



Habit Tracker

*wake up
before 8*

*eat healthy
food*

*drink enough
water*

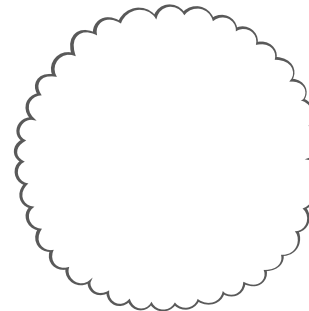
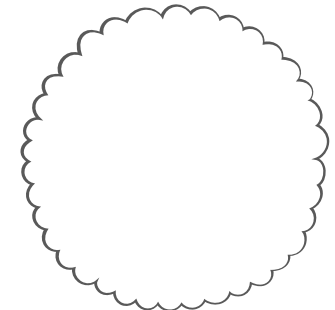
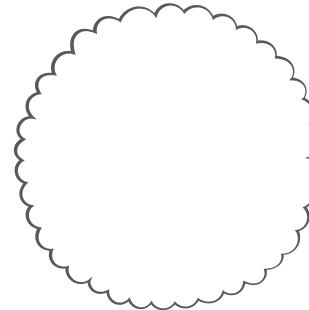
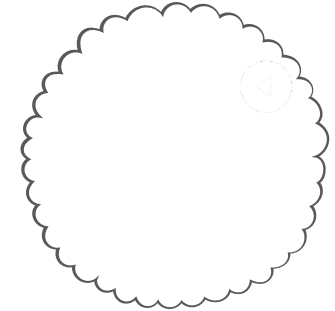
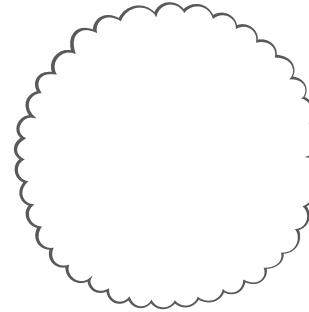
*read
a book*

*meet
with friends*

*save
money*

notes

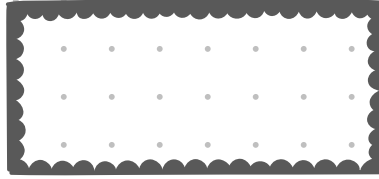
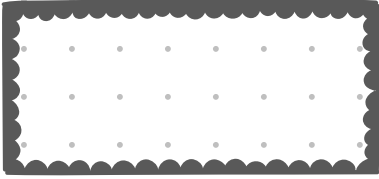
Brain Dump



Month in Review

— *BEST* —

— *WORST* —



GOALS

MOOD

social posts

music



mood log

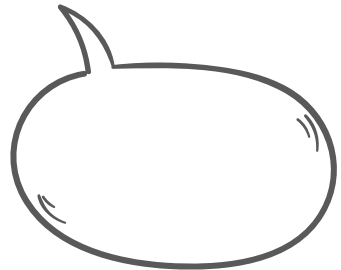
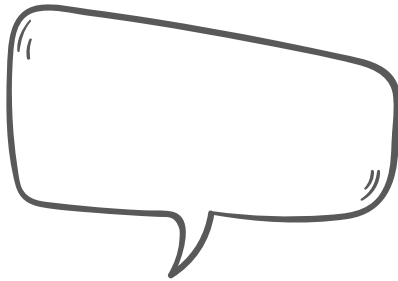
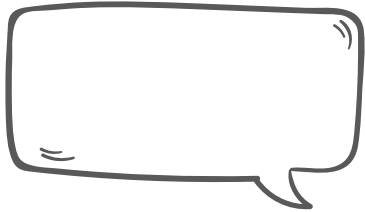
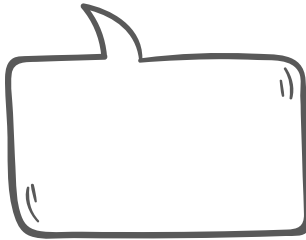
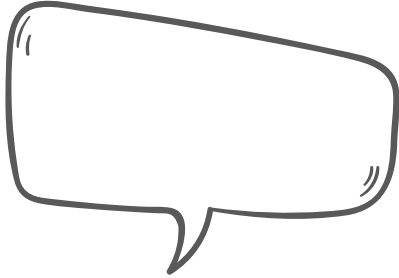
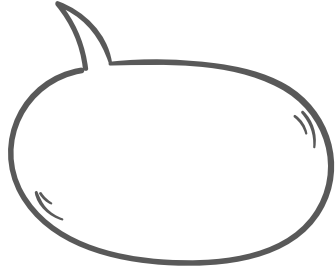
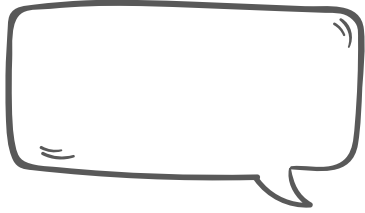
goals

books

HABITS

SLEEP

Guiding Thoughts



Gratitude Log



A large grid of dots for writing, with a small circular icon in the middle-right area. At the bottom, there is a decorative arrow-shaped graphic with horizontal lines inside, pointing to the right.