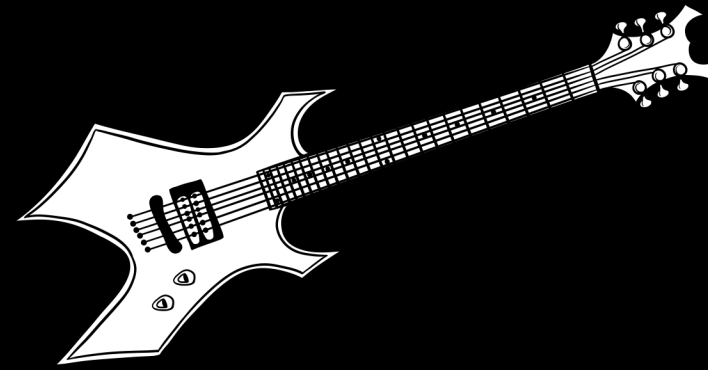
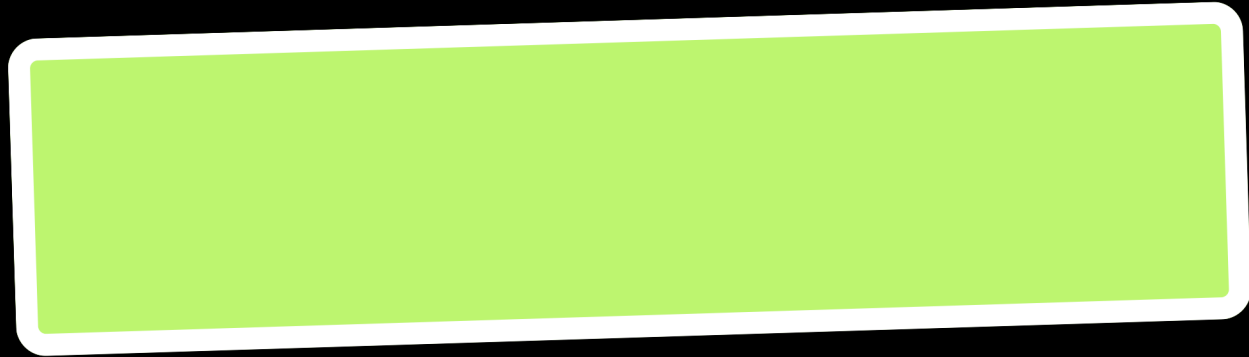




SUN	MON	TUE	WED	THU	FRI	SAT
X	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February

HERE, YOU CAN INSERT THE MONTH,
A GOAL OR WHATEVER YOU WANT!



SUN	MON	TUE	WED	THU	FRI	SAT
X	01		03	10m ⁰⁴	20m ⁰⁵	13m ⁰⁶
07			10			13
14			17			20
21			24			27
28	X ²⁹	X ³⁰	X ³¹			

MARK EACH DAY
WITH A
X OR ✓

YOU COULD ALSO
WRITE HOW LONG YOU
PRACTICED