





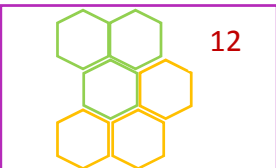
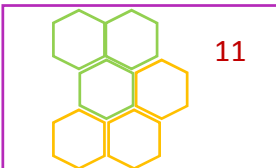
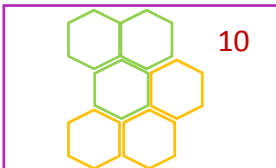



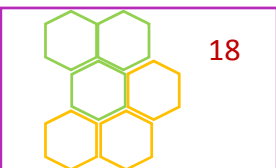
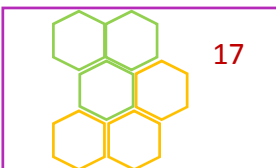
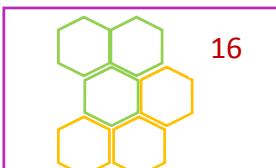
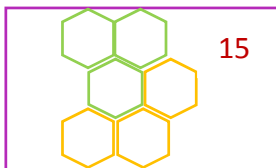


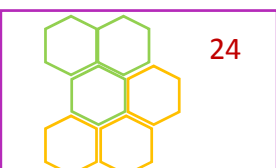
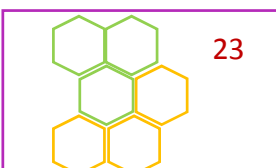
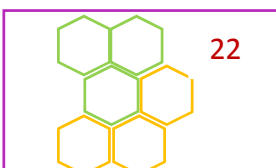
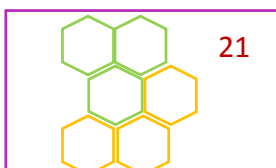


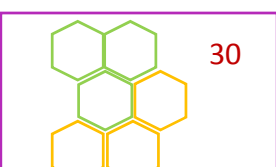
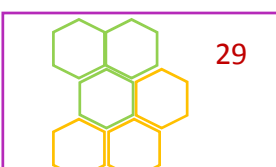
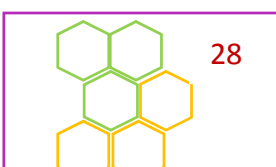
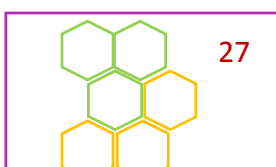




برگه روزنگار



برای پایش تغییرات و کسب عادت های شگفت انگیز

در ماه سال

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

راهنمای: فاصله تغییرات و عادت های مورد نظرتون را در چند ضلعی های بالای صفحه مشخص نمایید. هر روز با توجه به عملکرد و اقداماتون، چندضلعی متناظر را تیک یا ضربدر بزنید.