

Start here

Quilted Bow · Monday start

Index

2026

Your months

01 January
02 February
03 March
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05 May
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07 July
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09 September
10 October
11 November
12 December

Your year

Year calendar
Year goals
Vision board
Important dates
Birthdays
Year in pixels
100 days to Christmas
Year in review
Letter to me
Notes

All your templates

Focus — 16 pages
Fitness — 17 pages
Wellness — 18 pages
Calm — 15 pages
Cycle — 12 pages
Baby — 15 pages
Trackers — 8 pages
Finance — 22 pages
Lifestyle — 23 pages
Work — 23 pages
To Do — 16 pages
Study — 18 pages
Goals — 16 pages
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Content — 16 pages
Travel — 13 pages
Books — 12 pages
Faith — 14 pages
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January

2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Notes

This month

1 January
Thursday

W1 W2 W3 W4 W5

WEEK FOCUS MONTH

Brain dump first

Only three today

1
2
3

Tiny first step for the hardest one

Anytime list · no set time

Time you can see · colour a box per 15 min

Morning

7am
8am
9am
10am
11am

Afternoon

12pm
1pm
2pm
3pm
4pm

Evening

5pm
6pm
7pm
8pm
9pm
10pm

Energy right now

Low Some Full

Body basics

Meds Water Breakfast
Lunch Dinner Outside

Focus sessions · colour one per 25 minutes, breaks count too

1 2 3 4 5 6 7 8 9 10

Dopamine menu · pick one

Song I love
Snack
Text a friend
Tidy one spot
Short walk
Stretch
Sunshine
Dance break

Waiting on or remember

Done list · it all counts

How today felt

One word for today

Grace note · nothing turns red here, tomorrow starts fresh