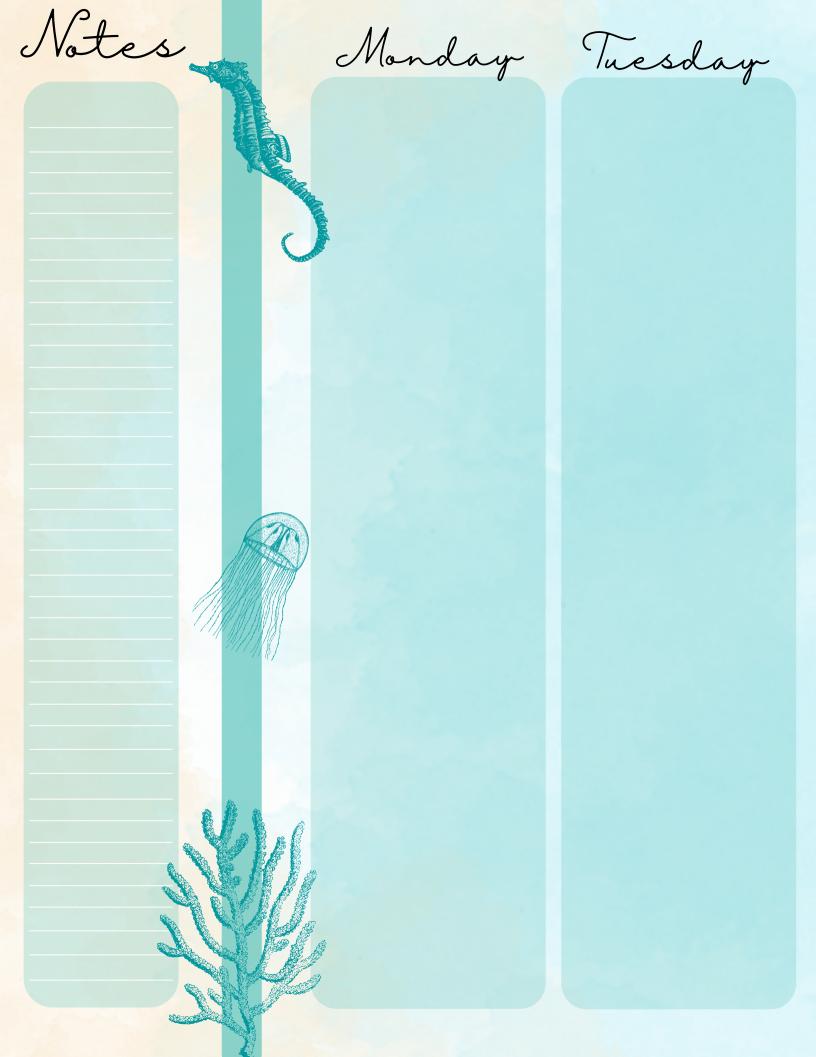
### Habits to Track

HOURS OF SLEEP **MEDITATION** EXERCISE READING NO SPEND DAYS VOLUNTEERING BLOGGING SELF CARE VITAMIN/MEDICATION CREATIVITY WATER INTAKE

**TEXTING FRIENDS POSITIVITY** Mood SHOPPING DEEP BREATHING SKIN CARE "ME" TIME TECH FREE TIME FAMILY TIME ANXIETY STEPS







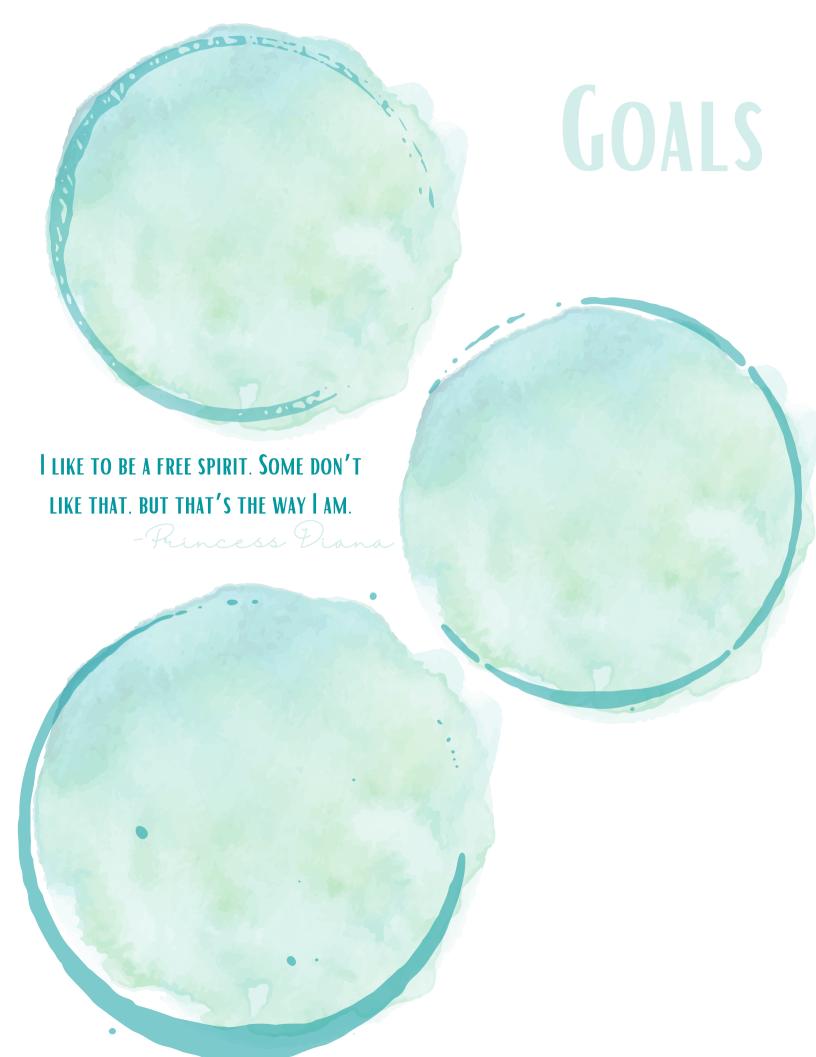


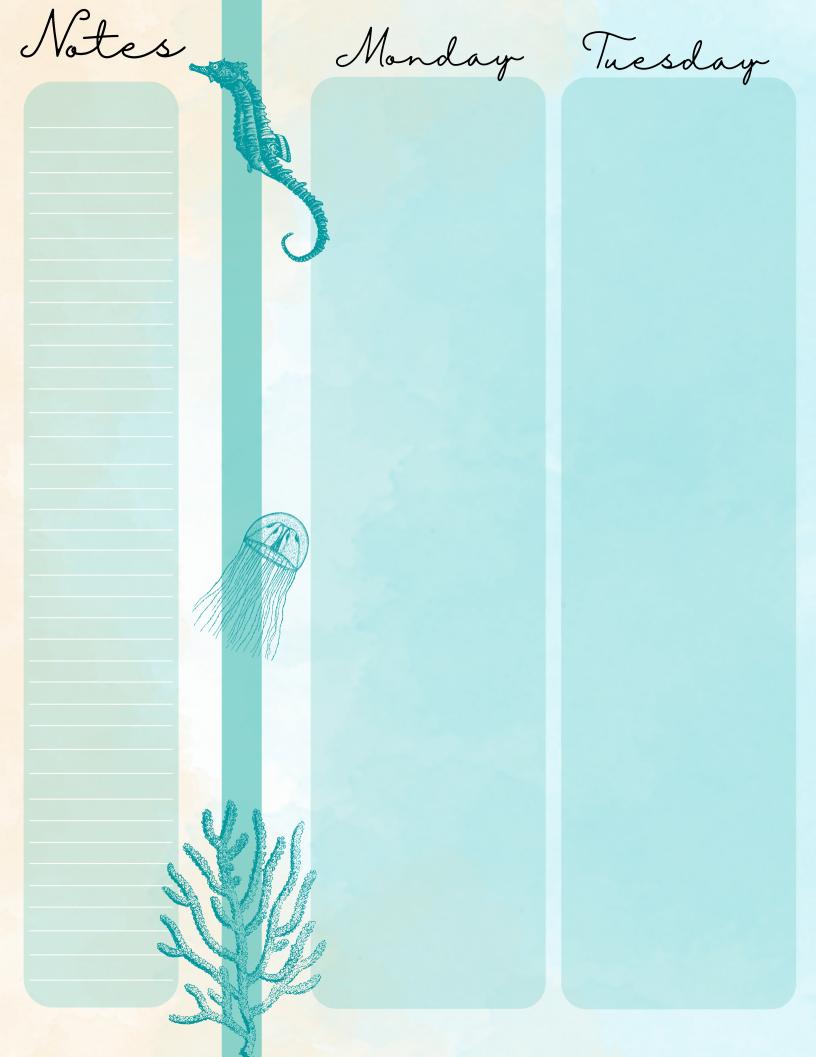
#### TODAY I AM GRATEFUL FOR ...:

APPOINTMENTS:
---------------

N	0		
		100	









#### TODAY I AM GRATEFUL FOR ...:

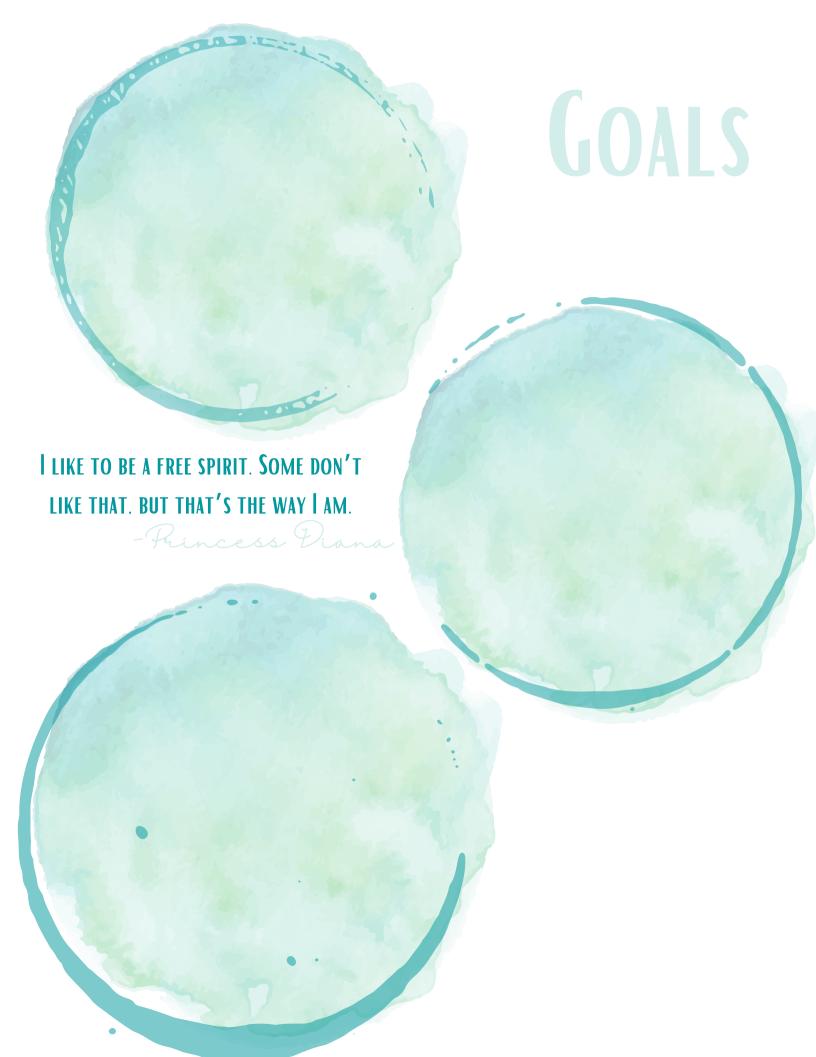
1 -					
AP	P()	INT	M	- N	5

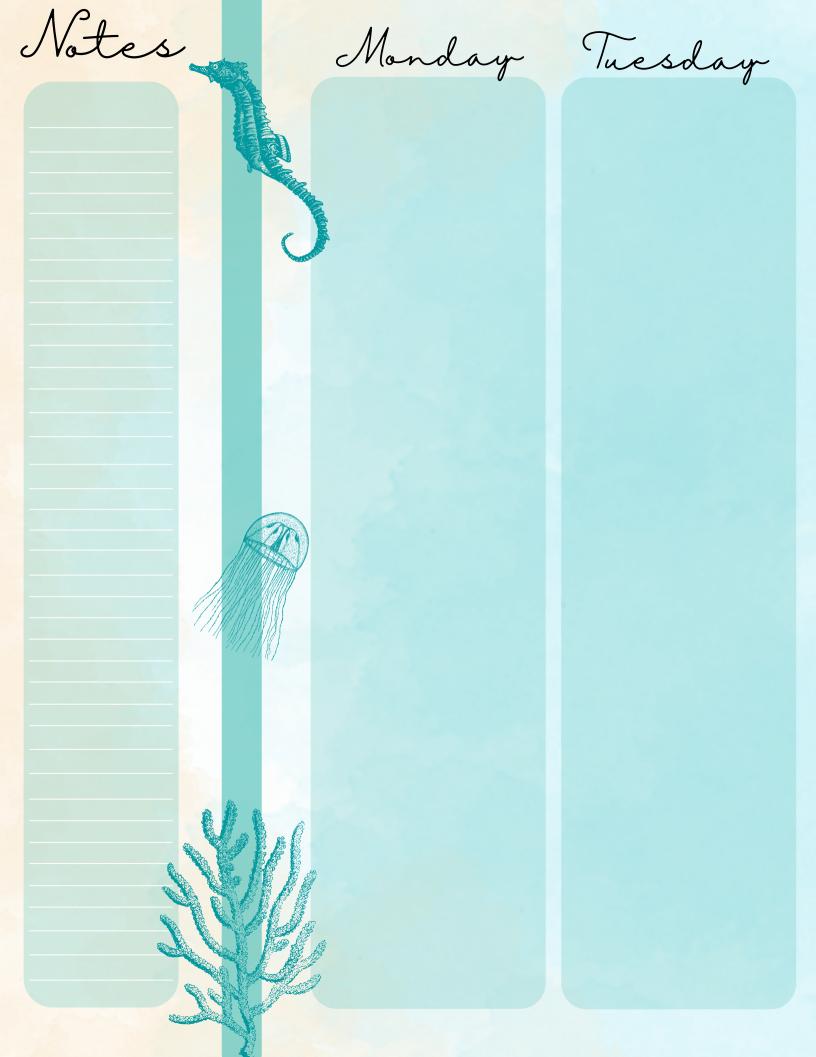
		煮	
	Trans.		
	12 484		
3			

To Do

Notes









#### TODAY I AM GRATEFUL FOR ...:

ΛD	DA	INI	$\Gamma \lambda \lambda$	FN	TS:
AL	ΓU	111			13:

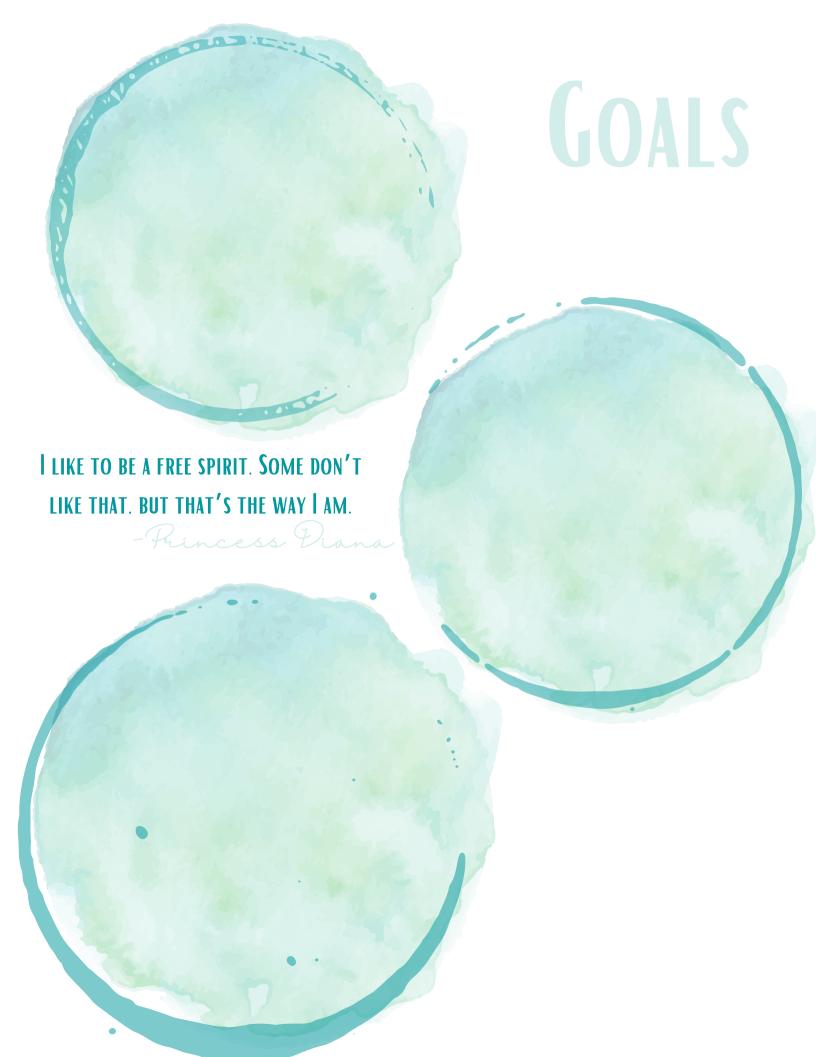
		199		
		卷		
		1,23		
		20		
	A CONTRACTOR			
	HO.			NX Section
		7	1	
9537		Septimb.		

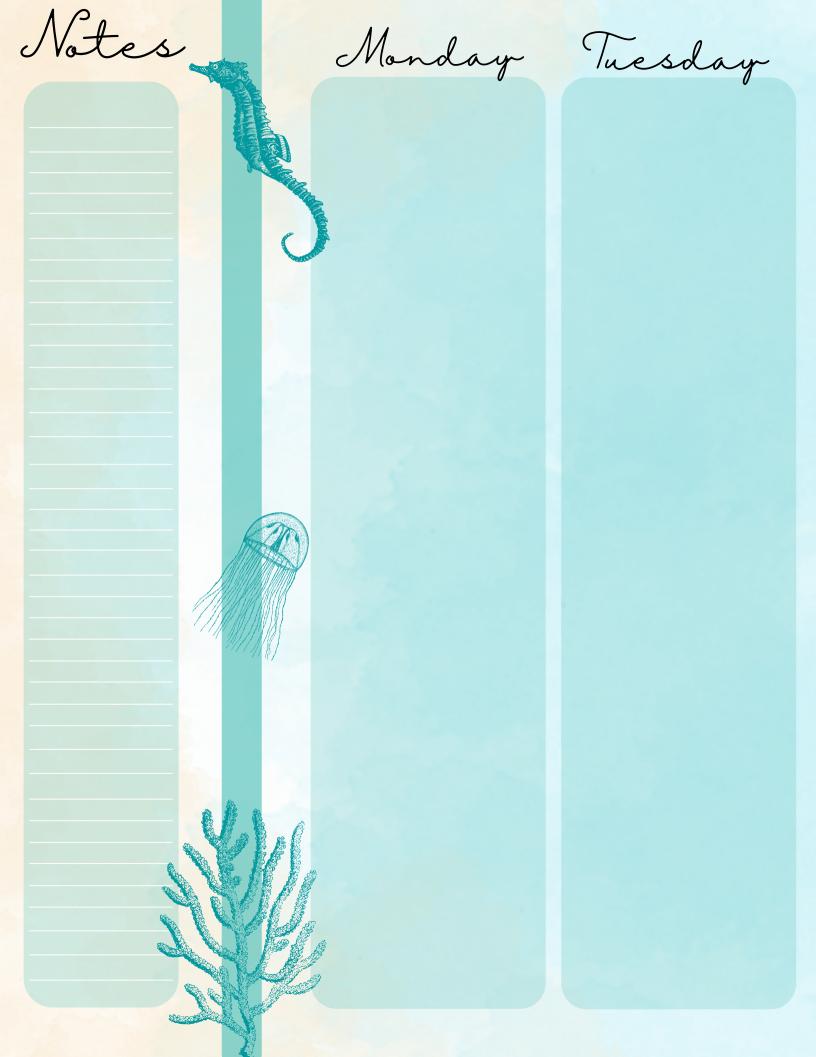
Company of the Compan	Section 1
In	Do
IV	DU

		Present Toronto September 1997 of the	
	*		

NOTES









#### TODAY I AM GRATEFUL FOR ...:

ΛD	DA	IN	ГМ	FN	TC.
AF	TU		IVI	LIN	13:

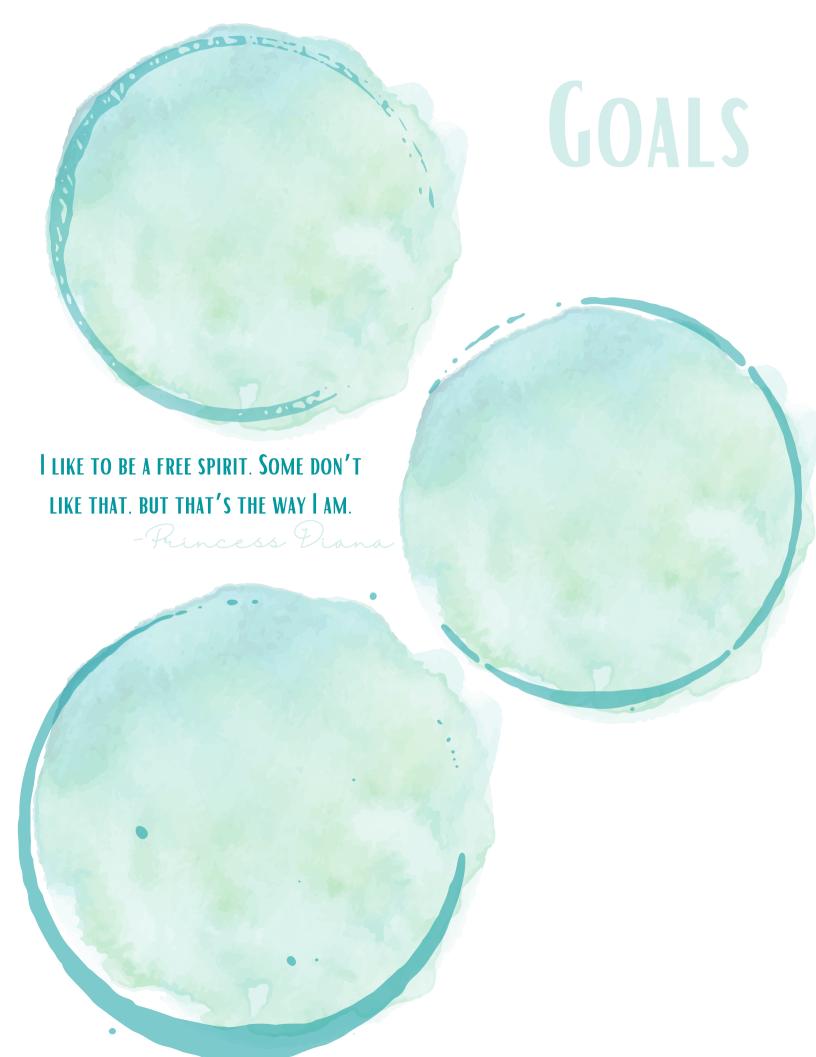
		AMERICA AND A STATE OF THE STAT	
ALC: U.S. CONTRACTOR			
	DECEMBER OF THE REAL PROPERTY.	AND RESERVED AND R	TOTAL STREET
	B SORY TAKE		
			(1) (1) (1) (1)
ASSESSED TO A STATE OF THE PARTY OF THE PART	77.20 Jan 1915 中的		
AND THE STATE OF T			
SONT PARTIES			September 1
		STATE OF THE PARTY	
			A 8 8 8 9 7 1
	ALCOHOLD BY		
	PARTY NAMED IN		
	100	AND A	
		The state of the s	TO CANADA
A DESCRIPTION OF THE PARTY OF T	Control of the Contro		

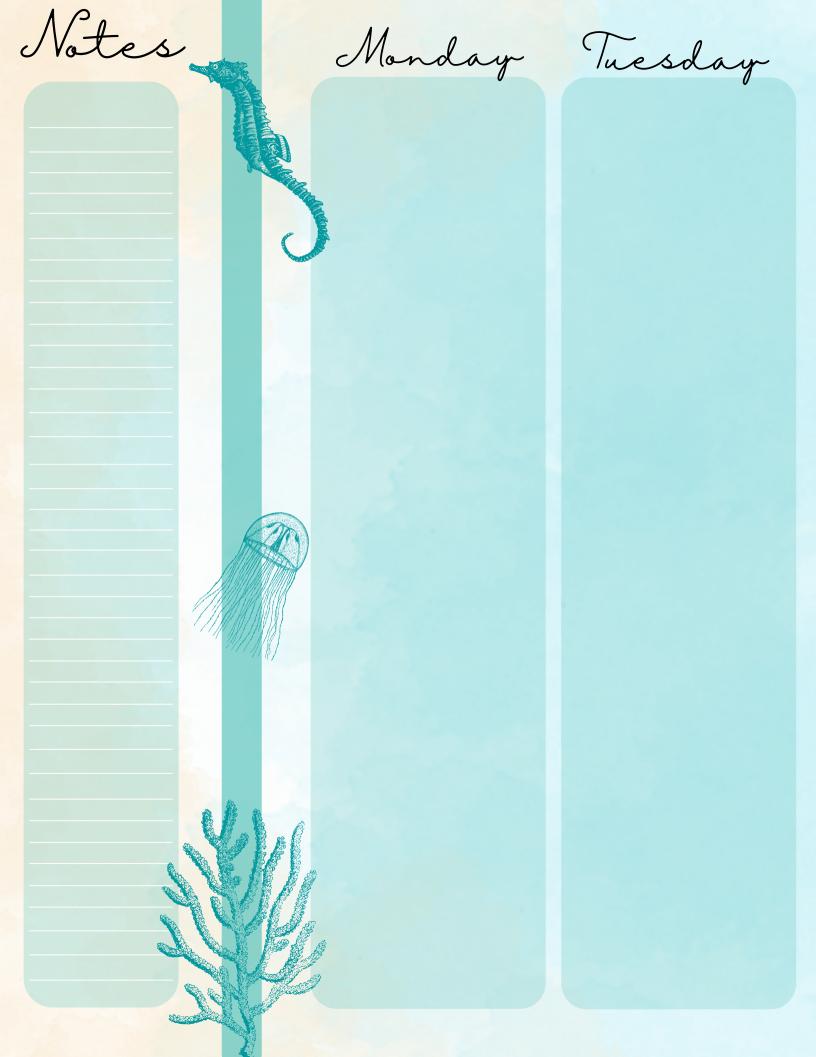
T	0	D	0
			I a
	U	U	A V
270		200	W.

	the state of		
		11.45	

Notes







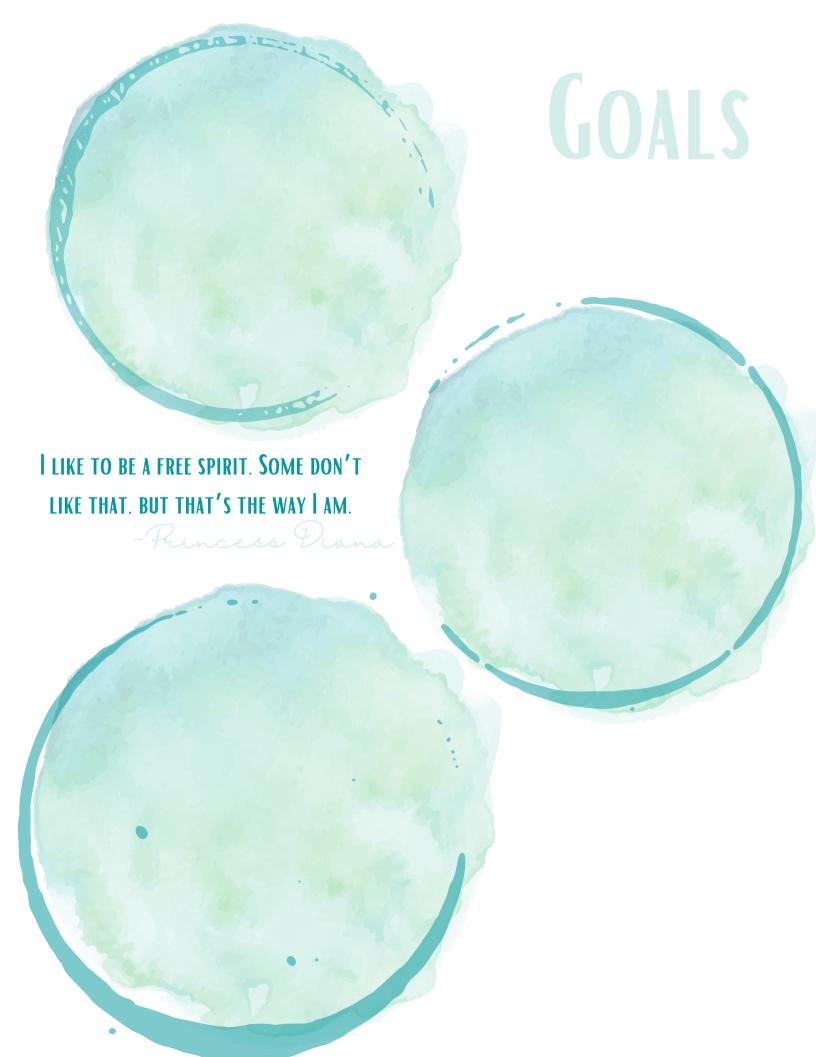


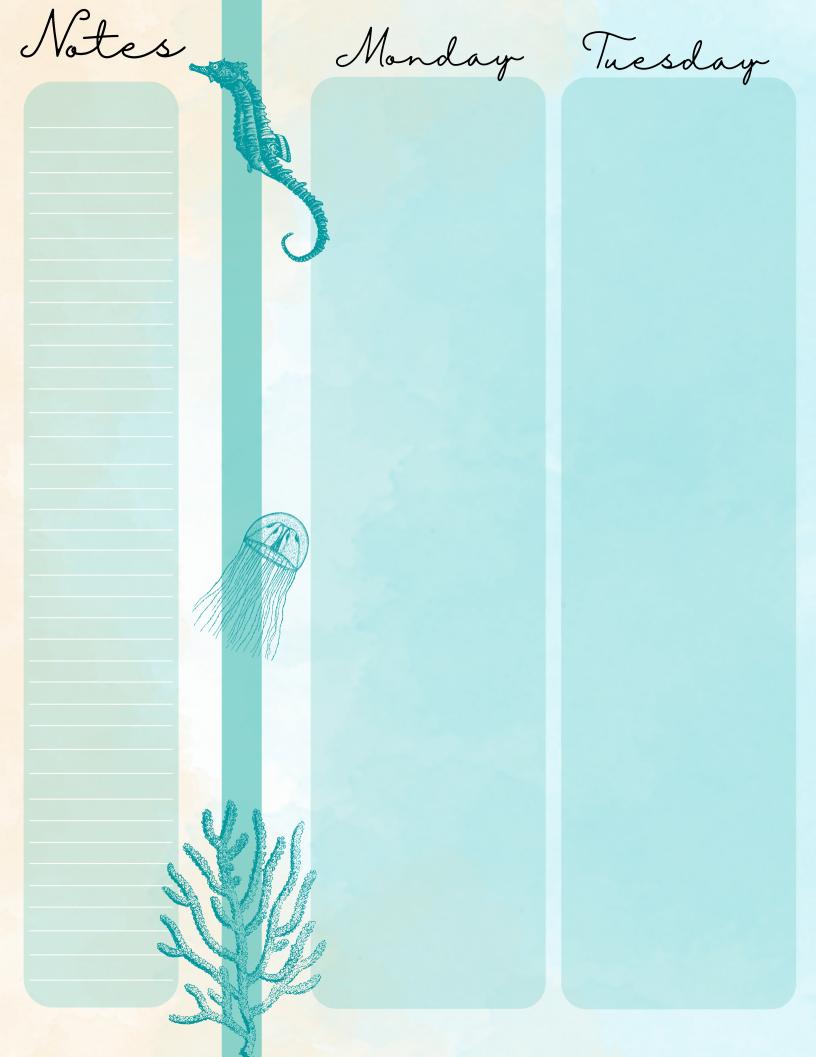
#### TODAY I AM GRATEFUL FOR ...:

APPOINTMENTS:
---------------

N	0			•
		0		
			100	









#### TODAY I AM GRATEFUL FOR ...:

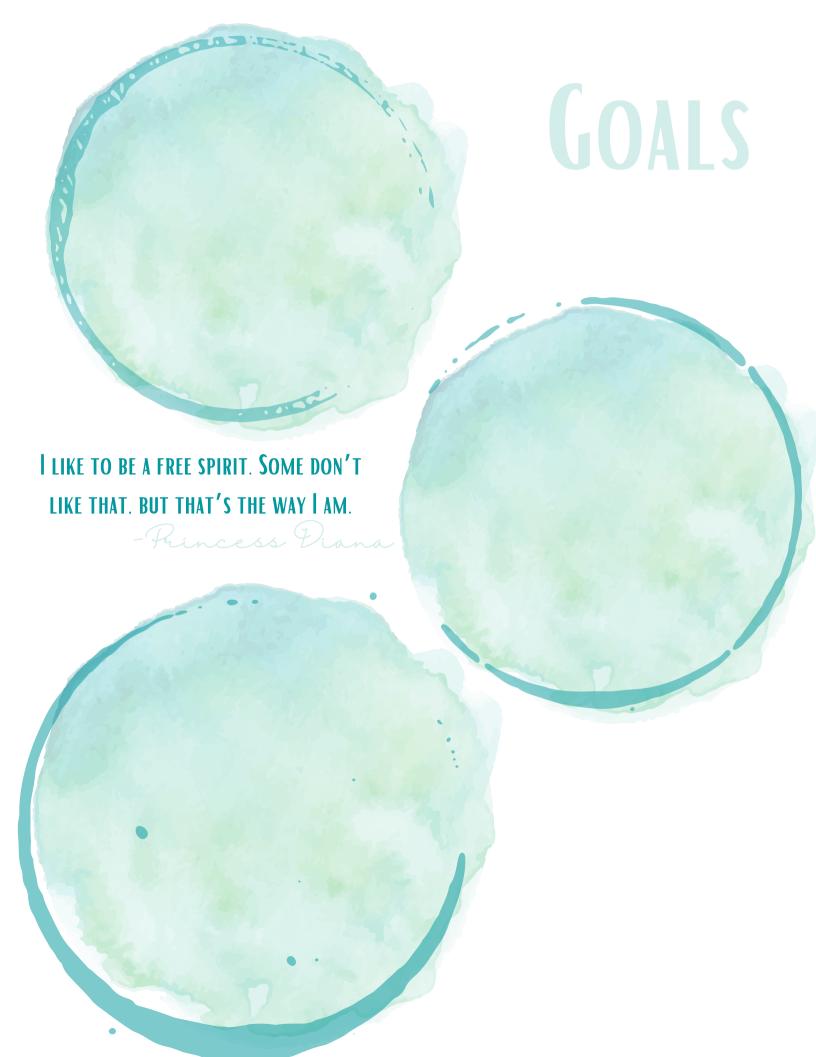
1 -					
AP	P()	INT	M	- N	5

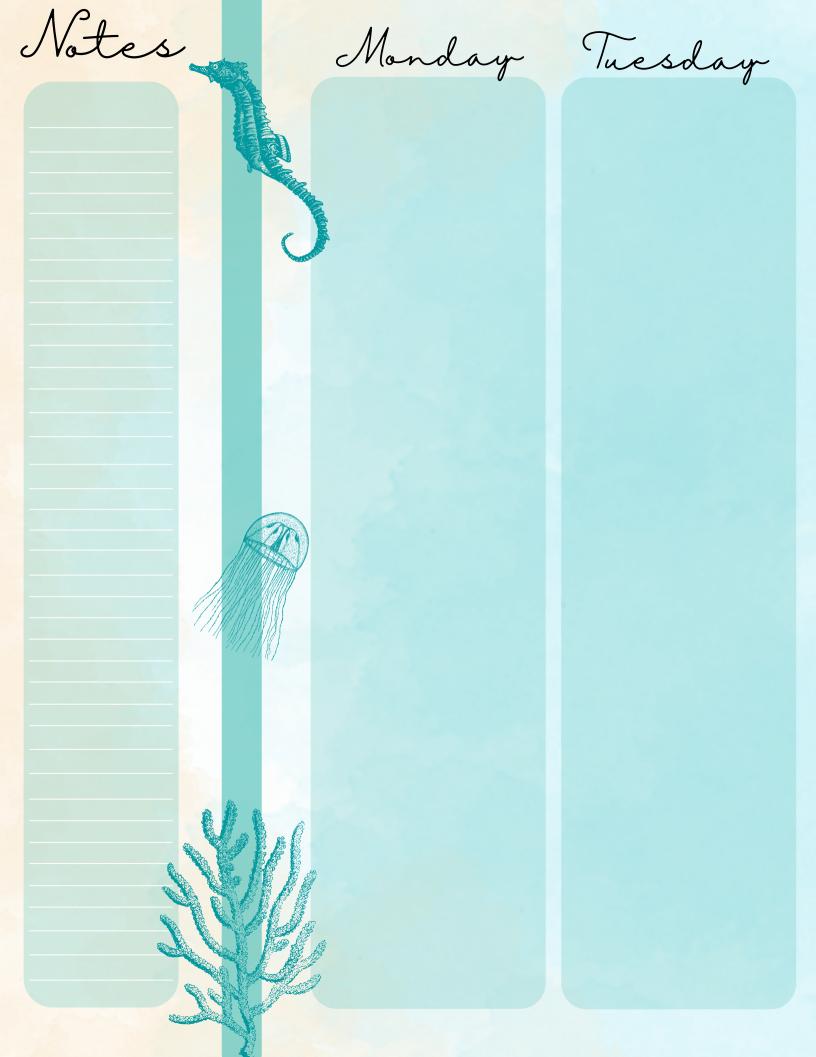
		煮	
	Trans.		
	12 484		
3			

To Do

Notes









### TODAY I AM GRATEFUL FOR ...:

ΛD	DA	INI	$\Gamma \lambda \lambda$	FN	TS:
AL	ΓU				13:

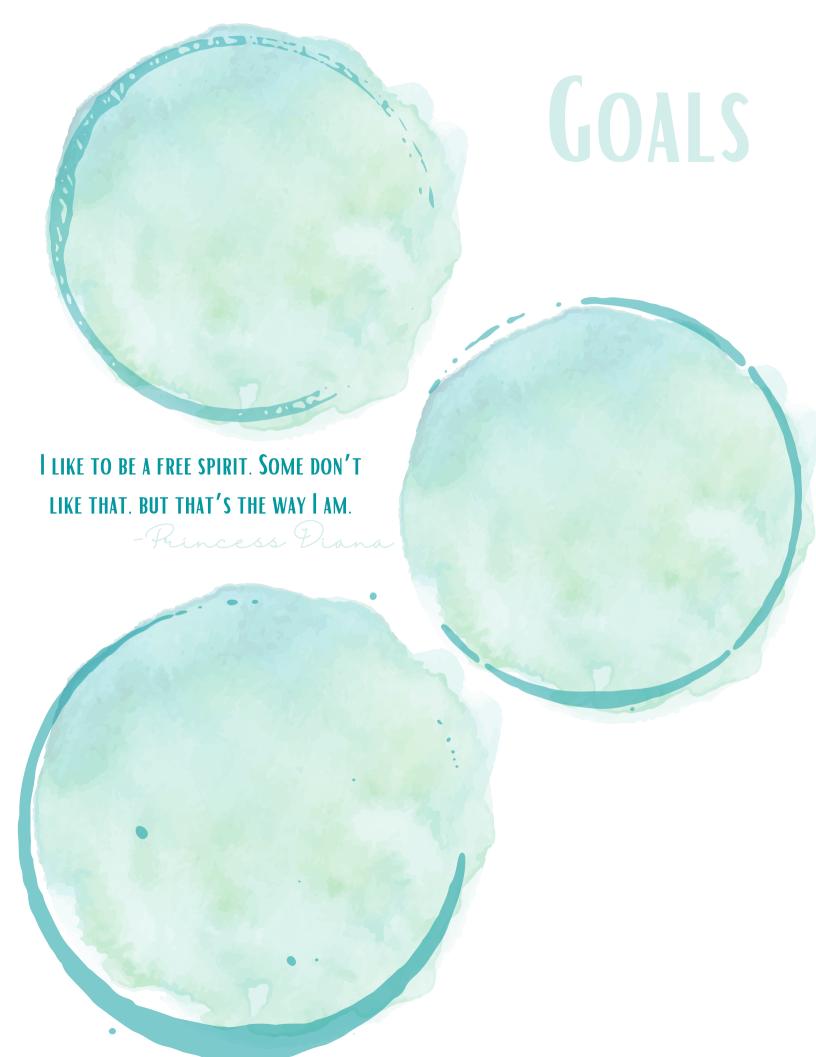
		199		
		意。		
		1,23		
		20		
				-
	A CONTRACTOR			
	HO.			TAX Section
		7	1	
9537		Seption.		

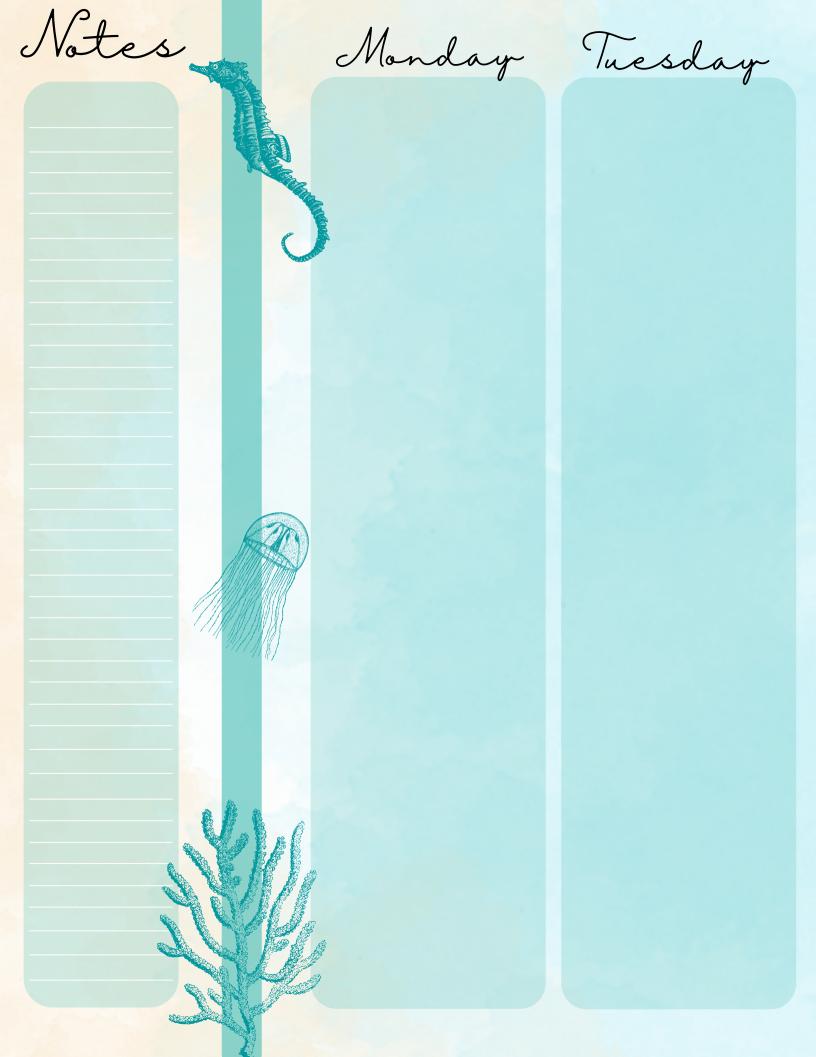
Company of the Compan	Section 1
In	Do
IV	DU

		Present Toronto September 1997 of the	
	*		

NOTES









### TODAY I AM GRATEFUL FOR ...:

ΛD	DA	IN	T N A	FN	TS:
AL	TU		I IVI	LIN	13:

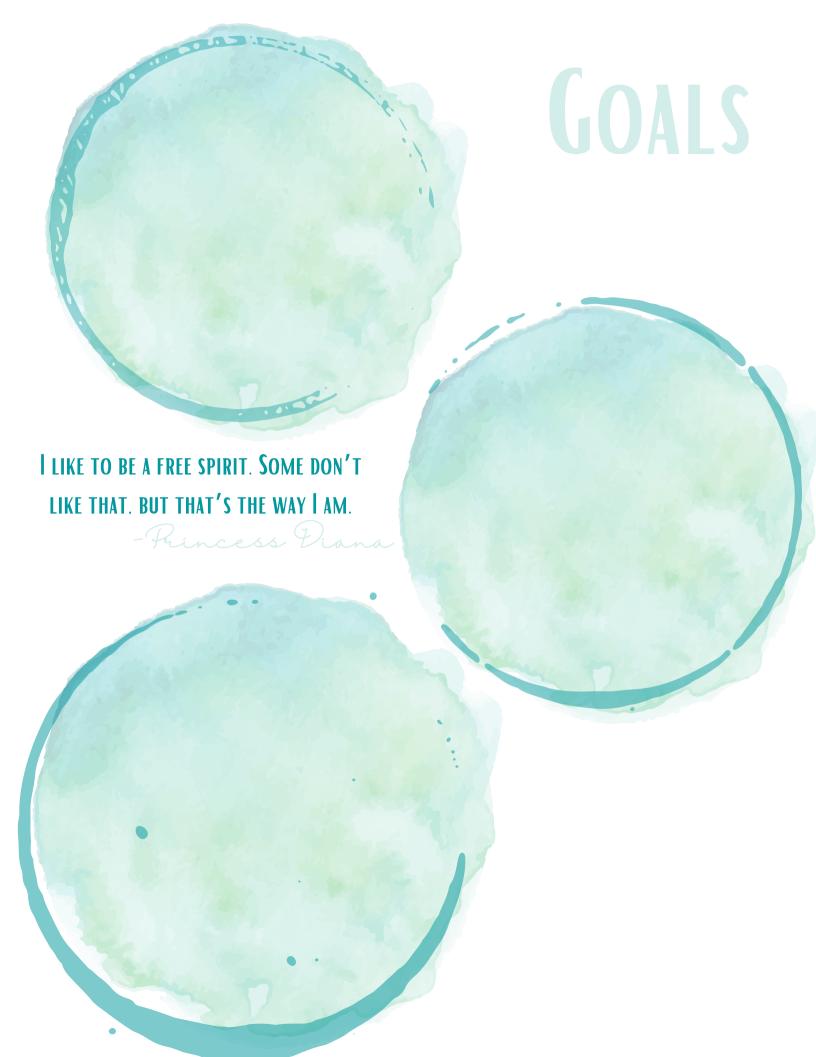
		AMERICA AND A STATE OF THE STAT	
ALC: U.S. CONTRACTOR			
	TRACTICAL PROPERTY.	AND RESERVED AND R	TOTAL COLUMN
	B SORY TAKE		
			CONTRACTOR OF THE PARTY
ASSESSED TO A STATE OF THE PARTY OF THE PART	77.20 Jan 1915 中的		A STATE OF THE PARTY OF THE PAR
AND THE STATE OF T			
SONT PARTIES			Sept trough a right
		STATE OF THE PARTY	
			1 2 2 2 2 1
	ALCOHOLD BY		
	PARTY NAMED IN		
	100	AND A	
		The state of the s	TO A VIEW OF THE PARTY OF THE P
AND DESCRIPTION OF THE PARTY OF	Control of the Contro		

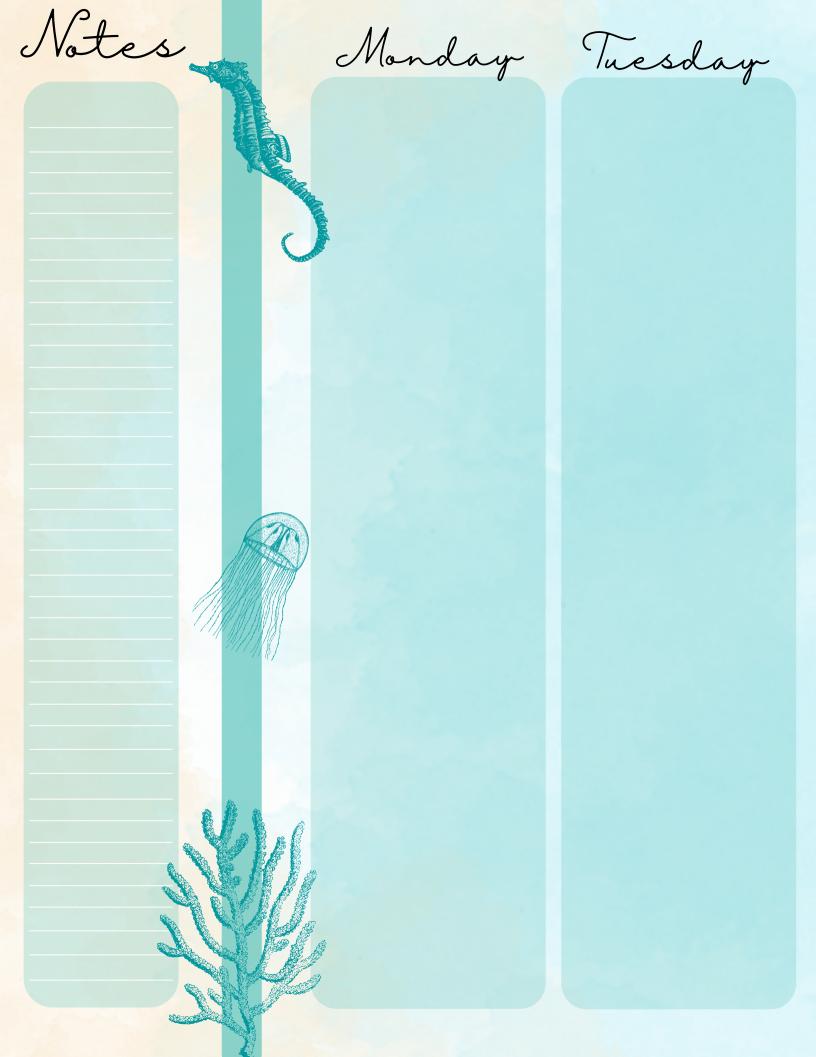
N. S.			
T	0	D	0
			I a
	U	U	A V
270		200	W.

	the state of		
		11.45	

Notes







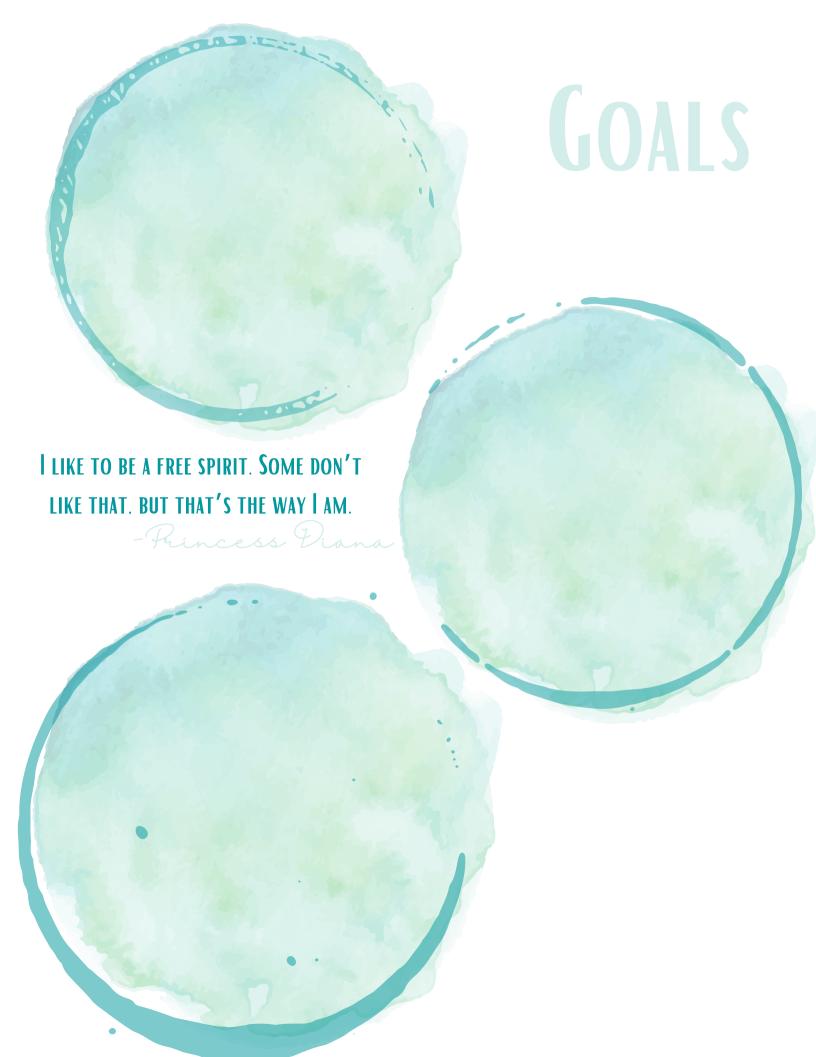


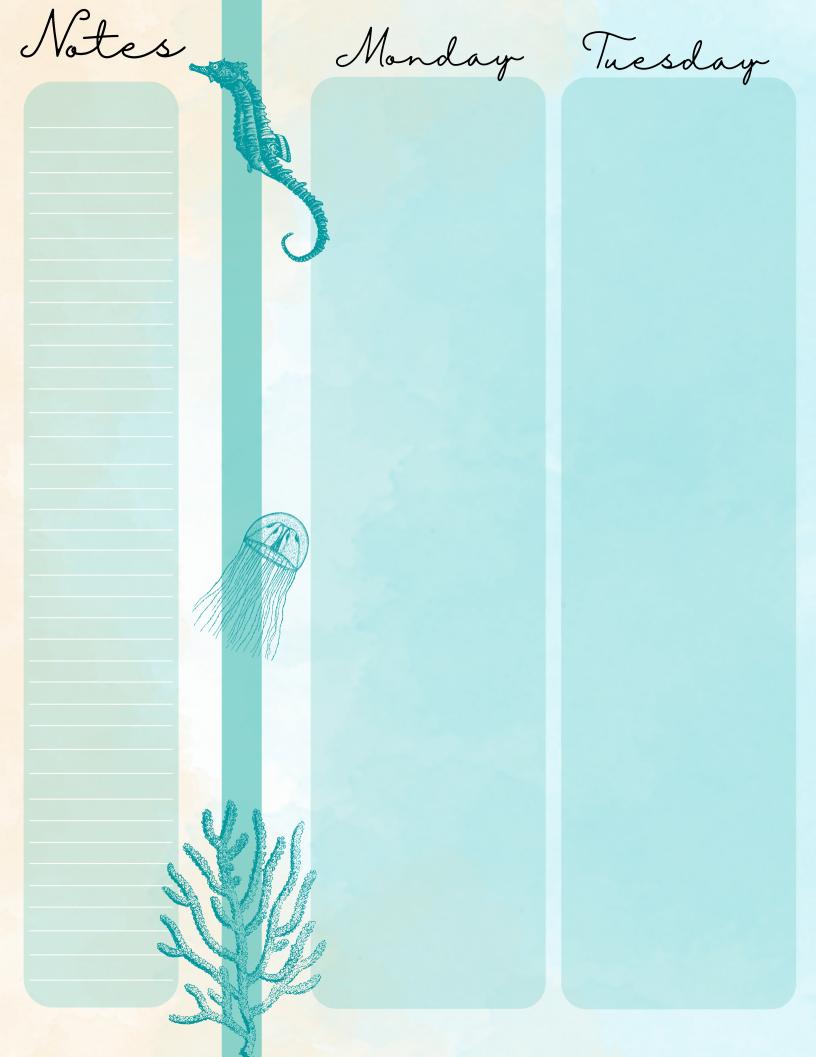
#### TODAY I AM GRATEFUL FOR ...:

APPOINTMENTS:
---------------

N	0		
		100	









#### TODAY I AM GRATEFUL FOR ...:

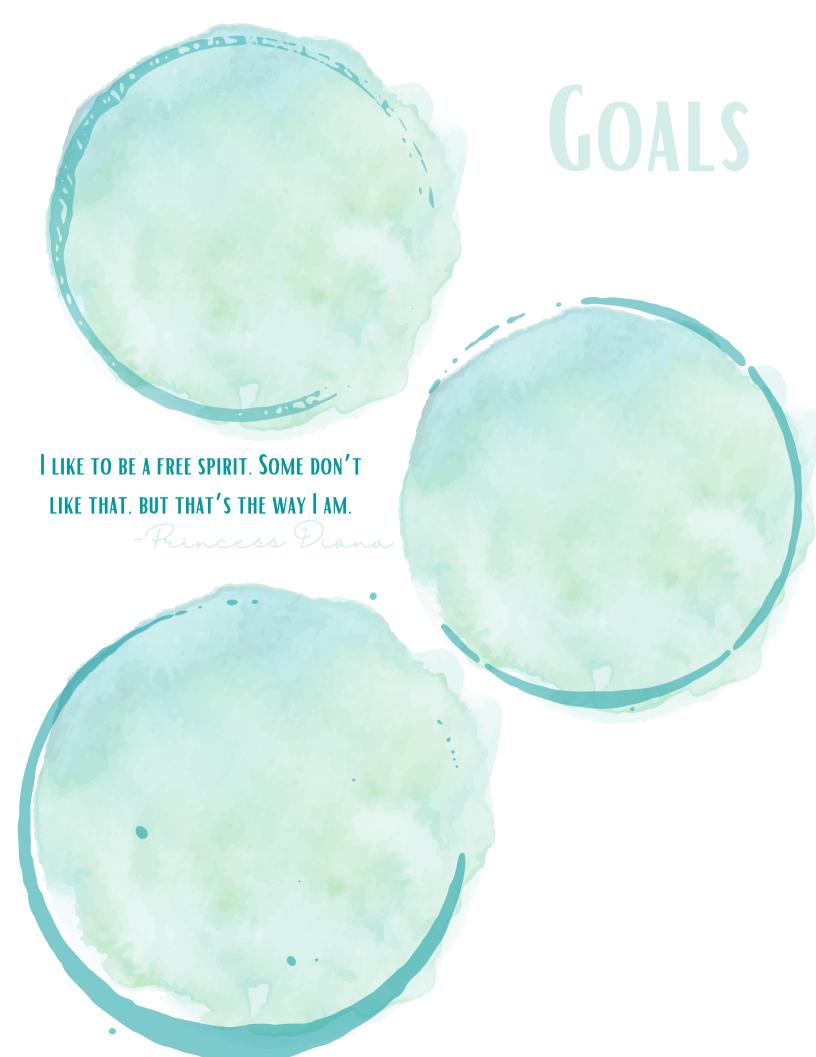
ΛТ	חו	$\mathbf{OI}$	NIT	11		TS:
$\Delta \mathbf{I}$	יץי		NI	M	ΓN	
						1 .

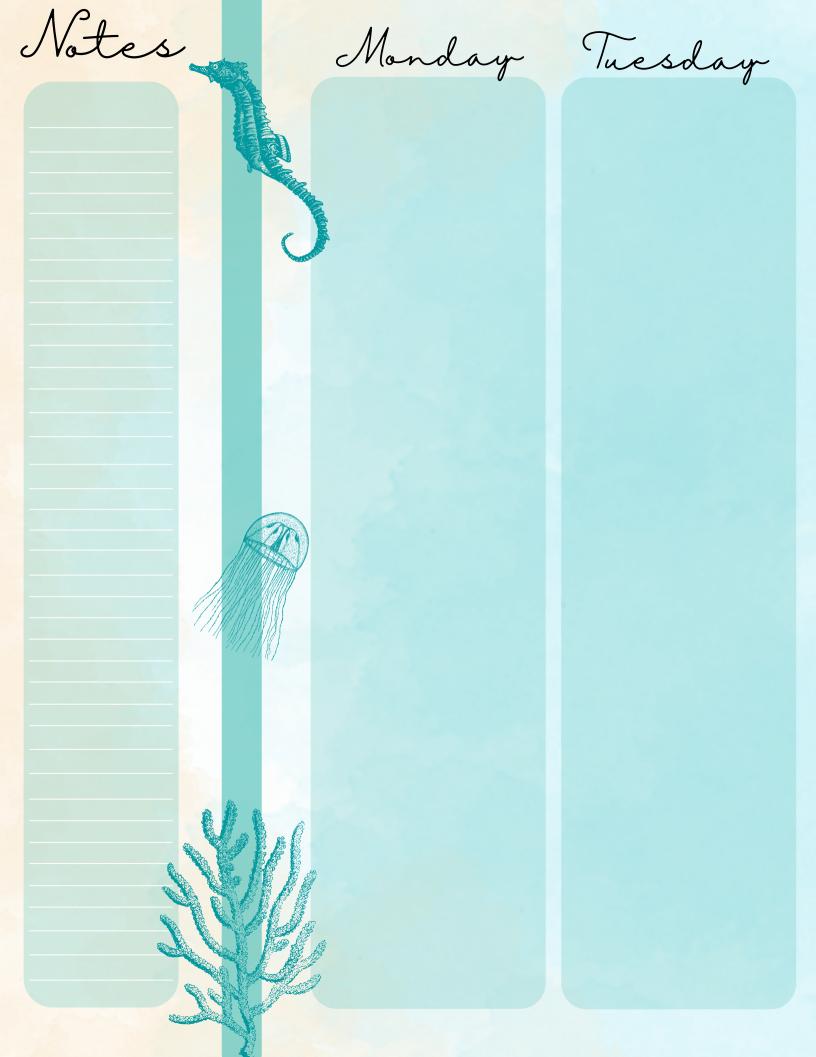
		T SECTION
	- 61 St. A. St. E. S. E.	
	和中国教育、国际公司、	
		Land I
CONTRACTOR OF THE PARTY OF THE		
THE PERSON NAMED IN COLUMN TWO IS NOT THE OWNER.	THE RESIDENCE AND ADDRESS OF THE PARTY OF TH	

To Do

NOTES









### TODAY I AM GRATEFUL FOR ...:

ΛD	DA	INI	FN	TS:
AL	ΓU			13:

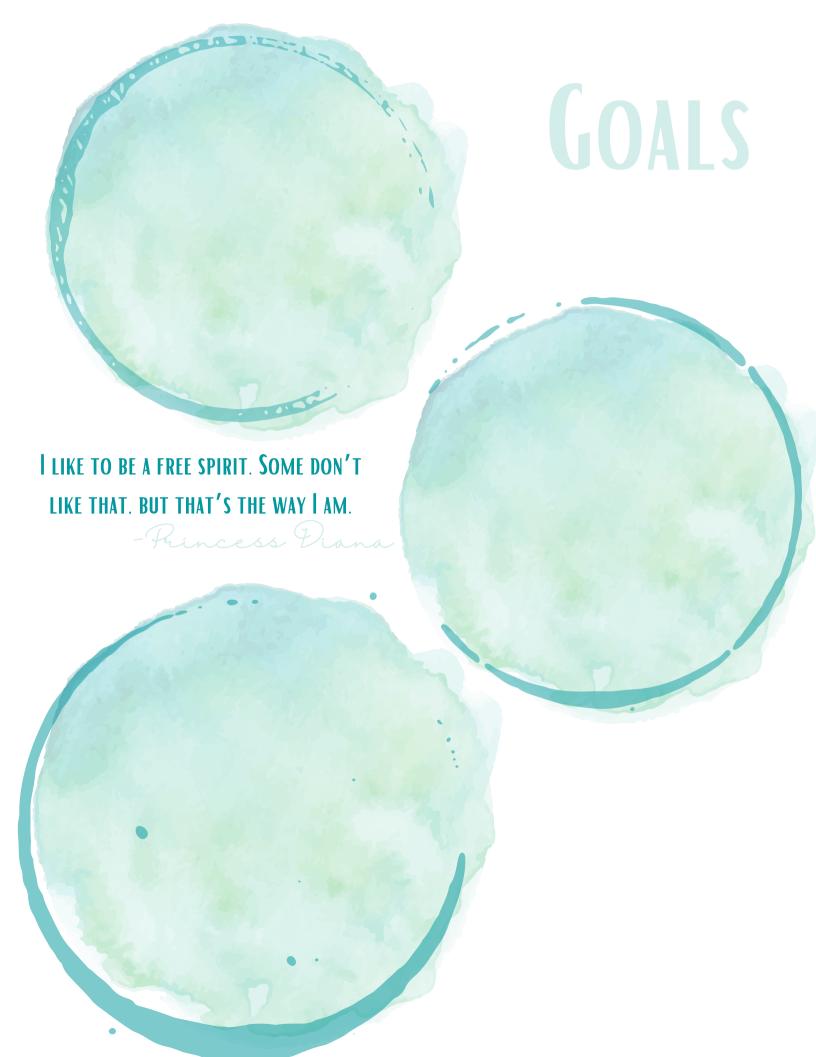
2700				-
		传		
		12/1		
	Age to a			
			0	
	73 1 32 5			
		7		
	14			
e de la companya della companya della companya de la companya della companya dell		Baths.		

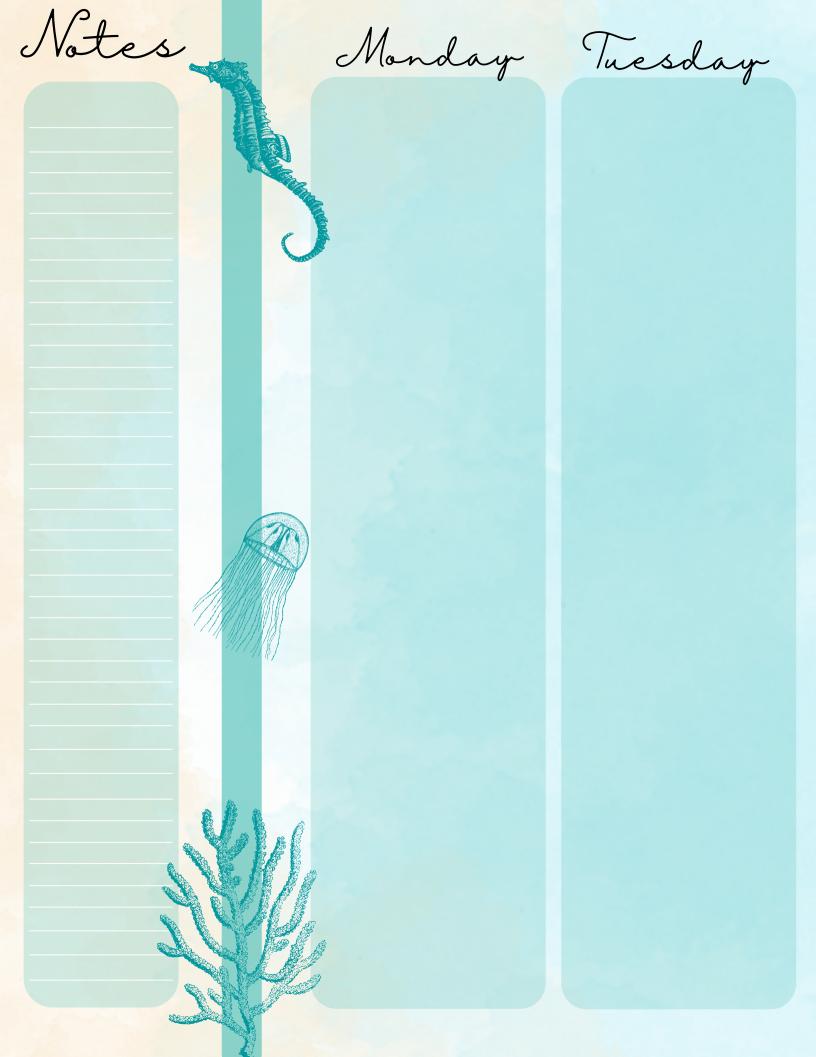
Company of the Compan	Section 1
In	Do
IV	DU

	California (California)	THE STREET	Present Tours of the State of t	
	*			
			11.2	

NOTES









### TODAY I AM GRATEFUL FOR ...:

Λ	D	D	N	IN	TN	VI	FN	TS:
H			U			VII		13:

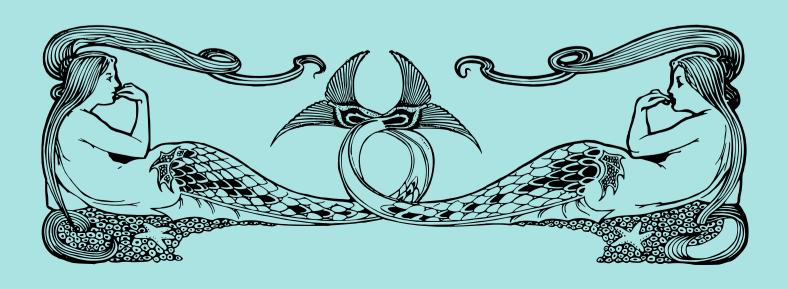
		AMERICA AND A STATE OF THE STAT	
ALC: U.S. CONTRACTOR			
	TRACTICAL PROPERTY.	AND RESERVED AND R	TOTAL COLUMN
	B SORY TAKE		
			CONTRACTOR OF THE PARTY
ANGELY CONTRACTOR	17/30 NO. 18/30 NO. 4 P. 19/1		
AND THE STATE OF T			
SONT PARTIES			Sept trough a right
		STATE OF THE PARTY	
			1 2 2 2 2 1
	ALCOHOLD BY		
	PARTY NAMED IN		
	100	AND A	
		The state of the s	TO A VIEW OF THE PARTY OF THE P
AND DESCRIPTION OF THE PARTY OF	Control of the Contro		

N. S.			
T	0	D	0
			I a
	U	U	A V
270		200	W.

	the state of		
		11.45	

Notes

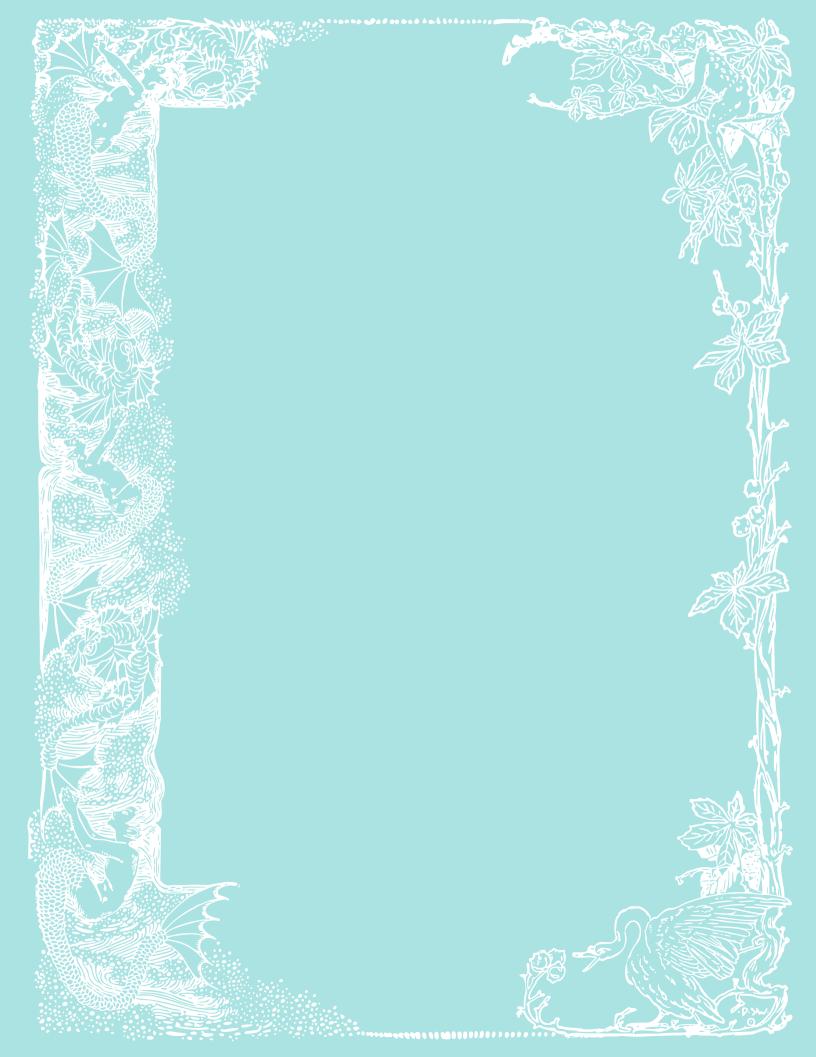
Printable Fournal Pages











Rint & Clip extra designs to add









