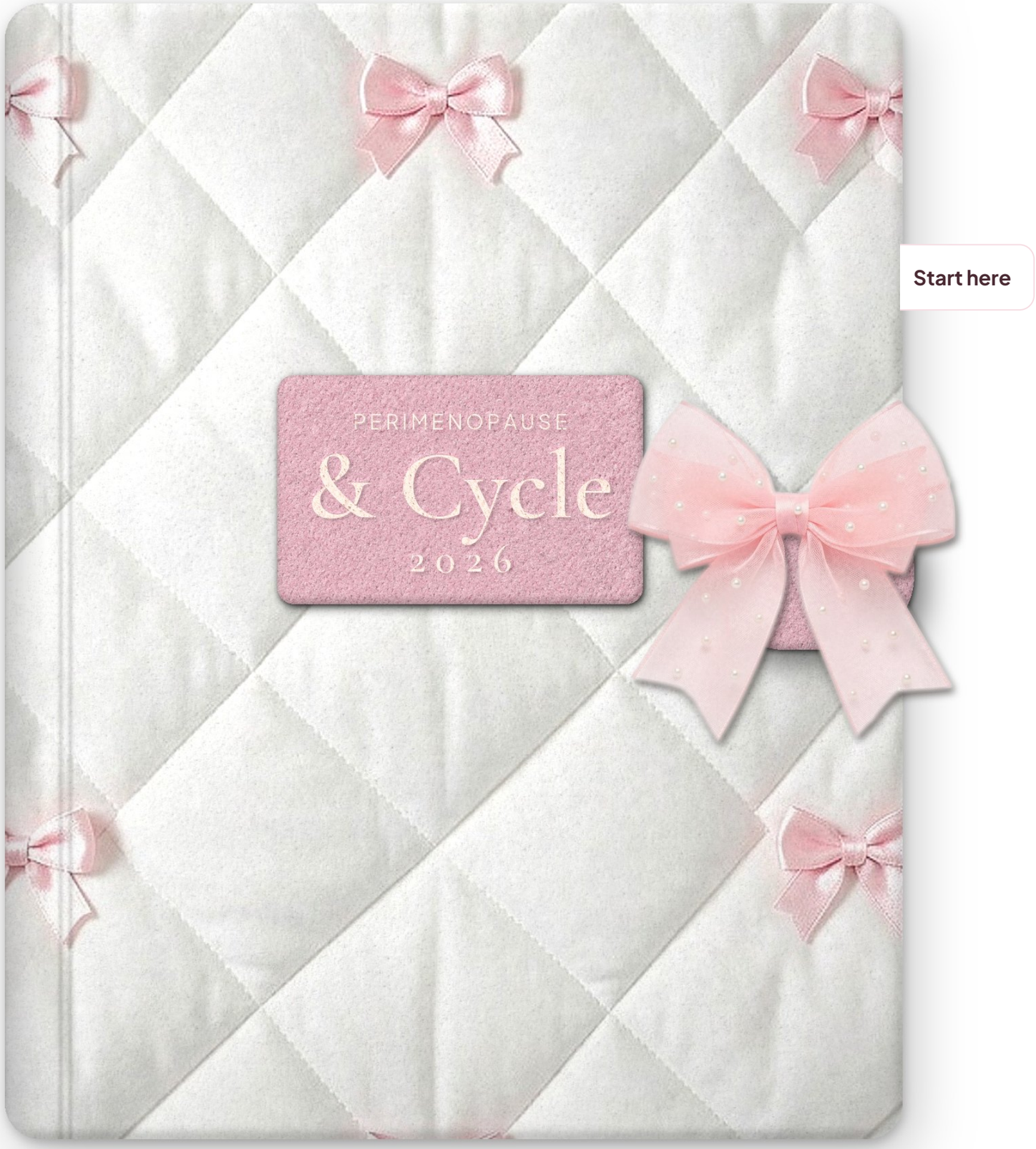


Start here

Quilted Bow · Monday start

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2026

Your months

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Your year

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YEAR | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

January

2026

PLAN | OVERVIEW | BUDGET | REVIEW

W1 | W2 | W3 | W4 | W5

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

- [ ]
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1 January
Thursday

Cycle day and phase

Period | After period | Mid cycle | Before period | No cycle now

Body today

- ○ Hot flushes
- ○ Night sweats
- ○ Brain fog
- ○ Joint aches
- ○ Headache
- ○ Mood dips

Sleep, energy, mood

	1	2	3	4	5	6	7	8	9	10
Sleep										
Energy										
Mood										

Notes for my doctor

Protein and water

- ○ Protein at breakfast
- ○ Protein at lunch
- ○ Protein at dinner
- ○ 8 glasses of water

Movement

- ○ Strength
- ○ Walk
- ○ Stretch or yoga

Supplements and medicine

What helped today

To do