

Year in pixels

One square for every day of the year. Choose what to track, pick five colors, fill in a square each evening.

YEAR

I AM TRACKING

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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MY COLOR KEY

Color each square, then write what it means. Mood example: great, good, okay, low, hard.

Habit example: done, partly done, rest day, missed, not planned. A dot marks 29 February for leap years.

WHAT DID THE YEAR SHOW YOU?