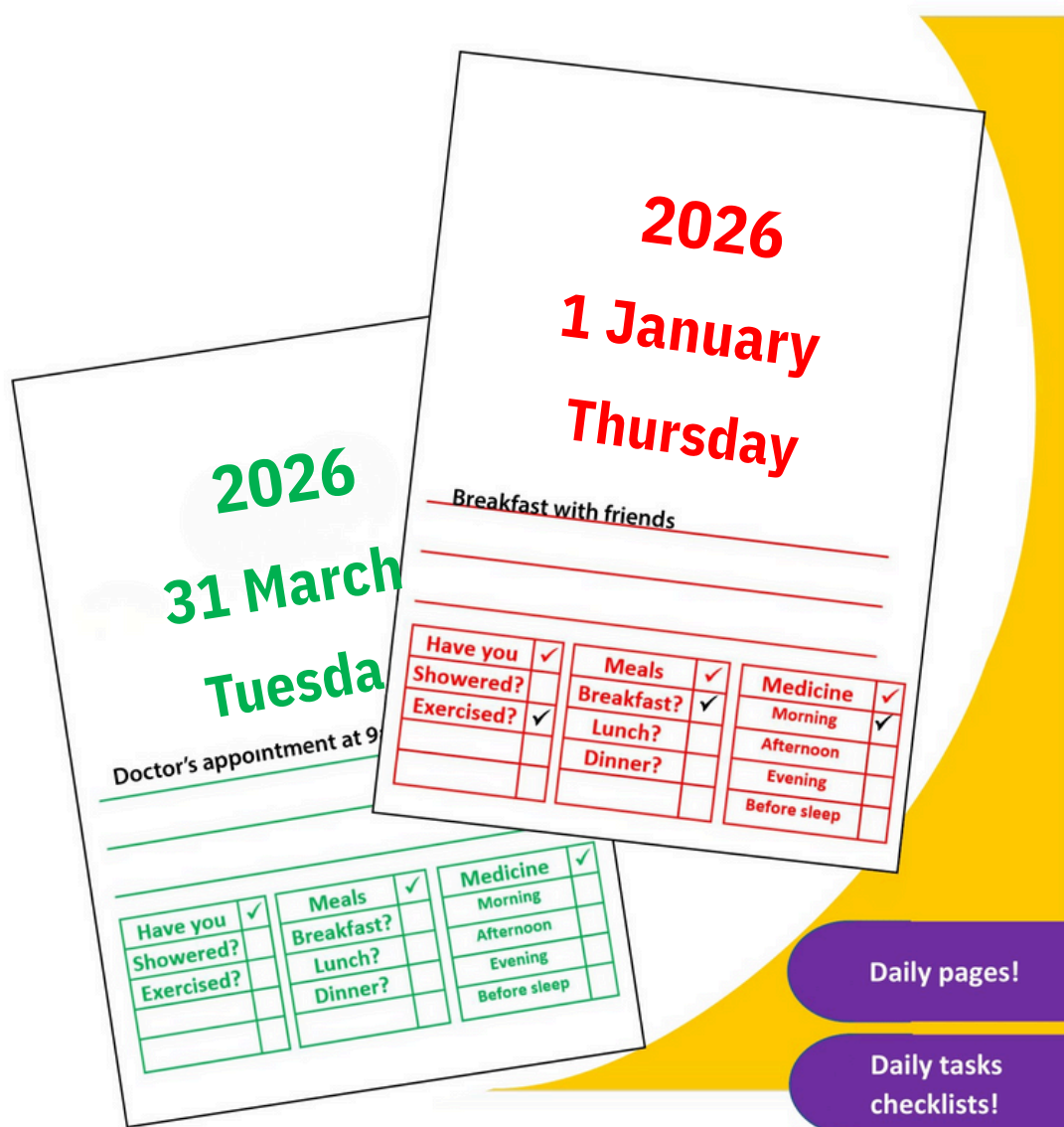


Clear Calendar



Please repurpose or recycle the calendar pages after use. Thank you!

2026

1 January

Thursday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

2 January

Friday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

3 January

Saturday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

4 January

Sunday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

5 January

Monday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

6 January

Tuesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

7 January

Wednesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

8 January

Thursday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

9 January

Friday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

10 January

Saturday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

11 January

Sunday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

12 January

Monday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

13 January

Tuesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

14 January

Wednesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

15 January

Thursday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

16 January

Friday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

17 January

Saturday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

18 January

Sunday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

19 January

Monday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

20 January

Tuesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

21 January

Wednesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

22 January

Thursday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

23 January

Friday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

24 January

Saturday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

25 January

Sunday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

26 January

Monday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

27 January

Tuesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

28 January

Wednesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

29 January

Thursday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

30 January

Friday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

31 January

Saturday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

1 February

Sunday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

2 February

Monday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

3 February

Tuesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

4 February

Wednesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

5 February

Thursday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

6 February

Friday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

7 February

Saturday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

8 February

Sunday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

9 February

Monday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

10 February

Tuesday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

11 February

Wednesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

12 February

Thursday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

13 February

Friday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

14 February

Saturday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

15 February

Sunday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

16 February

Monday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

17 February

Tuesday

Chinese New Year

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

18 February

Wednesday

Chinese New Year

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

19 February

Thursday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

20 February

Friday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

21 February

Saturday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

22 February

Sunday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

23 February

Monday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

24 February

Tuesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

25 February

Wednesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

26 February

Thursday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

27 February

Friday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

28 February

Saturday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

1 March

Sunday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

2 March

Monday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

3 March

Tuesday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

4 March

Wednesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

5 March

Thursday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

6 March

Friday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

7 March

Saturday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

8 March

Sunday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

9 March

Monday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

10 March

Tuesday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

11 March

Wednesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

12 March

Thursday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

13 March

Friday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

14 March

Saturday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

15 March

Sunday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

16 March

Monday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

17 March

Tuesday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

18 March

Wednesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

19 March

Thursday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

20 March

Friday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

21 March

Saturday

Hari Raya Puasa

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

22 March

Sunday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

23 March

Monday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

24 March

Tuesday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

25 March

Wednesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

26 March

Thursday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

27 March

Friday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

28 March

Saturday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

29 March

Sunday

Have you	✓	Meals	✓	Medicine	✓
Showered?		Breakfast?		Morning	
Exercised?		Lunch?		Afternoon	
		Dinner?		Evening	
				Before sleep	

2026

30 March

Monday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

31 March

Tuesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	