

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
29	30	31					13	14	15
habit tracker									
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Notes:

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

Quick Start Habit Building Planner

Elaine Biech



Quick Start Habit Building Planner:

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5 3 at least two thirds of the reinforcement parallel to l_y should be concentrated in a band width 3 centred at column where l_x
 l_y and c_x c_y are the footing and column dimension in x and y directions

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