

AUTOMATED CALENDAR 21-DAY HABIT-BUILDING PLANNER

21 Days habit formation 2023 Year 5 moon 25 day									
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	habit tracker		Notes
1	2	3	4	5	6	7	1	2	3
8	9	10	11	12	13	14	4	5	6
15	16	17	18	19	20	21	7	8	9
22	23	24	25	26	27	28	10	11	12
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Remember

do not change the date entry!

Year, month, day and calendar are automatically generated!

Graphs can be broken down into up to 1 small tasks

Stories Habit Building Planner

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$$Q = mc\Delta T$$

change in thermal energy j mass kg change in temperature c specific heat j kg c q m t f t i c