

## DENNÉ NÁVYKY

A semi-circular grid for tracking daily habits. The outer edge is numbered from 1 to 31. The grid consists of concentric arcs and radial lines, creating a series of small cells. To the left of the grid are several horizontal lines for writing notes.

MESIAC:

## TÝŽDENNÉ NÁVYKY

NÁVYK

T1 T2 T3 T4 T5

NÁVYK	T1	T2	T3	T4	T5

## MESAČNÉ NÁVYKY

Five horizontal lines for monthly habit tracking, each preceded by a small square box.