

Clear Calendar



Daily pages!

Daily tasks
checklists!

2024

1 April

Monday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

2 April

Tuesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

3 April

Wednesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

4 April

Thursday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

5 April

Friday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

6 April

Saturday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

7 April

Sunday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

8 April

Monday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

9 April

Tuesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

10 April

Wednesday

Hari Raya Puasa

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

11 April

Thursday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

12 April

Friday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

13 April

Saturday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

14 April

Sunday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

15 April

Monday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

16 April

Tuesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

17 April

Wednesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

18 April

Thursday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

19 April

Friday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

20 April

Saturday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

21 April

Sunday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

22 April

Monday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

23 April

Tuesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

24 April

Wednesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

25 April

Thursday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

26 April

Friday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

27 April

Saturday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

28 April

Sunday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

29 April

Monday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

30 April

Tuesday

| | |
|------------|---|
| Have you | ✓ |
| Showered? | |
| Exercised? | |
| | |

| | |
|------------|---|
| Meals | ✓ |
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| | |
|--------------|---|
| Medicine | ✓ |
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

1 May

Wednesday

Labour Day

| | |
|------------|---|
| Have you | ✓ |
| Showered? | |
| Exercised? | |
| | |

| | |
|------------|---|
| Meals | ✓ |
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| | |
|--------------|---|
| Medicine | ✓ |
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

2 May

Thursday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

3 May

Friday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

4 May

Saturday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

5 May

Sunday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

6 May

Monday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

7 May

Tuesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

8 May

Wednesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

9 May

Thursday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

10 May

Friday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

11 May

Saturday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

12 May

Sunday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

13 May

Monday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024
14 May
Tuesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

15 May

Wednesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

16 May

Thursday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

17 May

Friday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

18 May

Saturday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

19 May

Sunday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

20 May

Monday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024
21 May
Tuesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

22 May

Wednesday

Vesak Day

| | |
|------------|---|
| Have you | ✓ |
| Showered? | |
| Exercised? | |
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| | |
|------------|---|
| Meals | ✓ |
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| | |
|--------------|---|
| Medicine | ✓ |
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

23 May

Thursday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

24 May

Friday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

25 May

Saturday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

26 May

Sunday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

27 May

Monday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024
28 May
Tuesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

29 May

Wednesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

30 May

Thursday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

31 May

Friday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

1 June

Saturday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

2 June

Sunday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

3 June

Monday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

4 June

Tuesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

5 June

Wednesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

6 June

Thursday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

7 June

Friday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

8 June

Saturday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

9 June

Sunday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

10 June

Monday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

11 June

Tuesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

12 June

Wednesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

13 June

Thursday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

14 June

Friday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

15 June

Saturday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

16 June

Sunday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

17 June

Monday

Hari Raya Haji

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

18 June

Tuesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

19 June

Wednesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

20 June

Thursday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

21 June

Friday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

22 June

Saturday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

23 June

Sunday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

24 June

Monday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

25 June

Tuesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

26 June

Wednesday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

27 June

Thursday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

28 June

Friday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

29 June

Saturday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |

2024

30 June

Sunday

| Have you | ✓ |
|------------|---|
| Showered? | |
| Exercised? | |
| | |

| Meals | ✓ |
|------------|---|
| Breakfast? | |
| Lunch? | |
| Dinner? | |

| Medicine | ✓ |
|--------------|---|
| Morning | |
| Afternoon | |
| Evening | |
| Before sleep | |