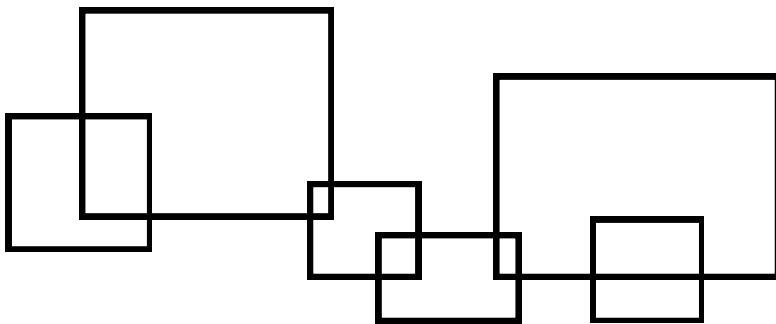


MY YEAR  
in  
*pixels*



# Index

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2. Index
3. My Year in Pixels
4. Stress in Pixels
5. Anxiety in Pixels
6. Mood in Pixels
7. Mood Tracker
8. Sleep in Pixels
9. Dream in Pixels
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11. Health in Pixels
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16. Water Log (oz)
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18. Water Log (cups)
19. Rate My Day #1
20. Rate My Day #2
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# Mood Tracker

A large grid of 48 empty hexagons arranged in a honeycomb pattern, intended for tracking mood over time.

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\_\_\_\_\_



\_\_\_\_\_



Month of:















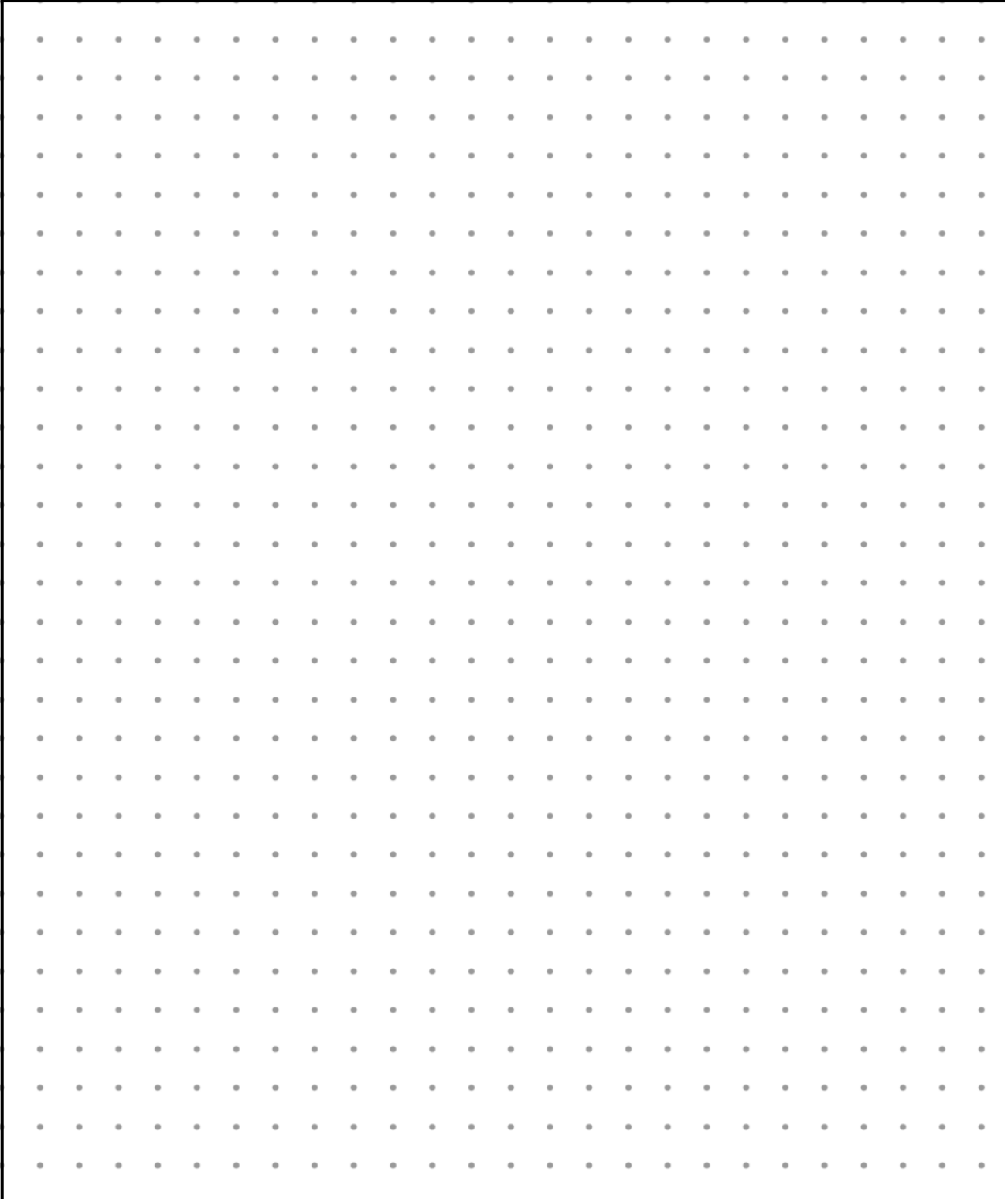


# Water Log

Month of:

0 1 8 16 24 32 40 48 56 64 72+ ounces

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19  
20  
21  
22  
23  
24  
25  
26  
27  
28  
29  
30  
31

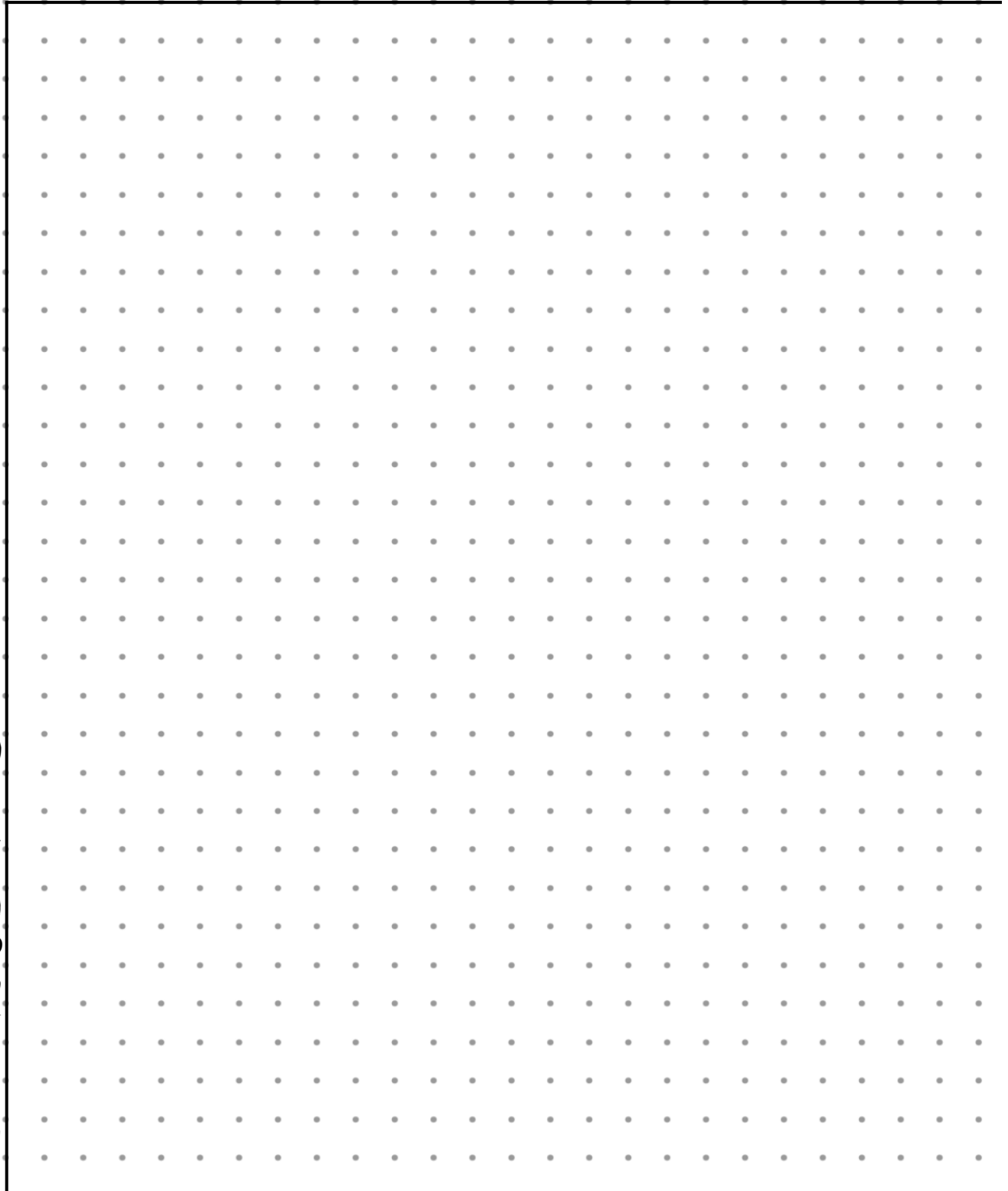


# Water Log

Month of:

0 200 400 600 800 1000 1200 1400 1600 1800+ milliliters

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19  
20  
21  
22  
23  
24  
25  
26  
27  
28  
29  
30  
31



# Water Log

Month of:

0 1 2 3 4 5 6 7 8 9+ cups

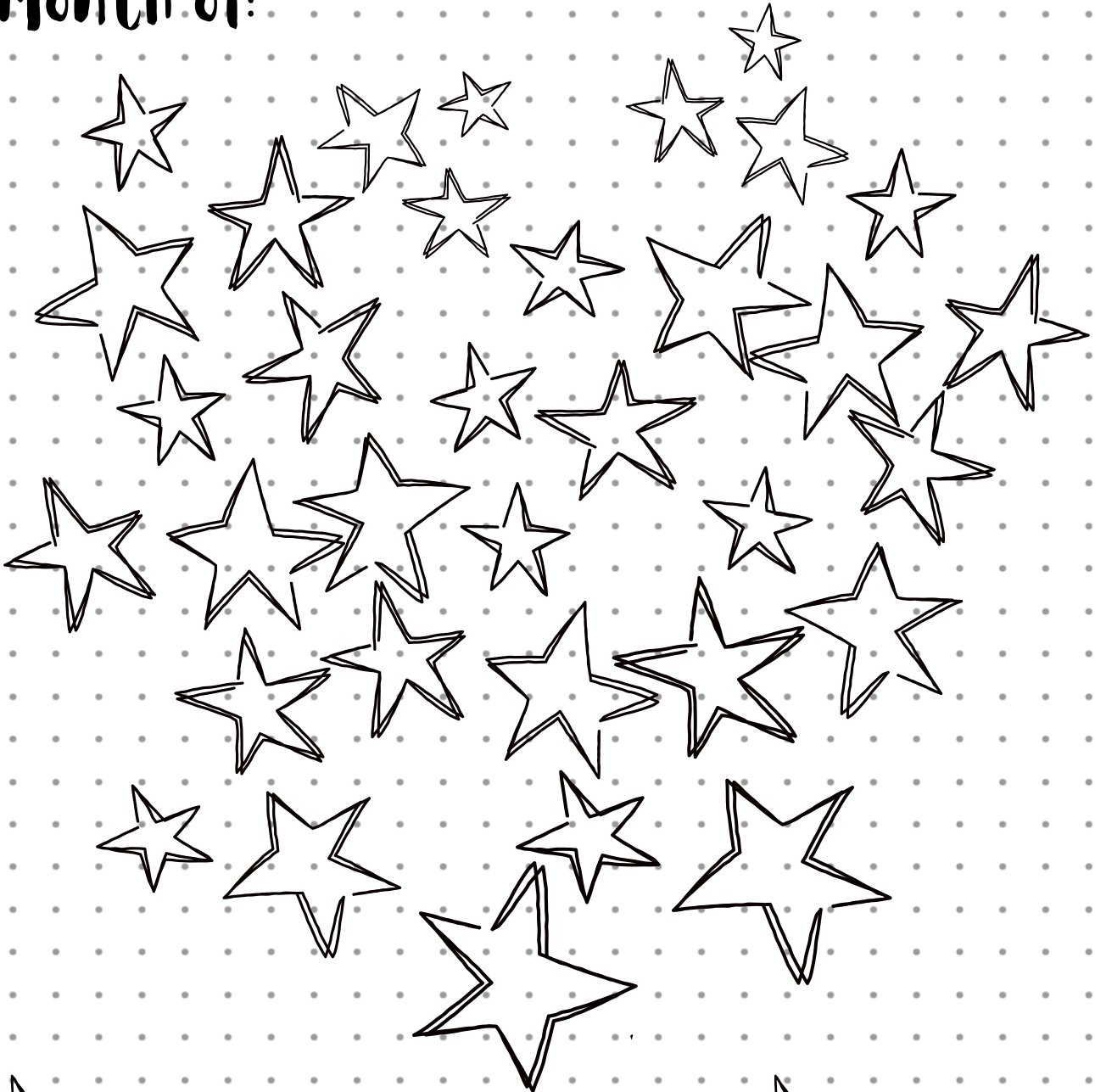
1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19  
20  
21  
22  
23  
24  
25  
26  
27  
28  
29  
30  
31

A large grid for recording water consumption data. The grid is composed of 31 rows and 10 columns. The columns are labeled '0', '1', '2', '3', '4', '5', '6', '7', '8', '9+', and 'cups' at the top. The rows are labeled with numbers from '1' to '31' on the left side. The grid is intended for recording the number of cups of water consumed each day.



# Rate My Day

Month of: \_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



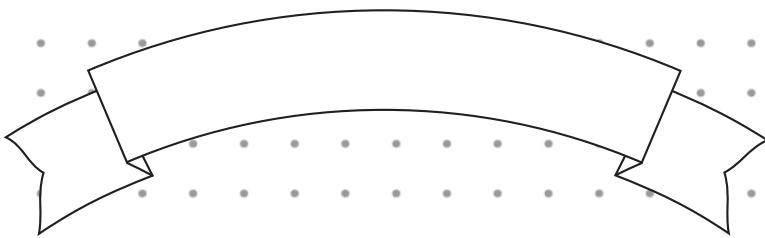
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\_\_\_\_\_



# Habit Tracker



JANUARY						
S	M	T	W	TH	F	S

FEBRUARY						
S	M	T	W	TH	F	S

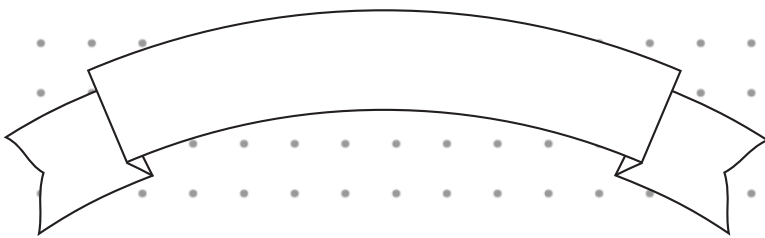
MARCH						
S	M	T	W	TH	F	S

APRIL						
S	M	T	W	TH	F	S

MAY						
S	M	T	W	TH	F	S

JUNE						
S	M	T	W	TH	F	S

# Habit Tracker



JULY						
S	M	T	W	TH	F	S

AUGUST						
S	M	T	W	TH	F	S

SEPTEMBER						
S	M	T	W	TH	F	S

OCTOBER						
S	M	T	W	TH	F	S

NOVEMBER						
S	M	T	W	TH	F	S

DECEMBER						
S	M	T	W	TH	F	S

# Habit Tracker

S	M	T	W	TH	F	S

S	M	T	W	TH	F	S

S	M	T	W	TH	F	S

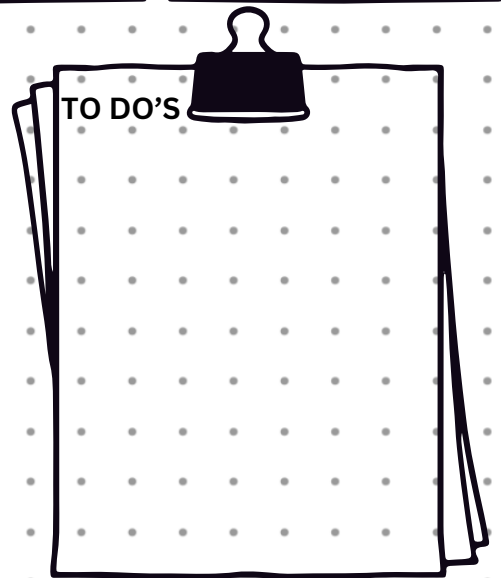
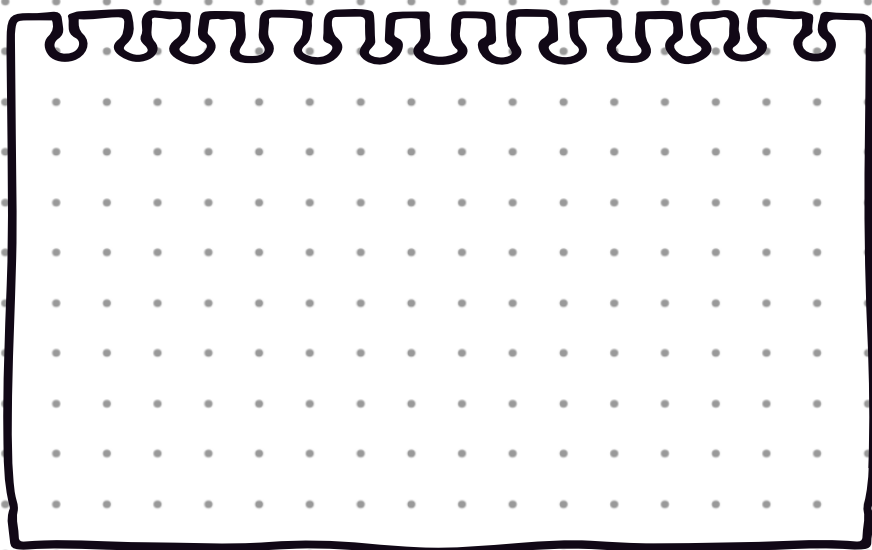


# This Year

JANUARY	FEBRUARY	MARCH	APRIL
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MAY	JUNE	JULY	AUGUST
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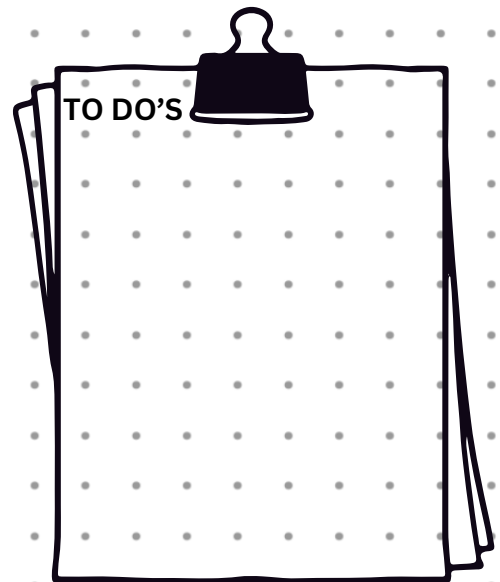
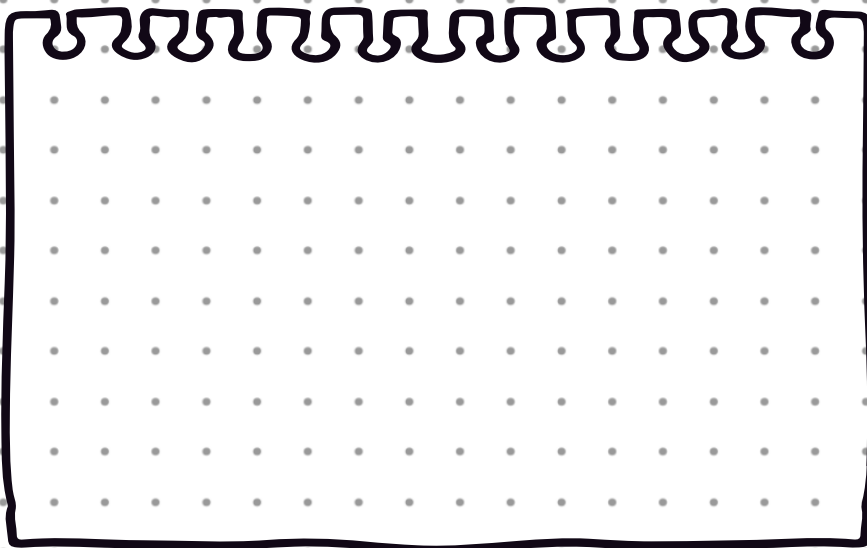
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
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# Monthly Goals

Month of:

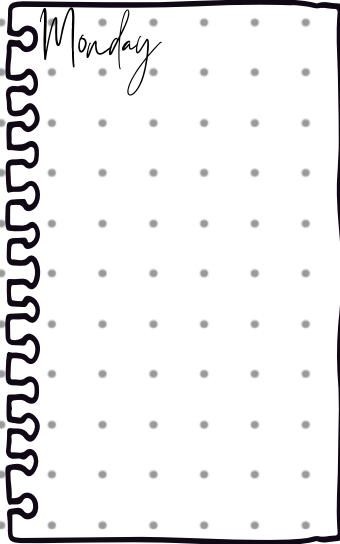
SUN	MON	TUE	WED	THU	FRI	SAT



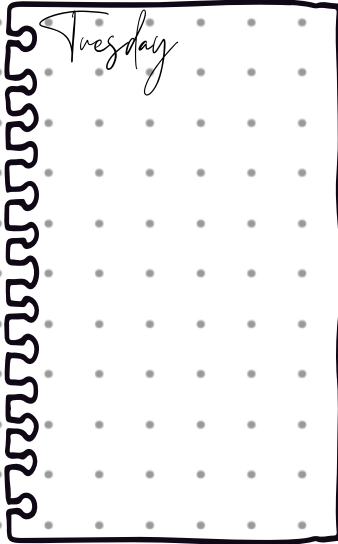
week of:

# This week

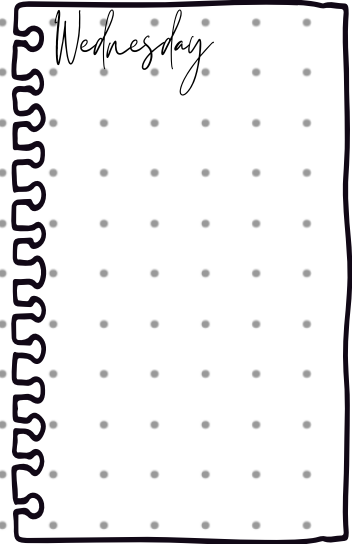
Monday



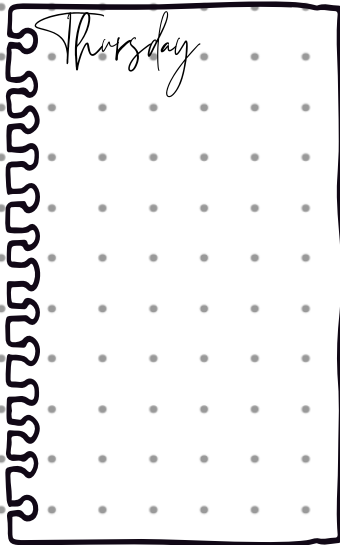
Tuesday



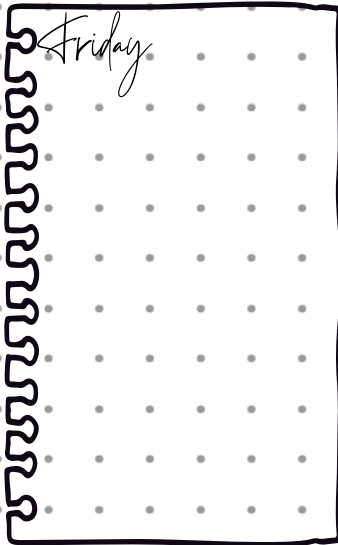
Wednesday



Thursday



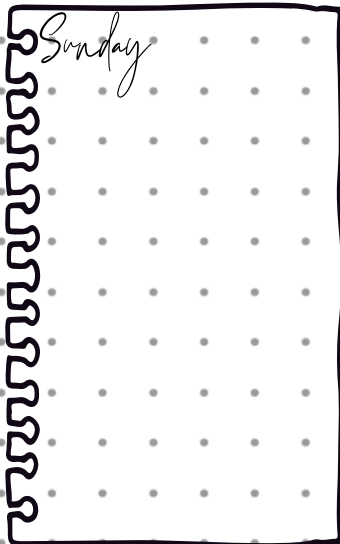
Friday



Saturday



Sunday



**NOTES**

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## Feelings



Awful

Fantastic

## Gratitude

## Goals

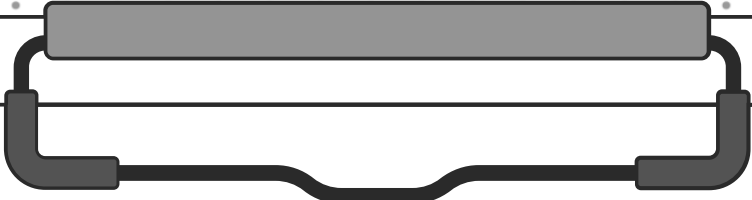
## On My Mind

Today is:

## Big Ideas

Rate My Day



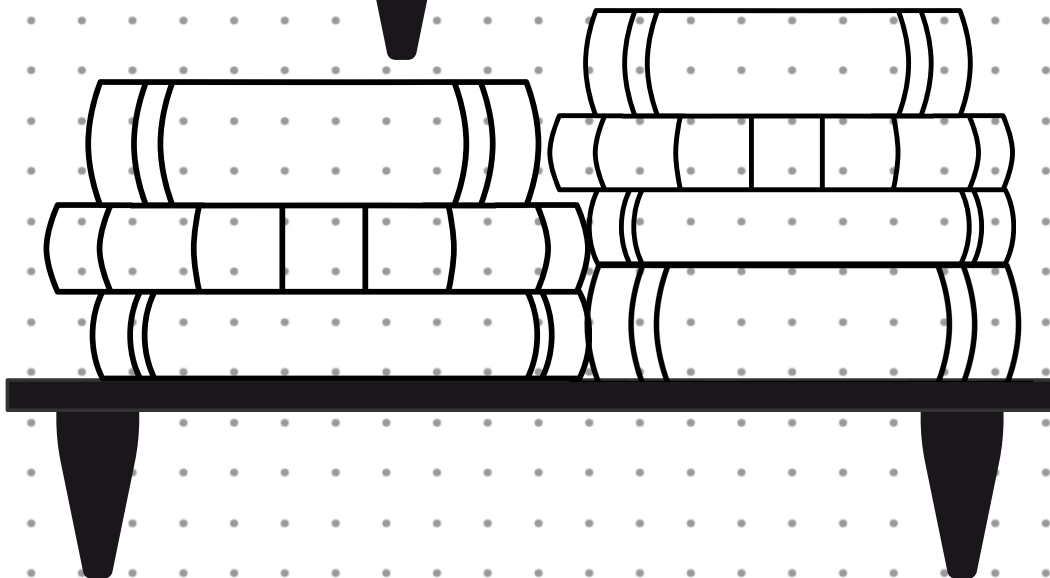
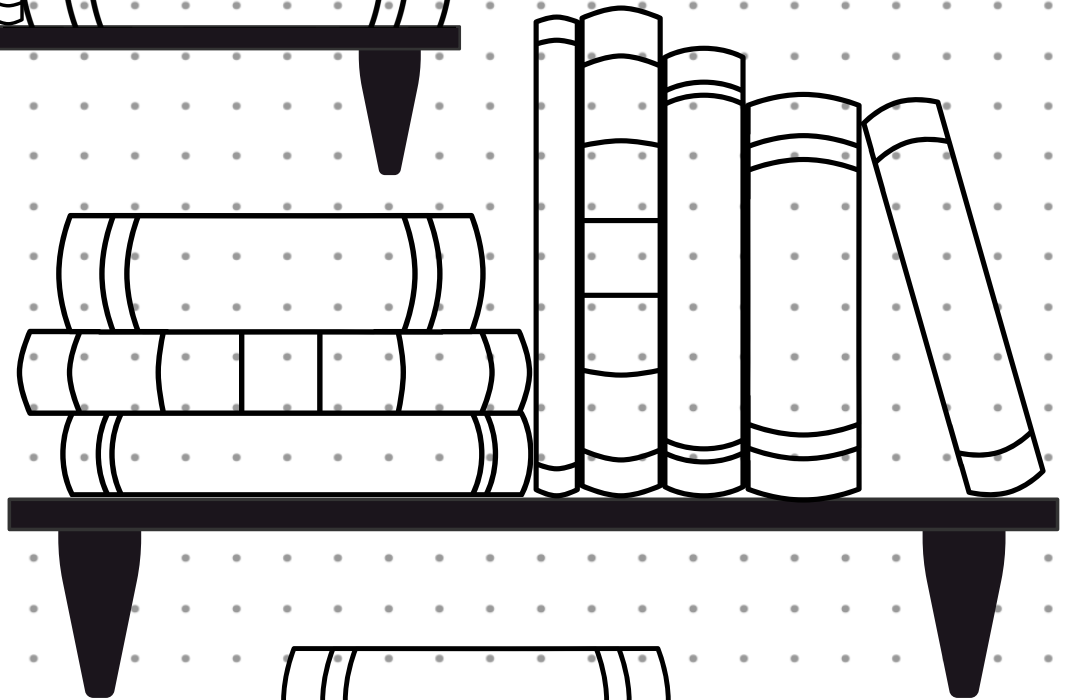
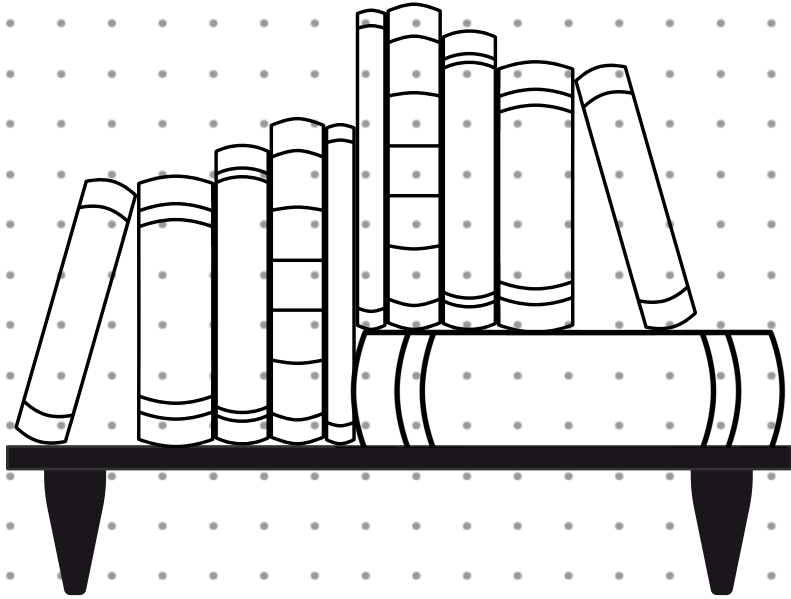


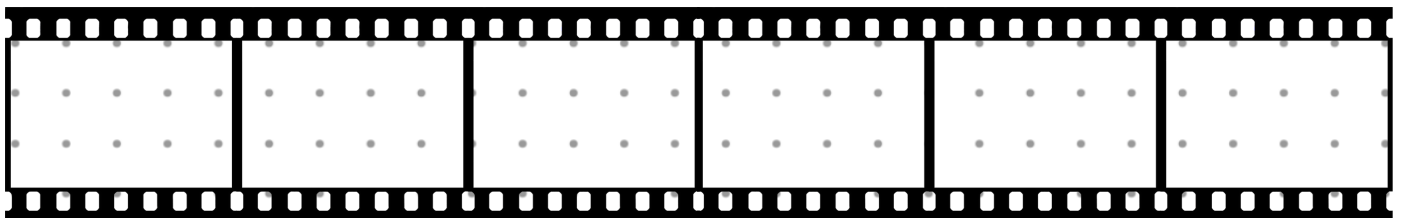
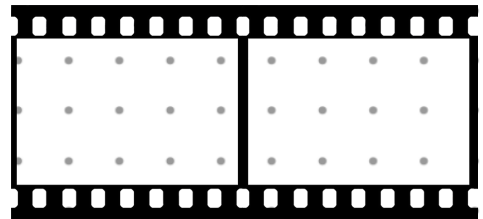
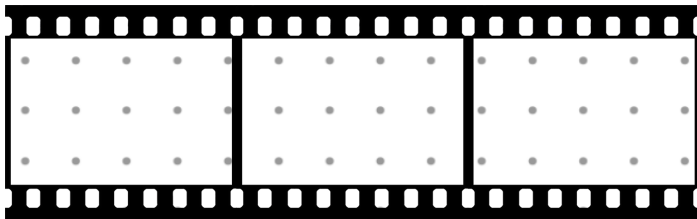
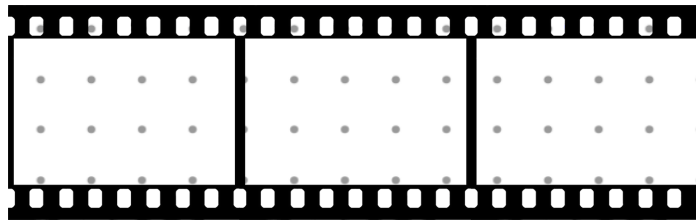
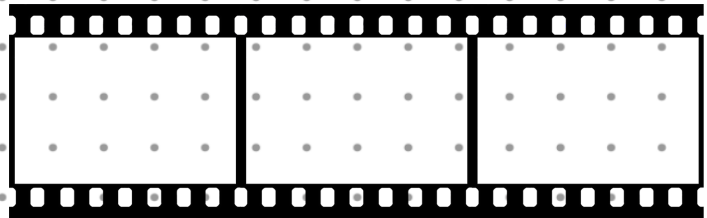
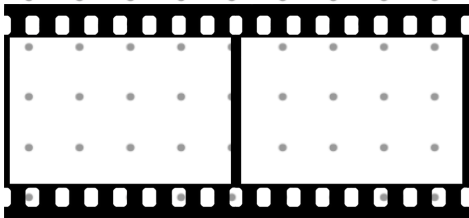
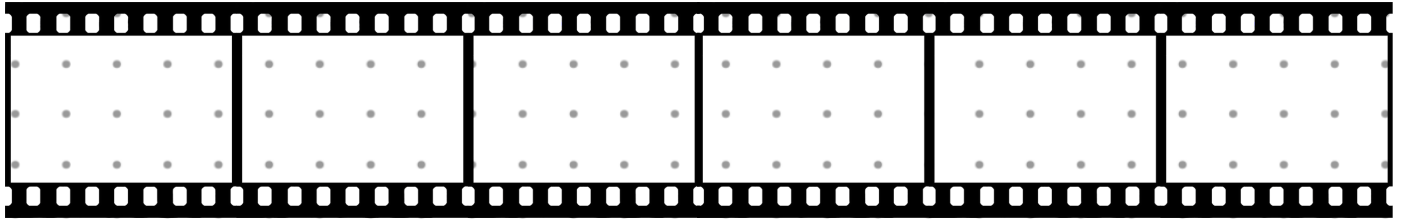
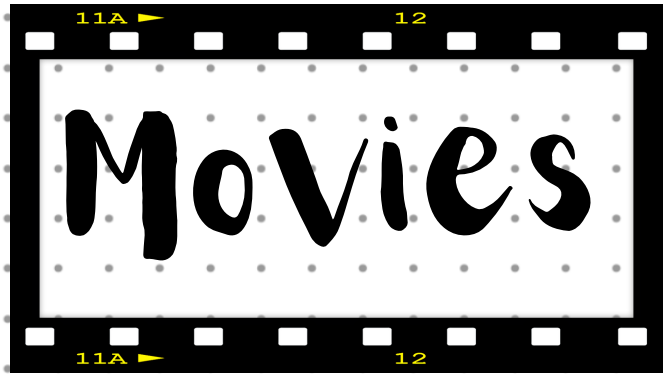
# Highlight of My Day

Today is:

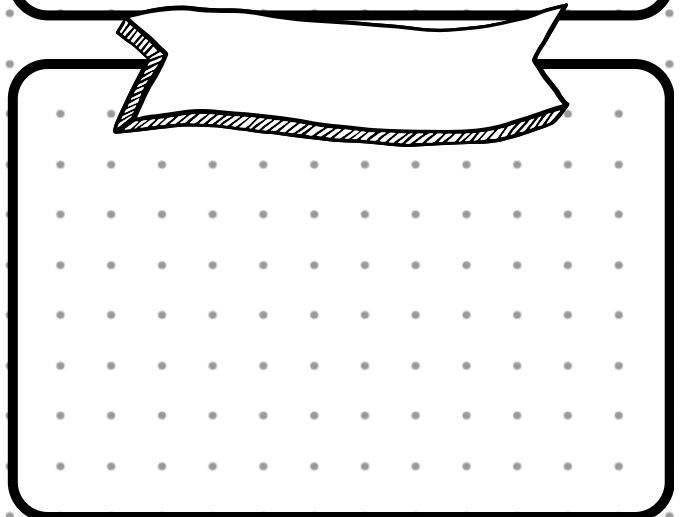
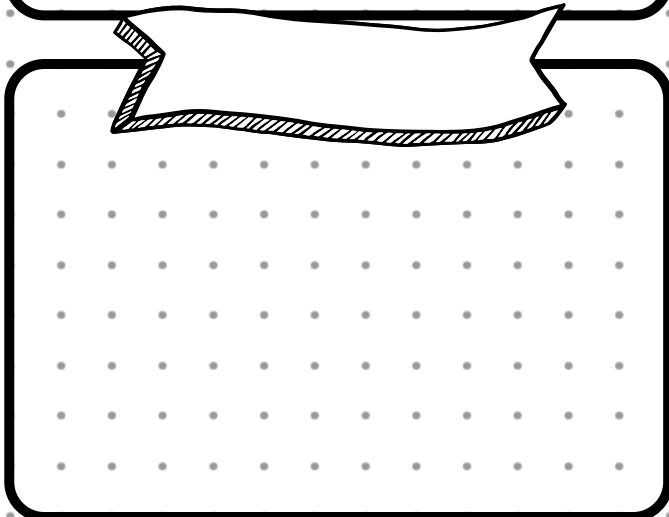
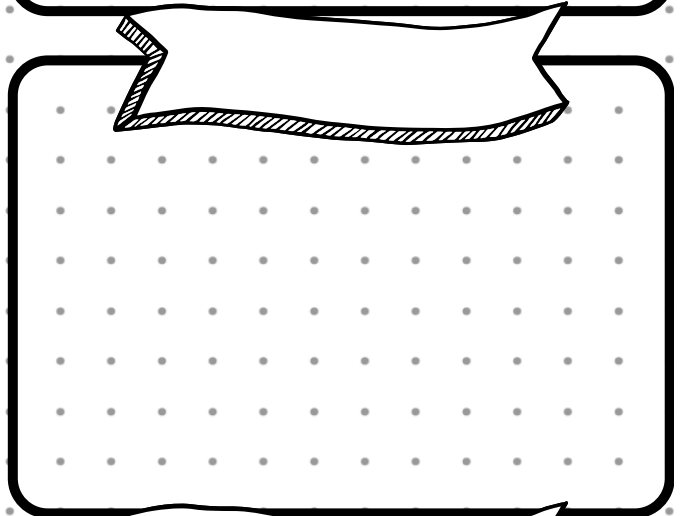
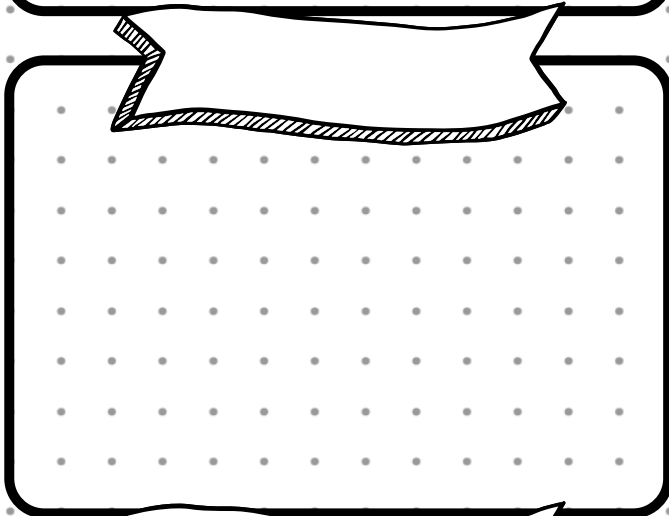
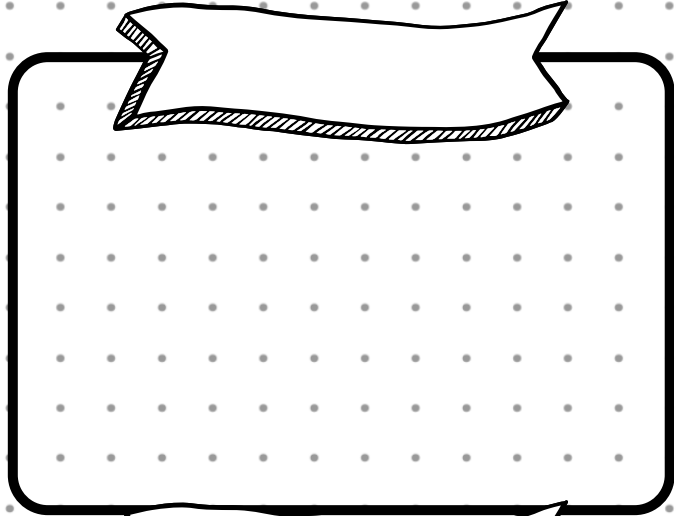
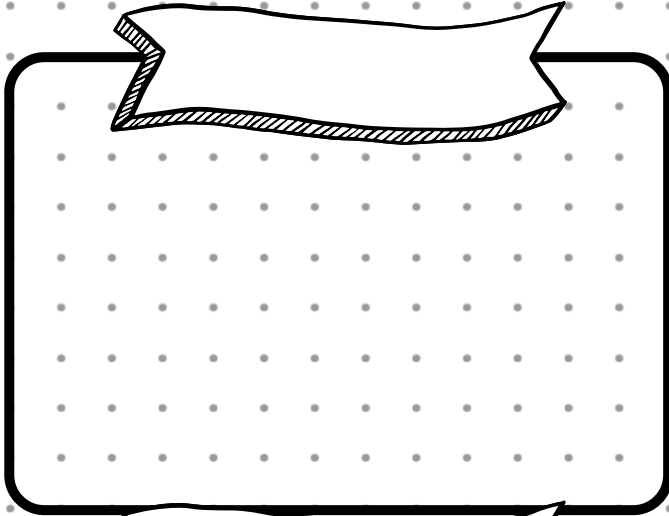
\_\_\_\_\_

# Books





# GOALS





# SAVINGS

## *tracker*

AMOUNT

DATE

\$10,000

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\$5,000

---

\$2,000

---

\$1,000

---

\$500

---

\$250

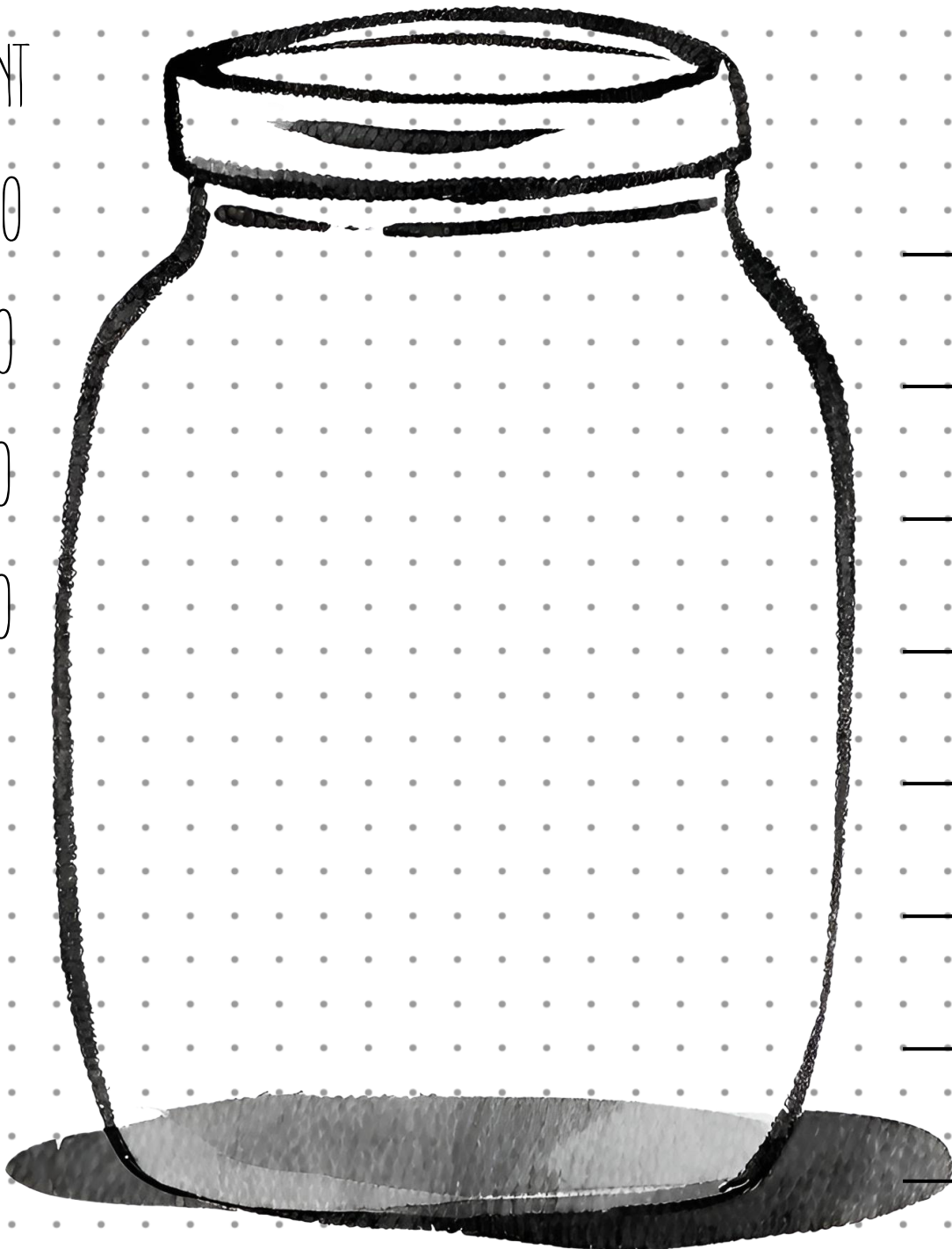
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\$100

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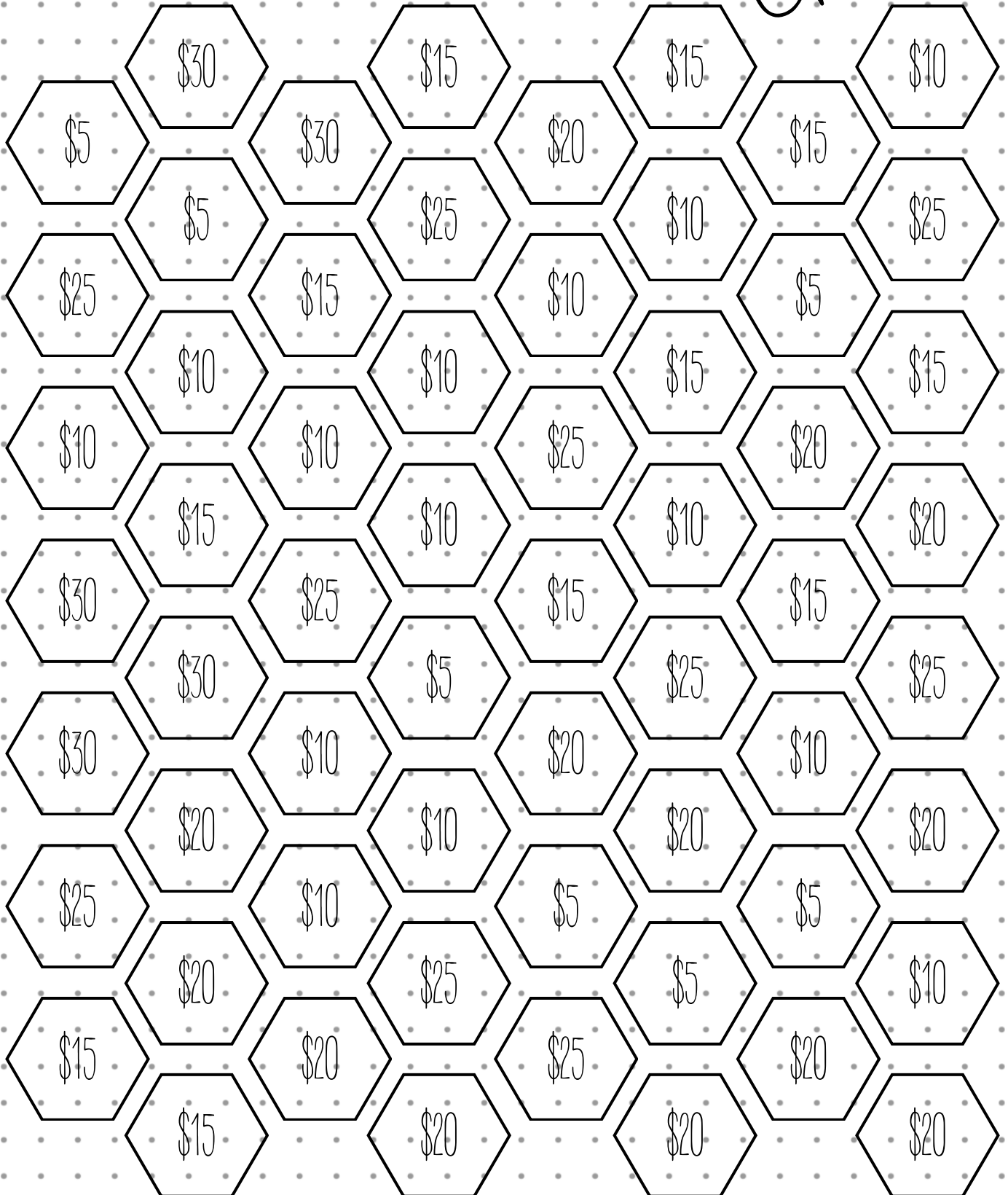
\$50

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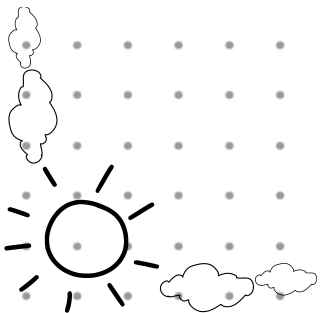
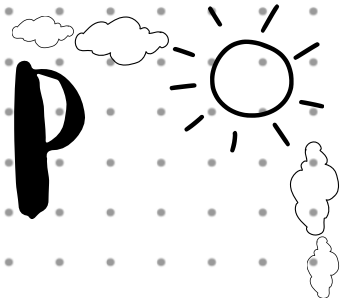


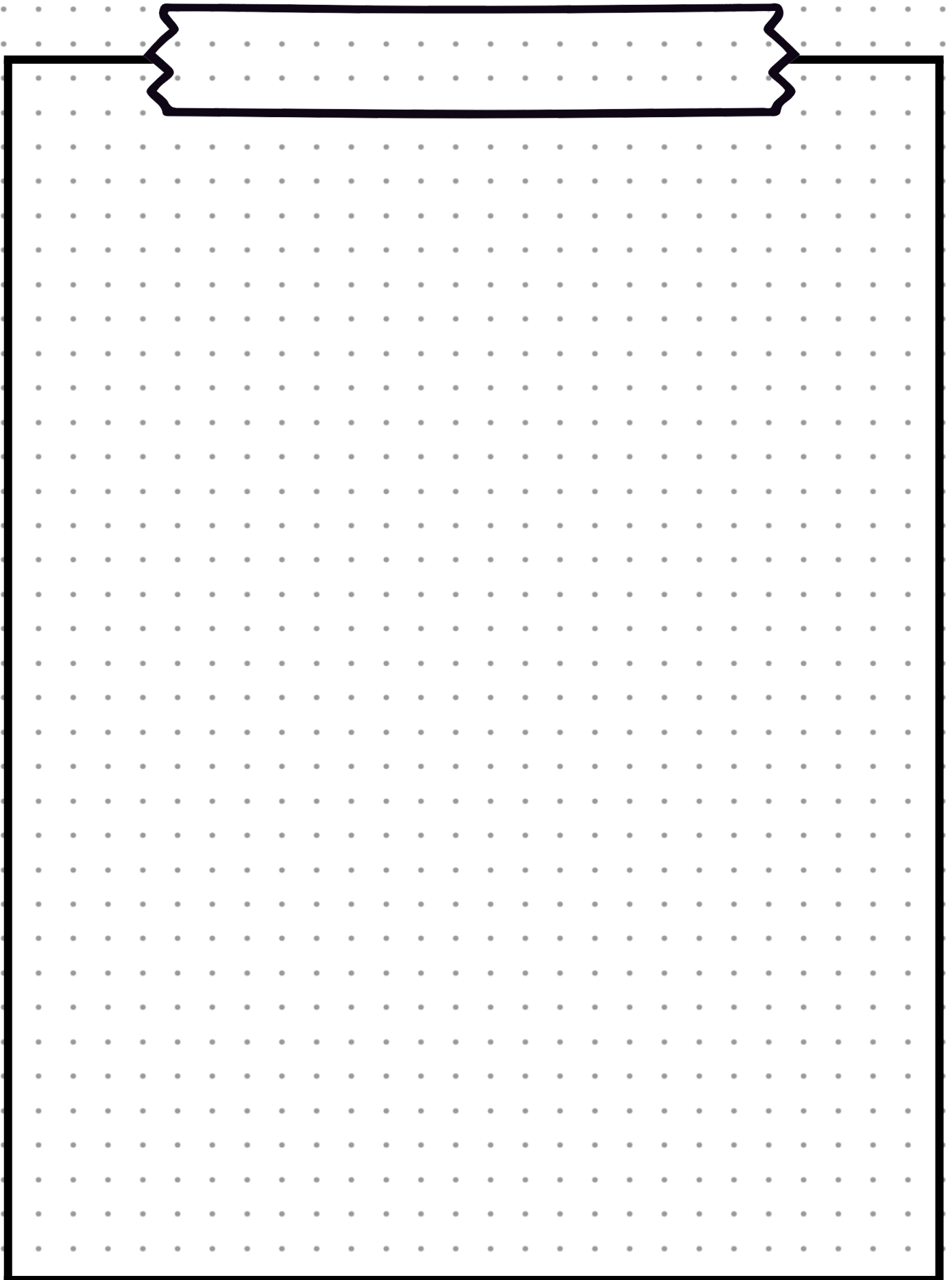
# \$1,000

# Savings Challenge

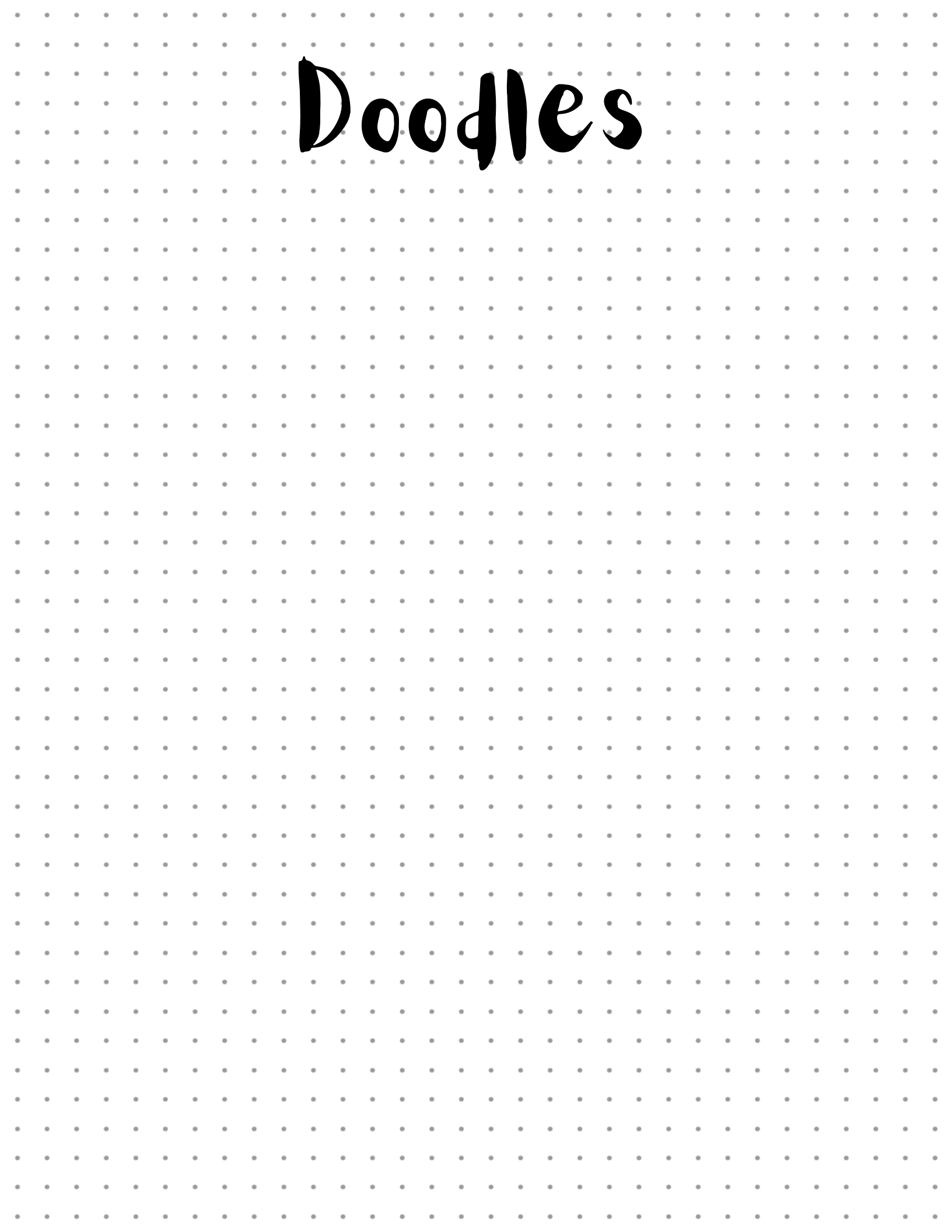


# Brain Dump



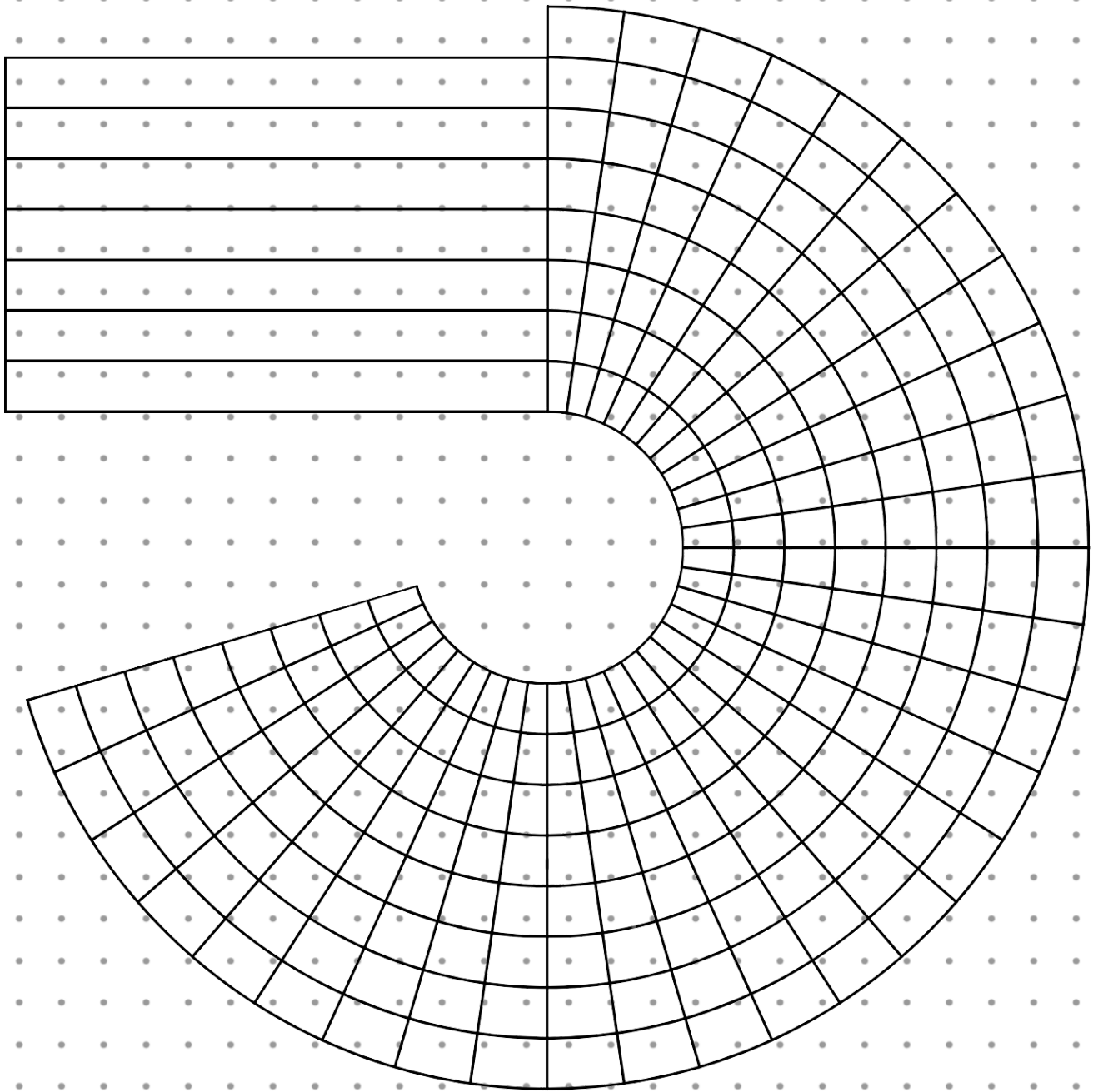


# Doodles

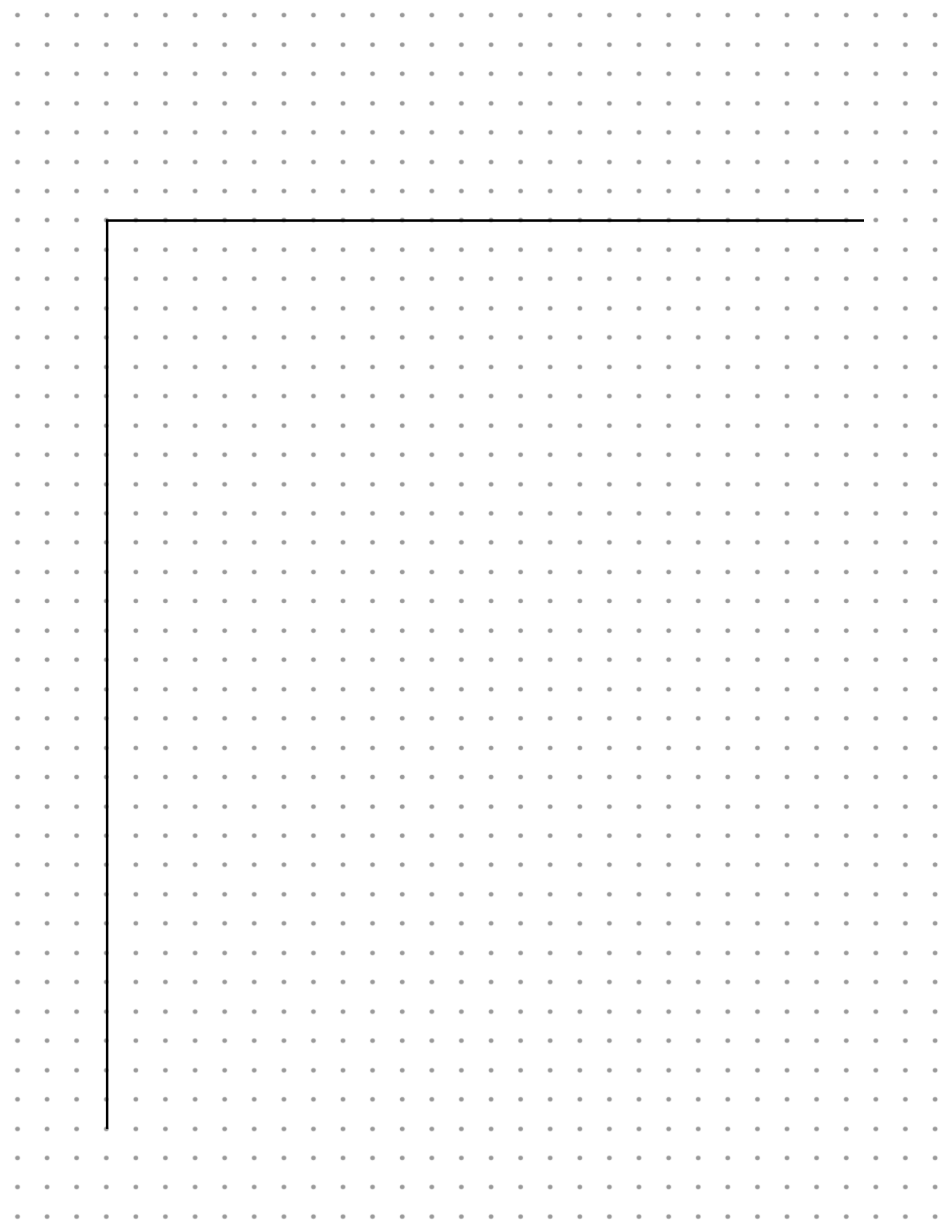












S	M	T	W	TH	F	S

S	M	T	W	TH	F	S

S	M	T	W	TH	F	S

S	M	T	W	TH	F	S

S	M	T	W	TH	F	S

S	M	T	W	TH	F	S

A calendar grid with a blank title bar at the top. The grid has 7 columns and 6 rows. The columns are labeled with the days of the week: S, M, T, W, TH, F, S.

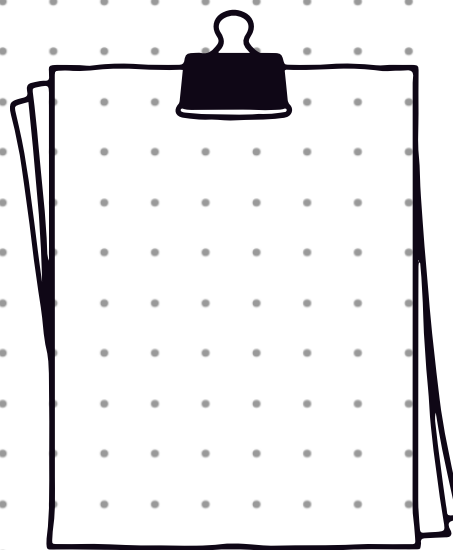
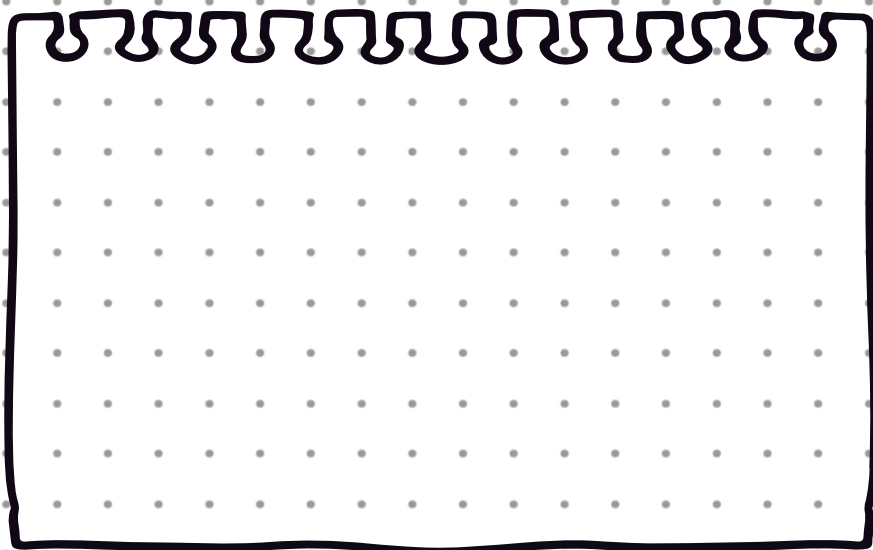
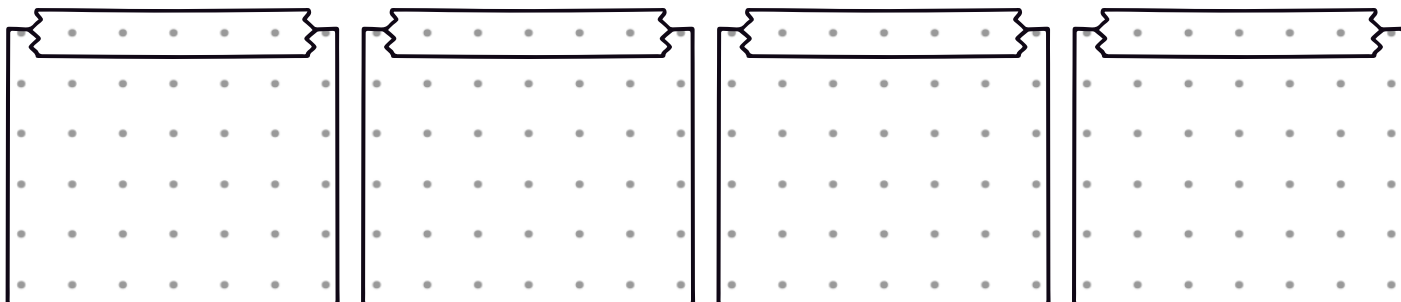
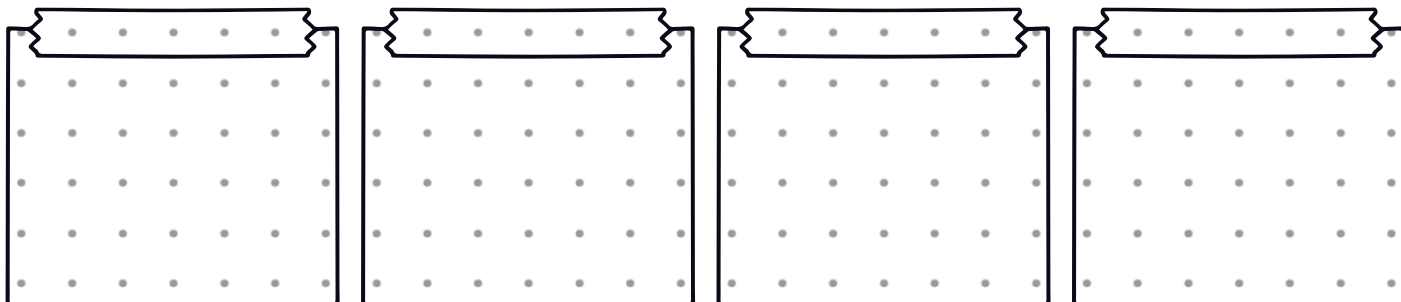
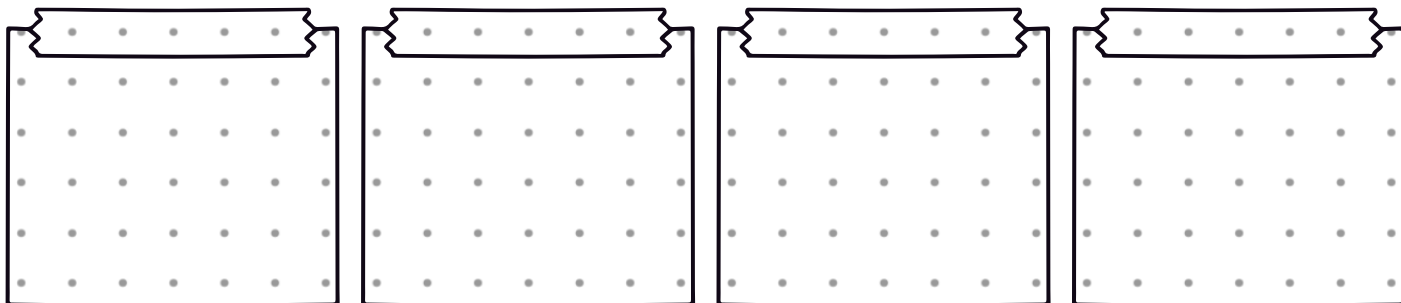
S	M	T	W	TH	F	S

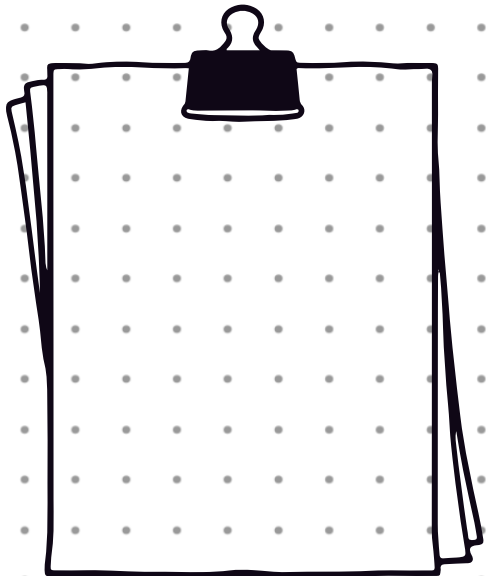
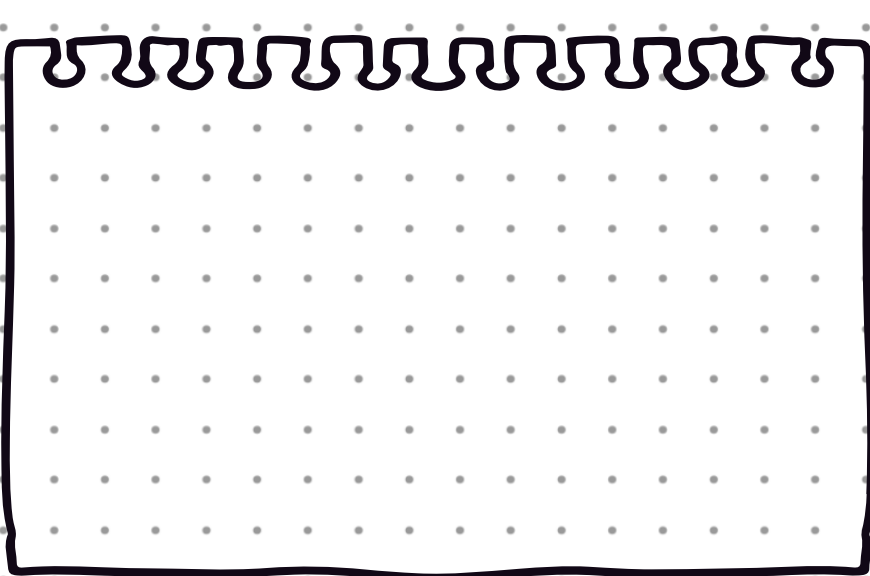
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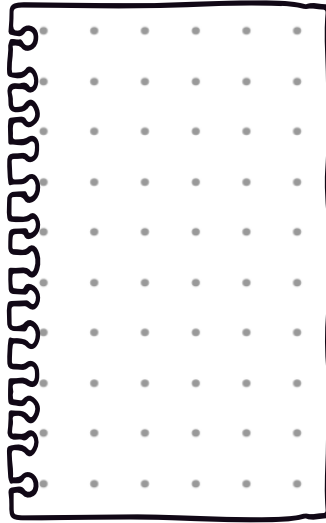
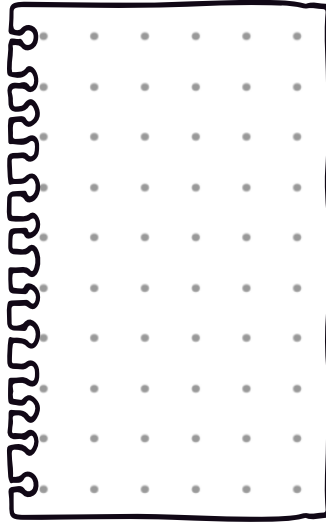
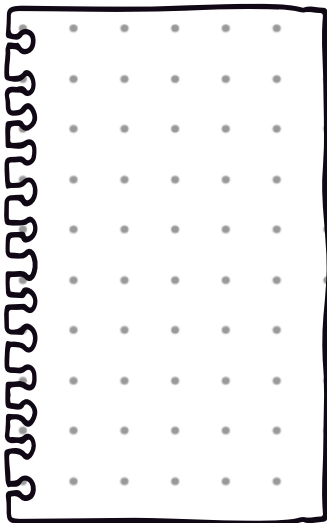
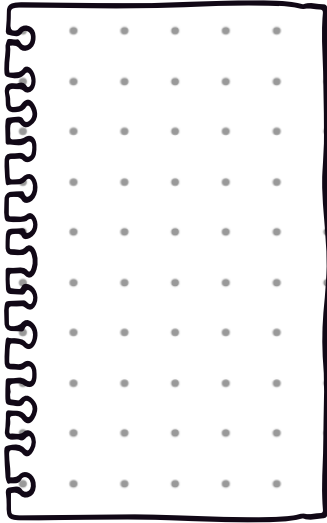
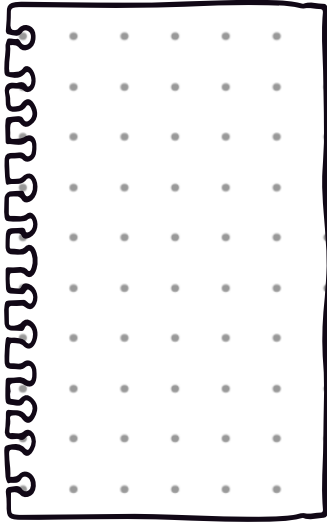
S	M	T	W	TH	F	S

A calendar grid with a blank title bar at the top. The grid has 7 columns and 6 rows. The columns are labeled with the days of the week: S, M, T, W, TH, F, S.

S	M	T	W	TH	F	S





**NOTES**

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