

Clear Calendar



Daily pages!

Daily tasks
checklists!

2026

1 April

Wednesday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

2 April

Thursday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

3 April

Friday

Good Friday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

4 April

Saturday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

5 April

Sunday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

6 April

Monday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

7 April

Tuesday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

8 April

Wednesday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

9 April

Thursday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

10 April

Friday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

11 April

Saturday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

12 April

Sunday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

13 April

Monday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

14 April

Tuesday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

15 April

Wednesday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

16 April

Thursday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

17 April

Friday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

18 April

Saturday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

19 April

Sunday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

20 April

Monday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

21 April

Tuesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

22 April

Wednesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

23 April

Thursday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

24 April

Friday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

25 April

Saturday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

26 April

Sunday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

27 April

Monday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

28 April

Tuesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

29 April

Wednesday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

30 April

Thursday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

1 May

Friday

Labour Day

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

2 May

Saturday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

3 May

Sunday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

4 May

Monday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

5 May

Tuesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

6 May

Wednesday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

7 May

Thursday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

8 May

Friday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

9 May

Saturday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

10 May

Sunday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

11 May

Monday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

12 May

Tuesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

13 May

Wednesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

14 May

Thursday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

15 May

Friday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

16 May

Saturday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

17 May

Sunday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

18 May

Monday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

19 May

Tuesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

20 May

Wednesday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

21 May

Thursday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

22 May

Friday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

23 May

Saturday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

24 May

Sunday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

25 May

Monday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

26 May

Tuesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

27 May

Wednesday

Hari Raya Haji

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

28 May

Thursday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

29 May

Friday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

30 May

Saturday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

31 May

Sunday

Vesak Day

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

1 June

Monday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

2 June

Tuesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

3 June

Wednesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

4 June

Thursday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

5 June

Friday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

6 June

Saturday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

7 June

Sunday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

8 June

Monday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

9 June

Tuesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

10 June

Wednesday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

11 June

Thursday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

12 June

Friday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

13 June

Saturday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

14 June

Sunday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

15 June

Monday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

16 June

Tuesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

17 June

Wednesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

18 June

Thursday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

19 June

Friday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

20 June

Saturday

Hari Raya Puasa

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

21 June

Sunday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

22 June

Monday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

23 June

Tuesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

24 June

Wednesday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

25 June

Thursday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

26 June

Friday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

27 June

Saturday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

28 June

Sunday

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

2026

29 June

Monday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

2026

30 June

Tuesday

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>