

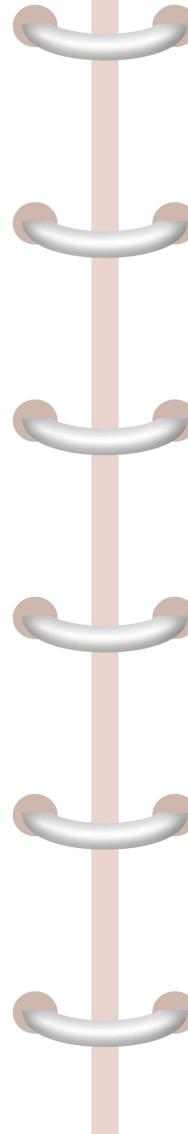




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## Planner by HappyDownloads



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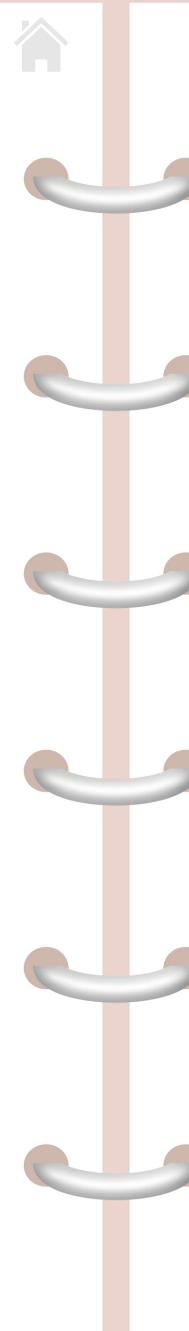
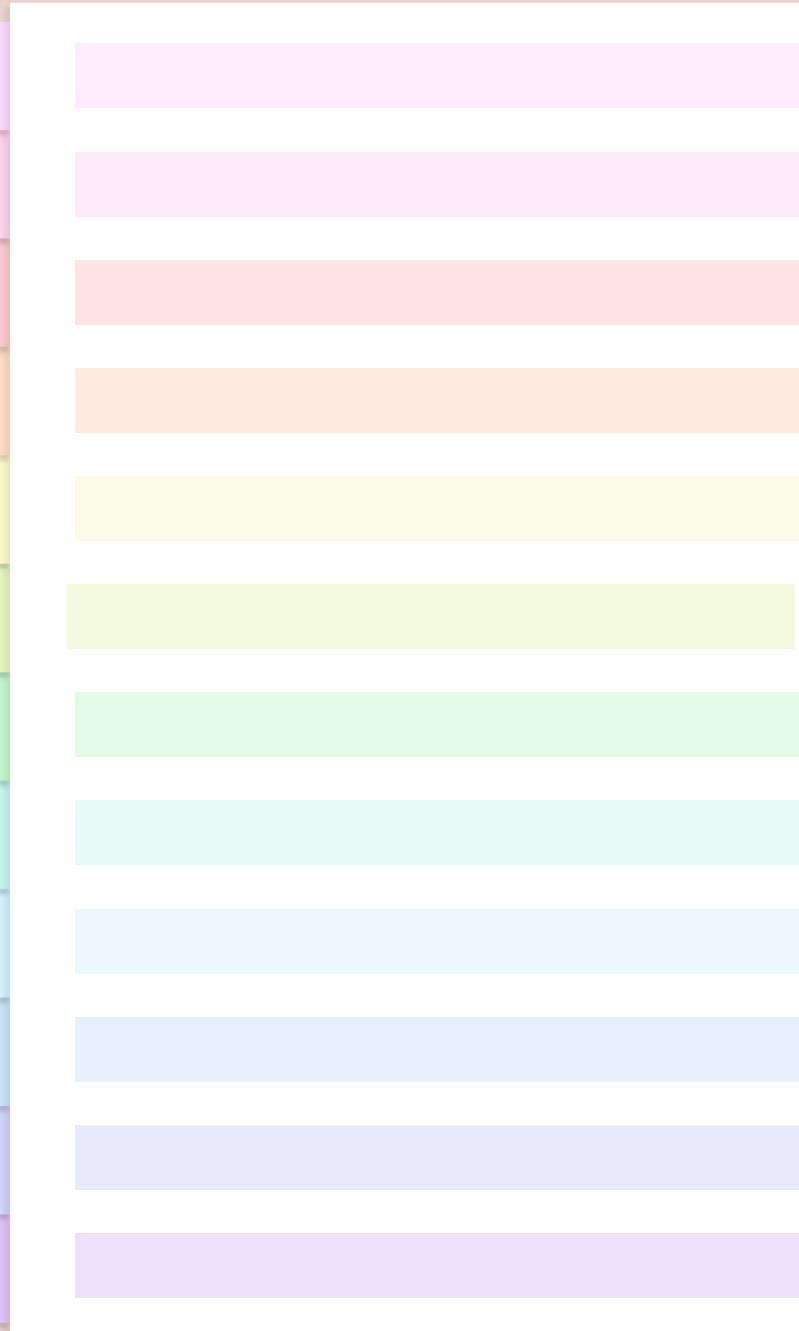
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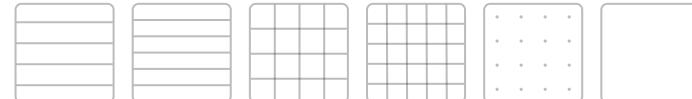
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This planner is from our customizable planner bundle which includes more colors, various weekly and daily layouts, mon/sun start, many more templates, stickers and covers.

Find out more by tapping below!



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## YEAR CALENDAR

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## JANUARY

	S	M	T	W	T	F	S
W1					1	2	3
W2	4	5	6	7	8	9	10
W3	11	12	13	14	15	16	17
W4	18	19	20	21	22	23	24
W5	25	26	27	28	29	30	31
W6							

## FEBRUARY

	S	M	T	W	T	F	S
W1	1	2	3	4	5	6	7
W2	8	9	10	11	12	13	14
W3	15	16	17	18	19	20	21
W4	22	23	24	25	26	27	28
W5							
W6							

## MARCH

	S	M	T	W	T	F	S
W1	1	2	3	4	5	6	7
W2	8	9	10	11	12	13	14
W3	15	16	17	18	19	20	21
W4	22	23	24	25	26	27	28
W5	29	30	31				
W6							

## APRIL

	S	M	T	W	T	F	S
W1				1	2	3	4
W2	5	6	7	8	9	10	11
W3	12	13	14	15	16	17	18
W4	19	20	21	22	23	24	25
W5	26	27	28	29	30		
W6							

## MAY

	S	M	T	W	T	F	S
W1					1	2	
W2	3	4	5	6	7	8	9
W3	10	11	12	13	14	15	16
W4	17	18	19	20	21	22	23
W5	24	25	26	27	28	29	30
W6	31						

## JUNE

	S	M	T	W	T	F	S
W1		1	2	3	4	5	6
W2	7	8	9	10	11	12	13
W3	14	15	16	17	18	19	20
W4	21	22	23	24	25	26	27
W5	28	29	30				
W6							



## JULY

	S	M	T	W	T	F	S
W1					1	2	3
W2	5	6	7	8	9	10	11
W3	12	13	14	15	16	17	18
W4	19	20	21	22	23	24	25
W5	26	27	28	29	30		
W6							

## SEPTEMBER

	S	M	T	W	T	F	S
W1				1	2	3	4
W2	6	7	8	9	10	11	12
W3	13	14	15	16	17	18	19
W4	20	21	22	23	24	25	26
W5	27	28	29	30			
W6							

## AUGUST

	S	M	T	W	T	F	S
W1							1
W2	2	3	4	5	6	7	8
W3	9	10	11	12	13	14	15
W4	16	17	18	19	20	21	22
W5	23	24	25	26	27	28	29
W6	30	31					

## OCTOBER

	S	M	T	W	T	F	S
W1						1	2
W2	4	5	6	7	8	9	10
W3	11	12	13	14	15	16	17
W4	18	19	20	21	22	23	24
W5	25	26	27	28	29	30	31
W6							

## NOVEMBER

	S	M	T	W	T	F	S
W1	1	2	3	4	5	6	7
W2	8	9	10	11	12	13	14
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W5	29	30					
W6							

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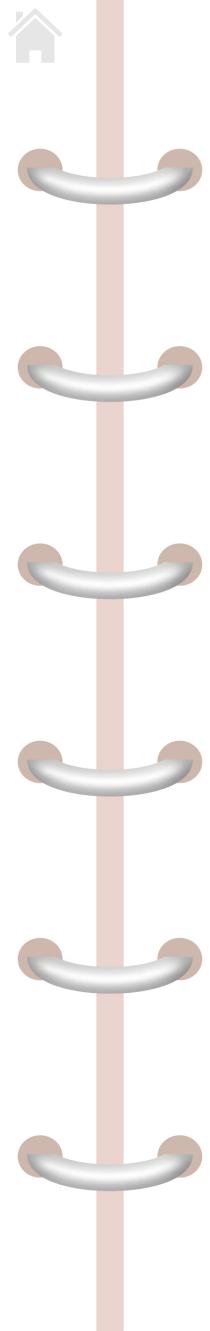
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W6							



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25	26	27	
WEEK 6			



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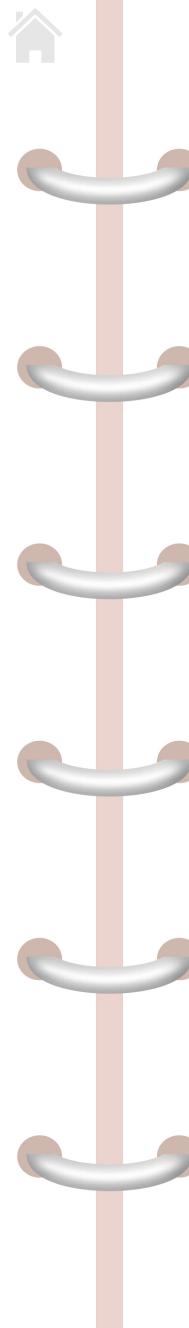
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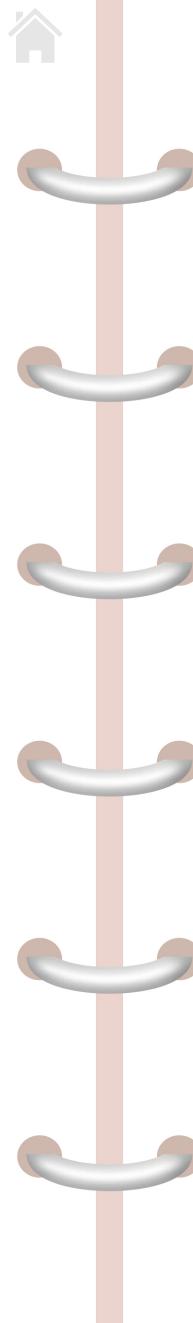
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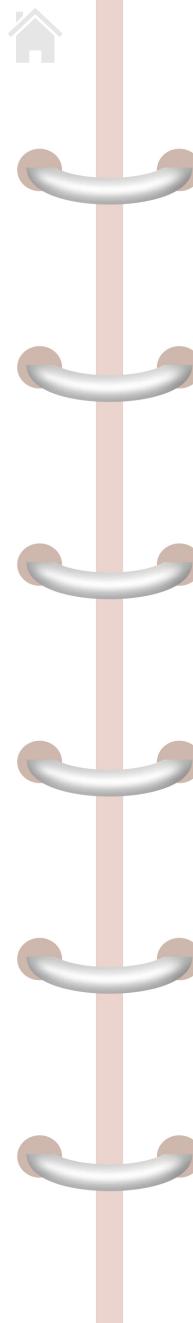
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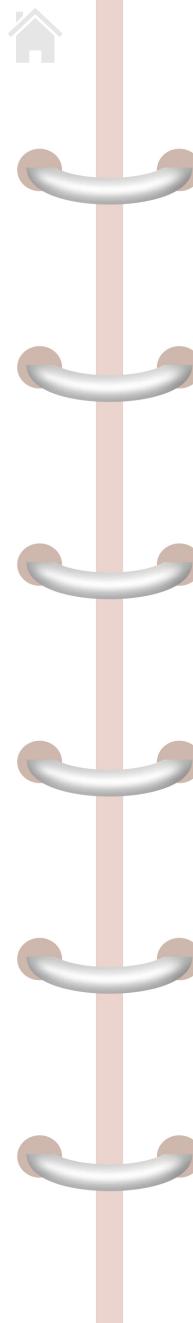
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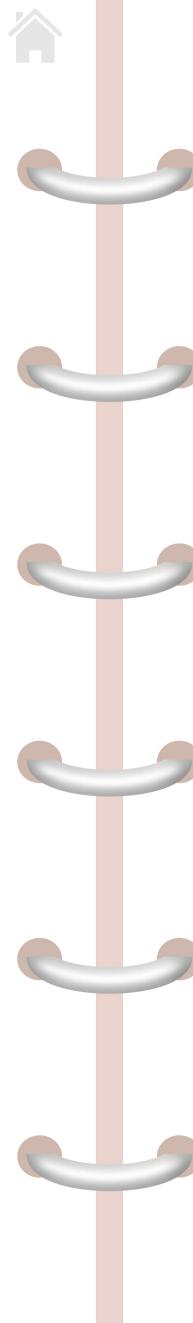
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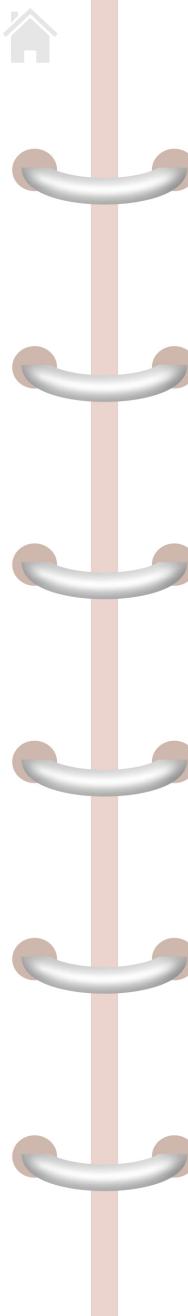
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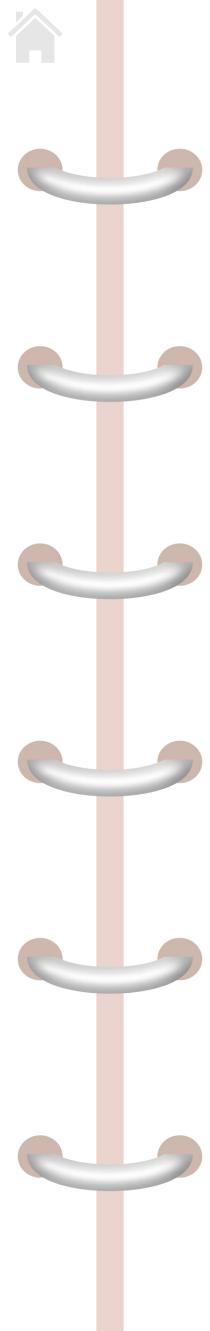
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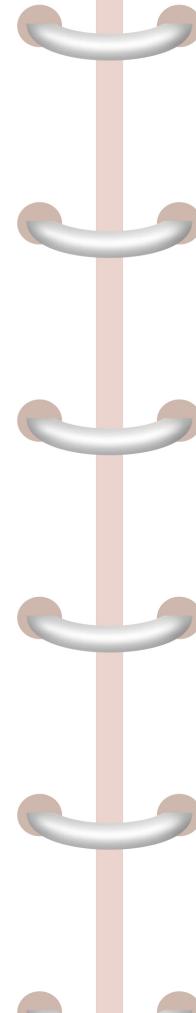
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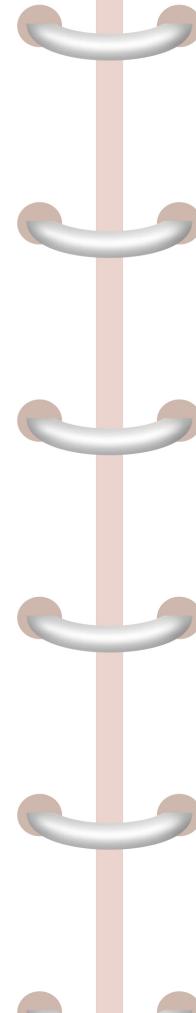
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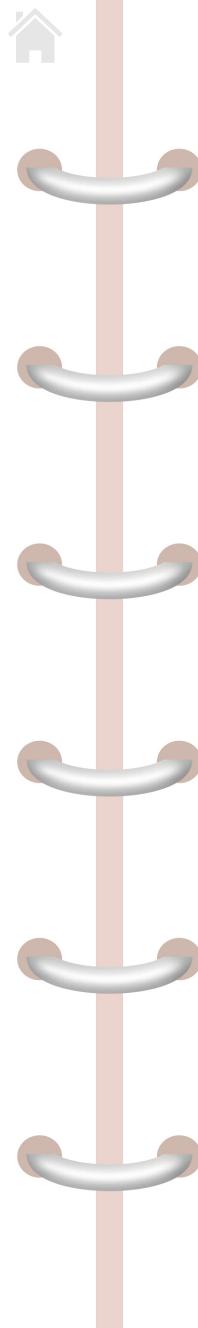
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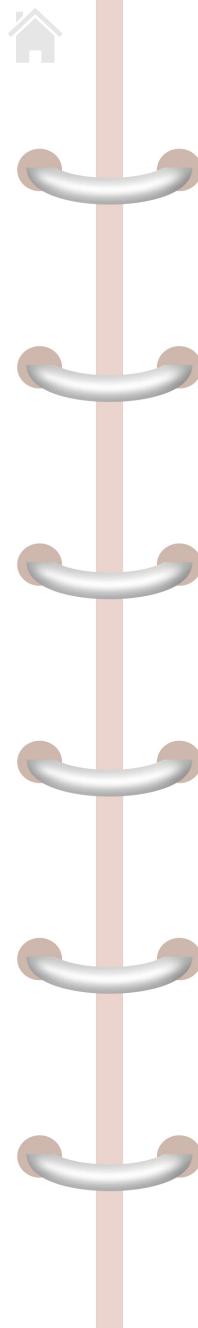
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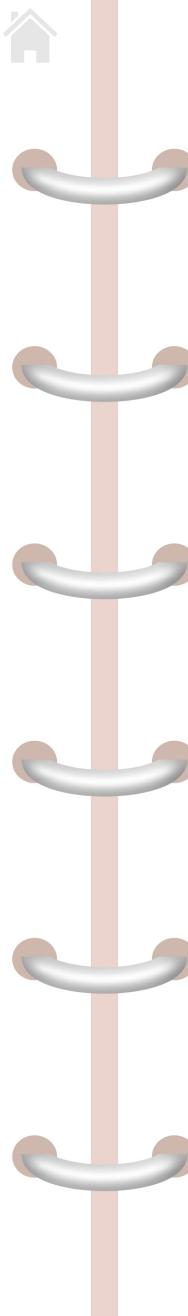
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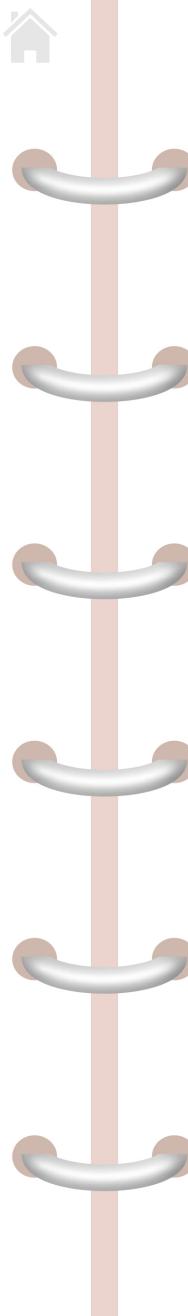
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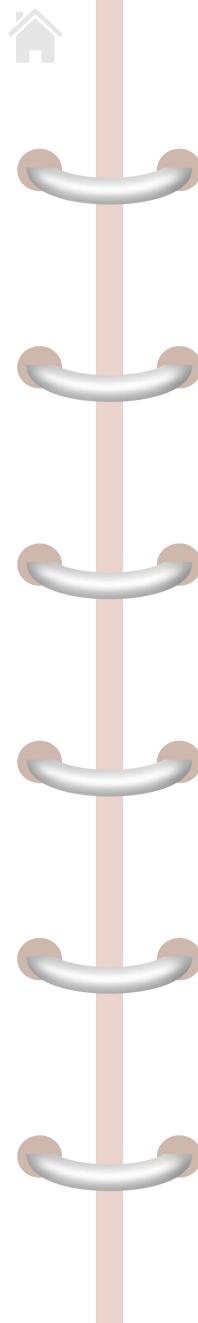
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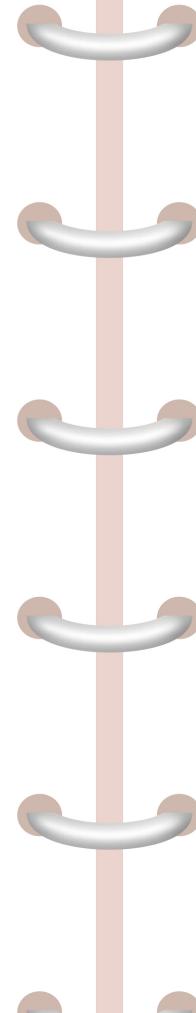
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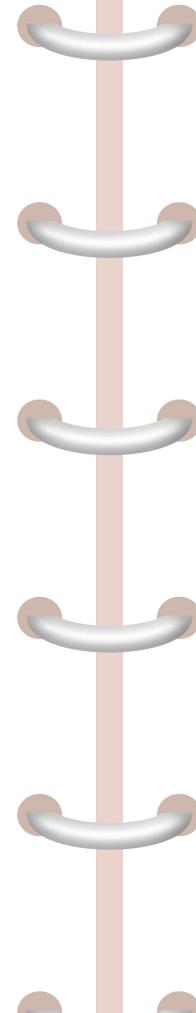
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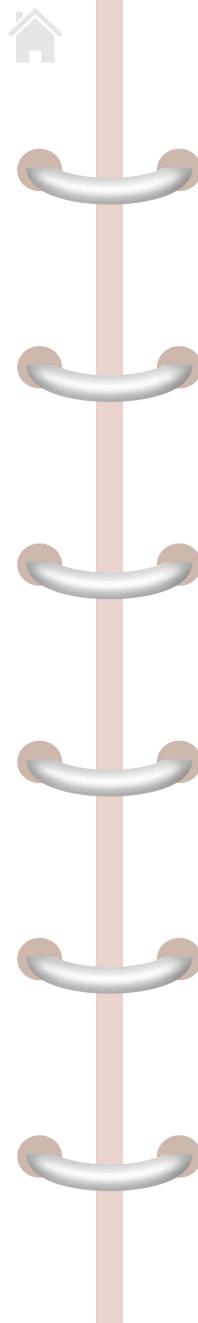
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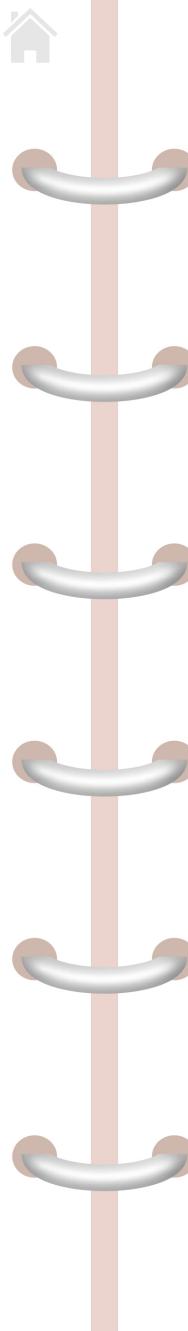
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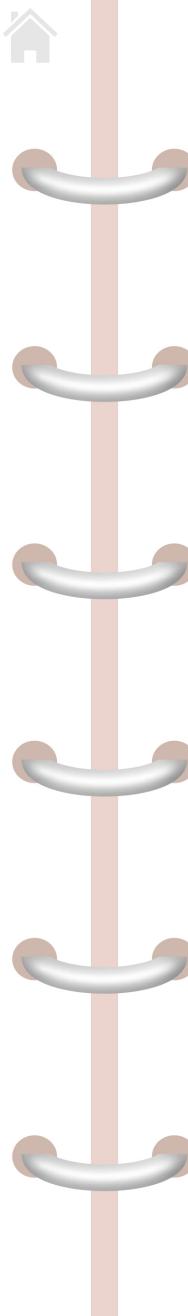
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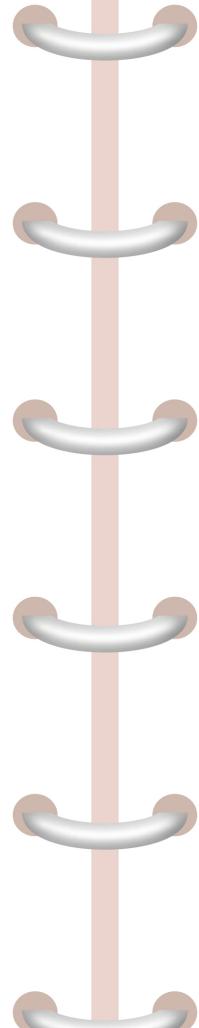


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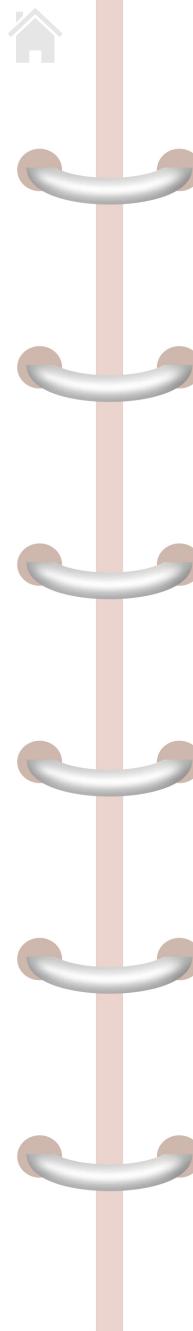
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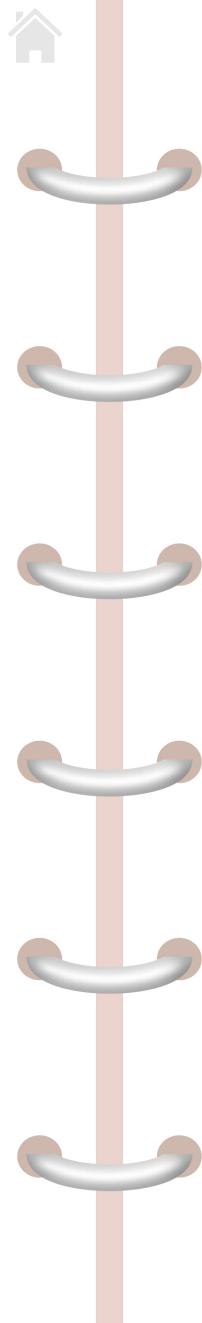
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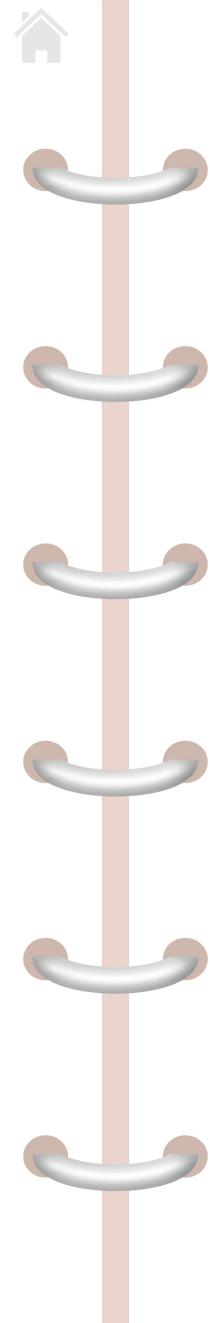
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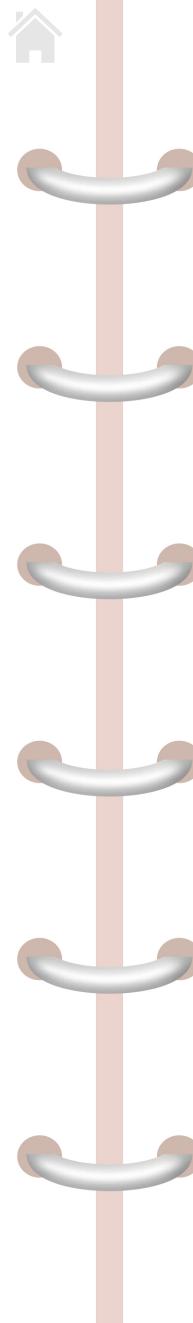
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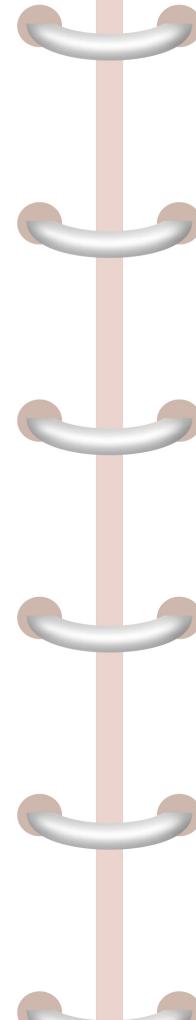
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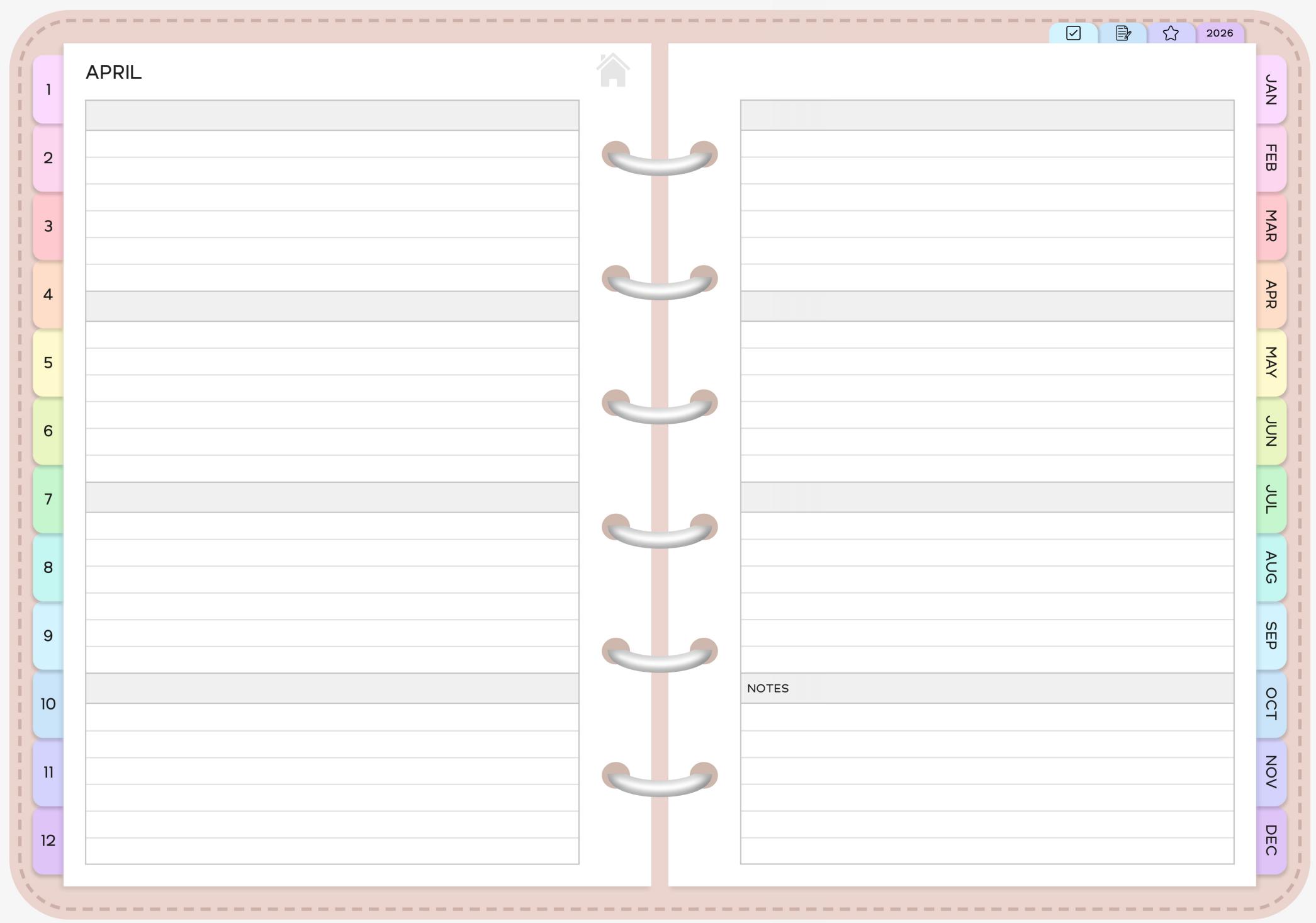
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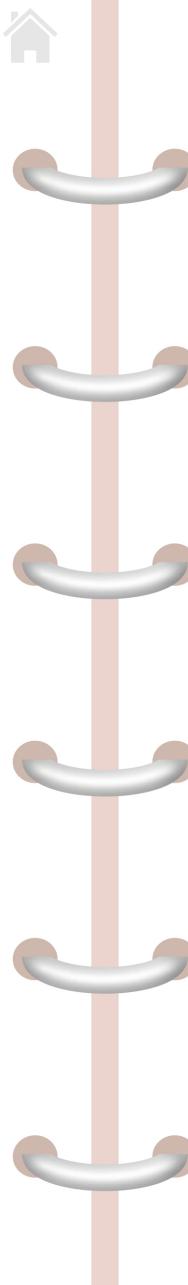




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	SUNDAY	MONDAY	TUESDAY
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WEEK 3			
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WEEK 4			
24	25	26	
WEEK 5			
31			
WEEK 6			



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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13	14	15	16
20	21	22	23
27	28	29	30

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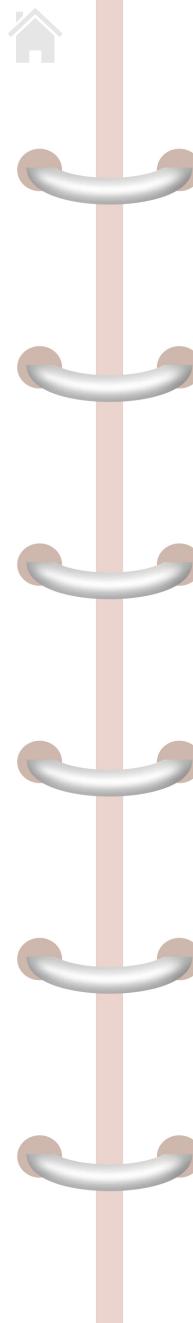
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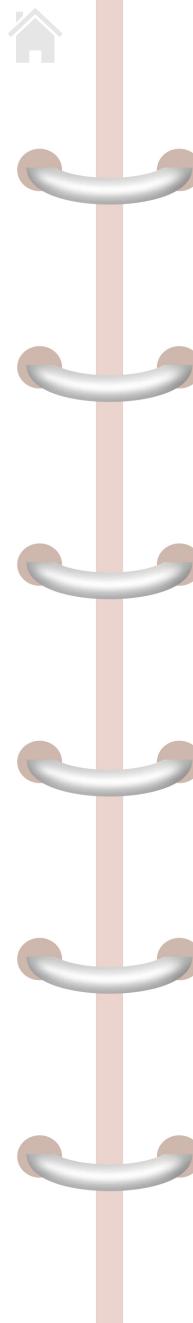
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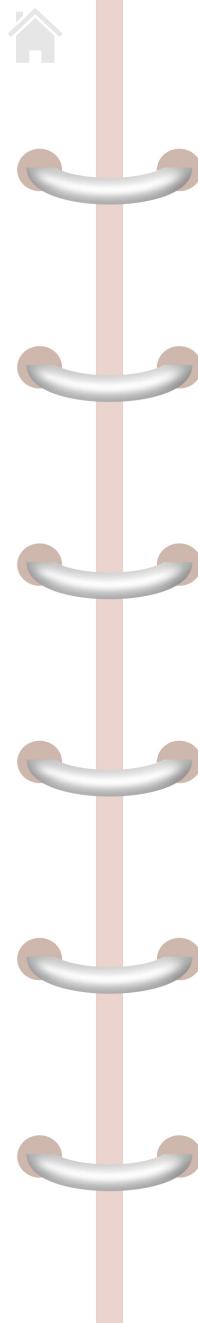
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SUNDAY 10

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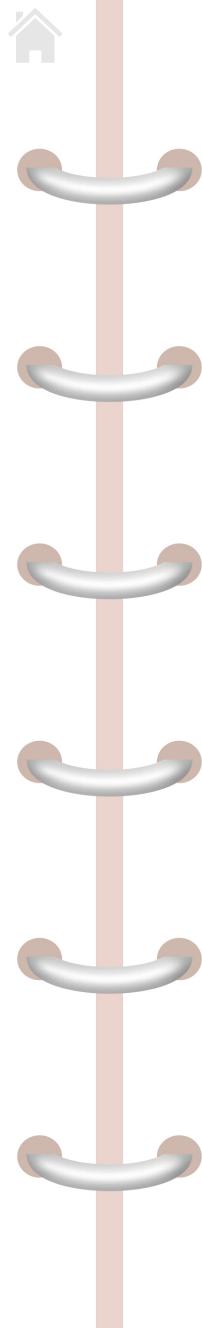
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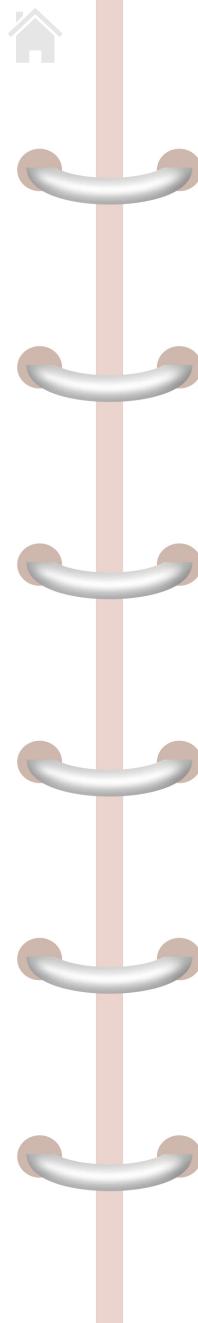
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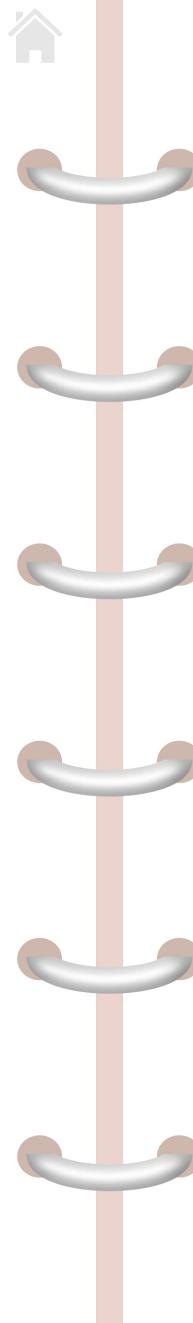
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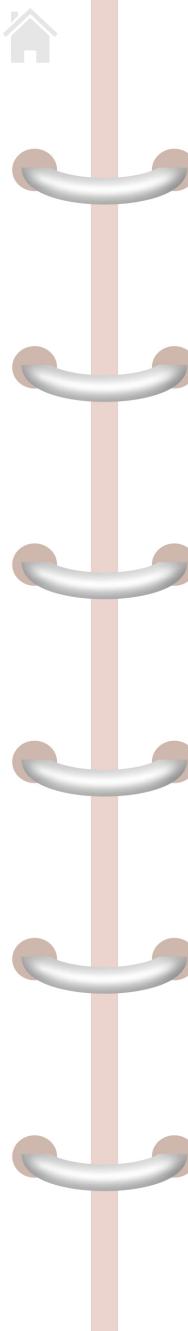
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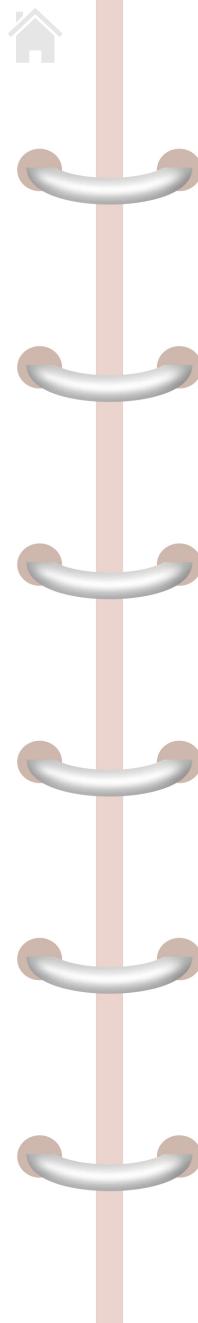
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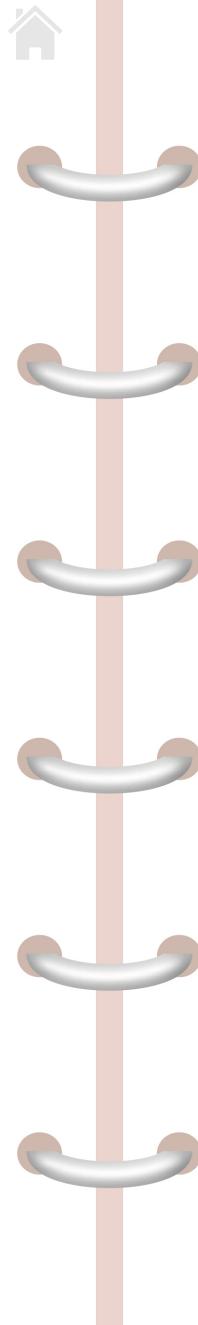
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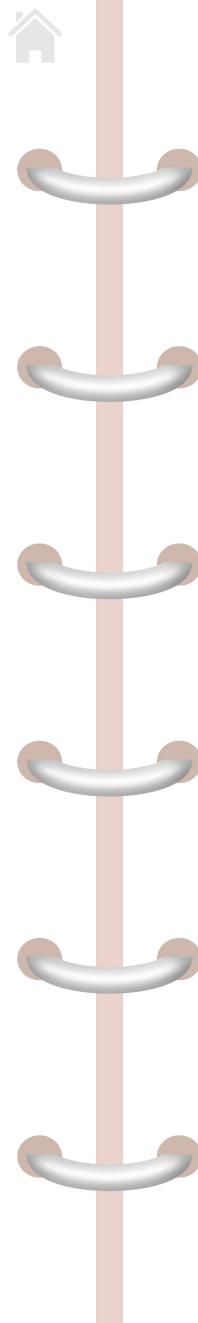
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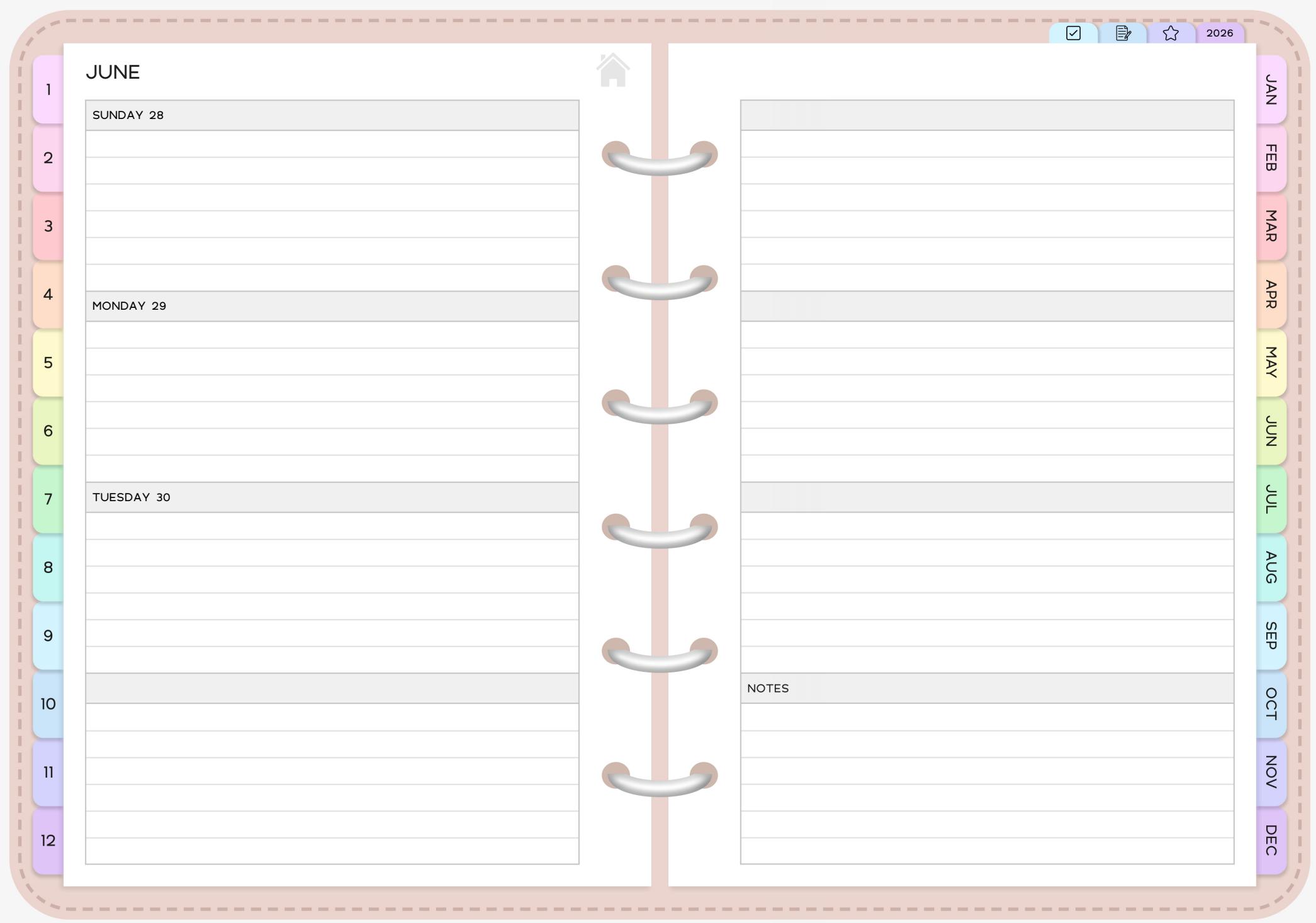
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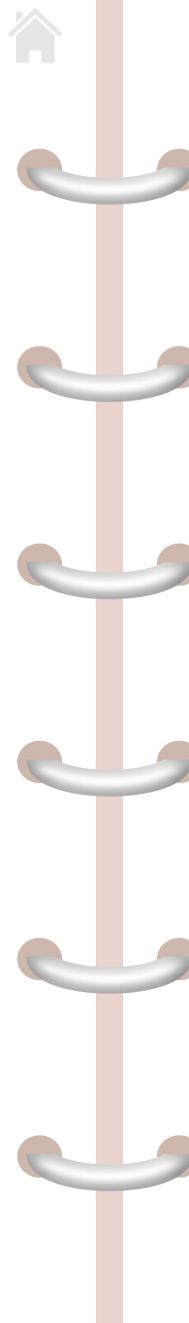
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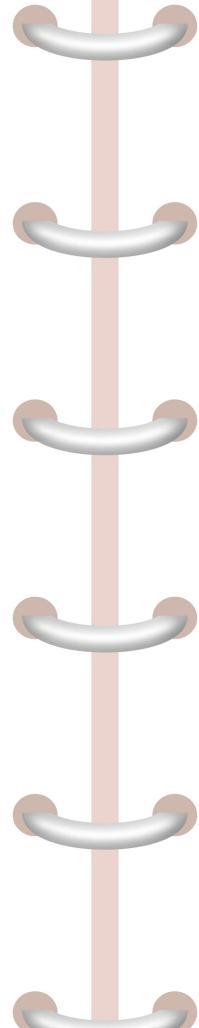


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SUNDAY	MONDAY	TUESDAY
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19	20	21
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WEEK 5		

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WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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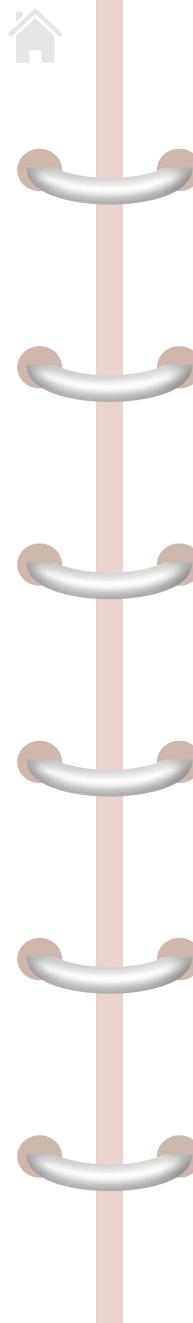
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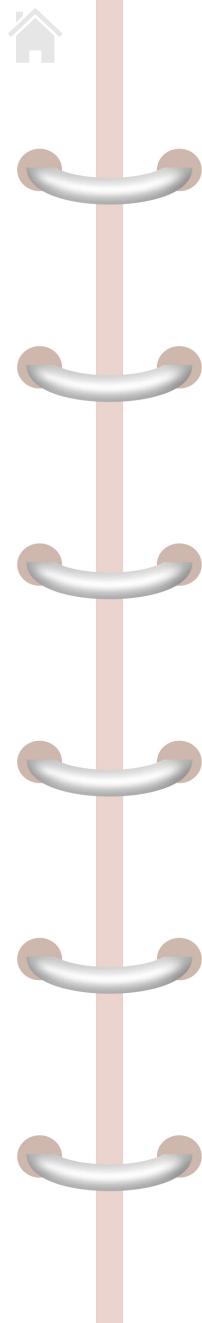
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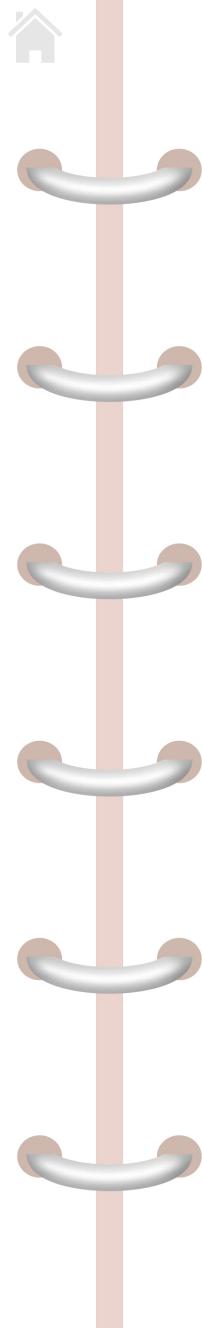
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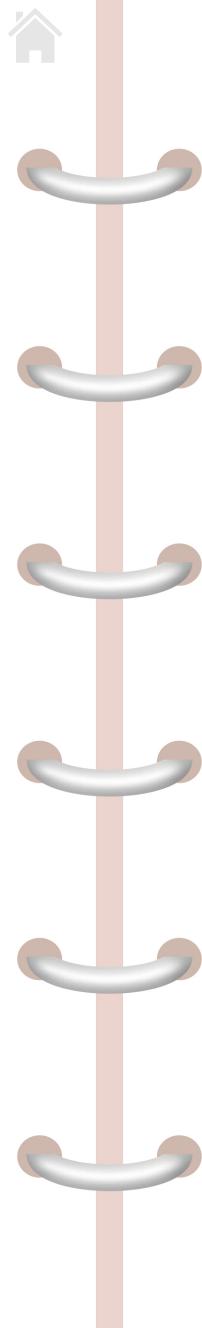
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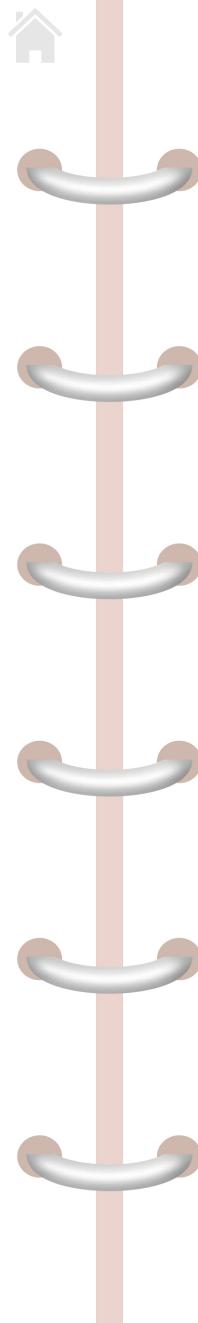
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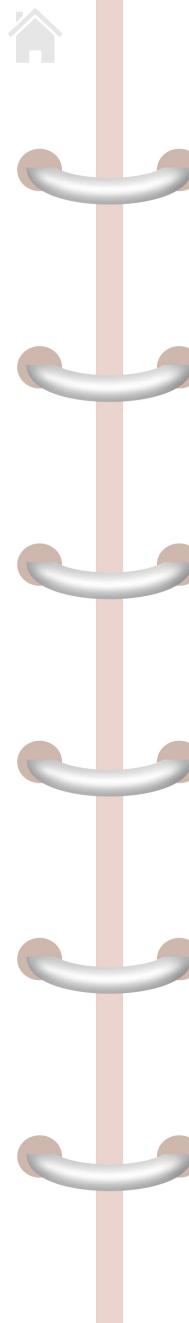
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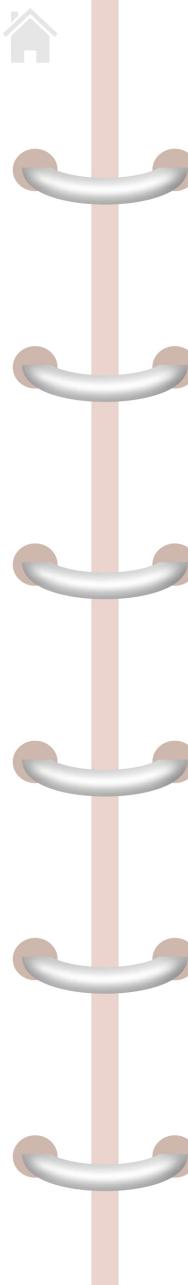
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WEEK 3			
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WEEK 4			
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WEEK 5			
30		31	
WEEK 6			



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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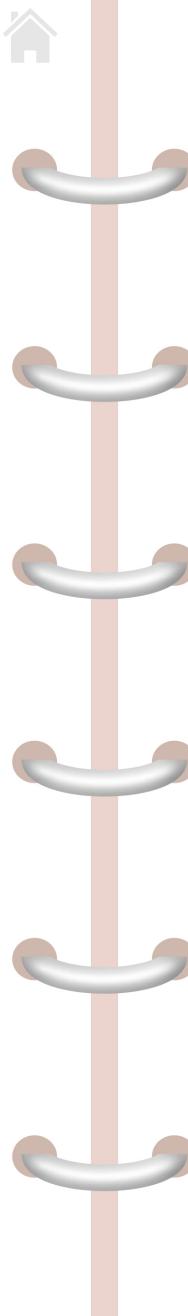
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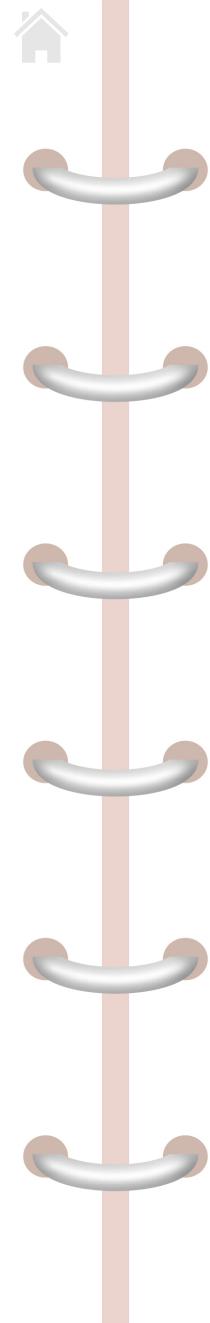
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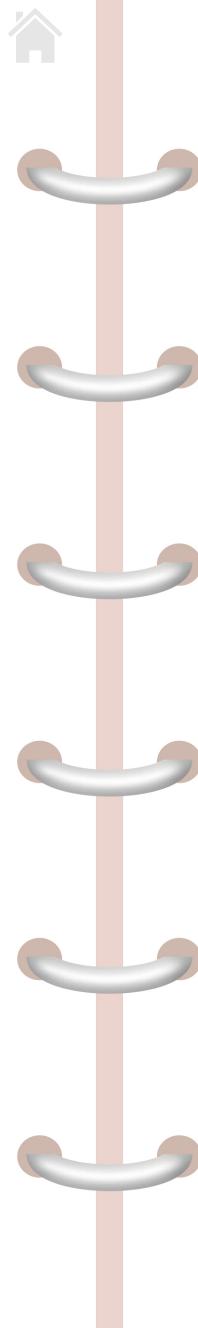
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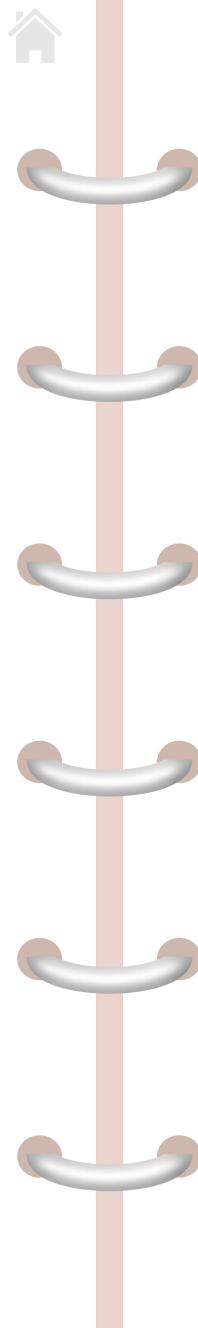
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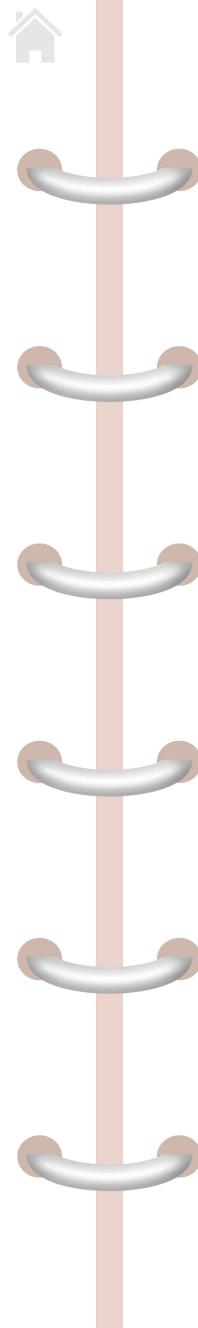
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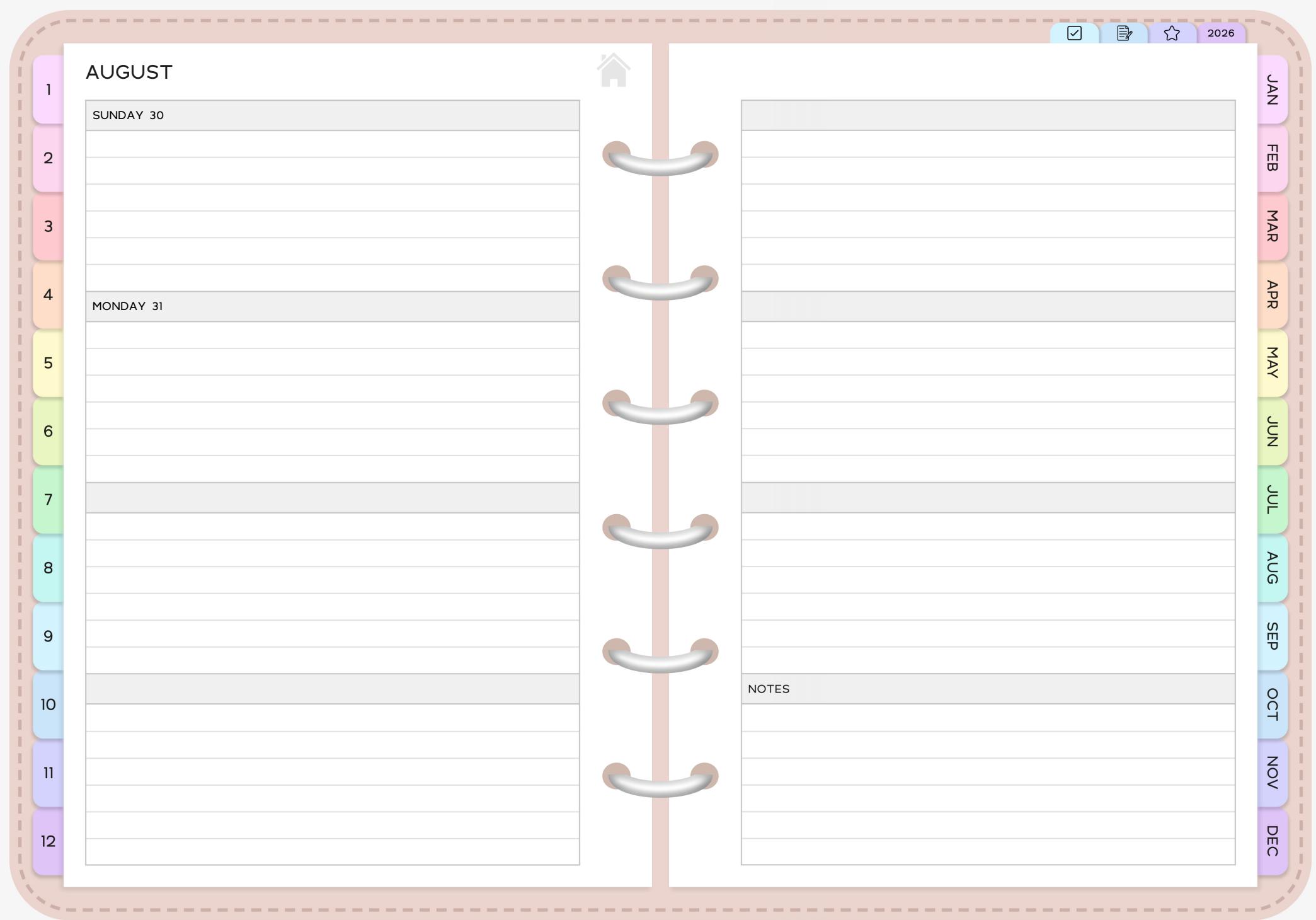
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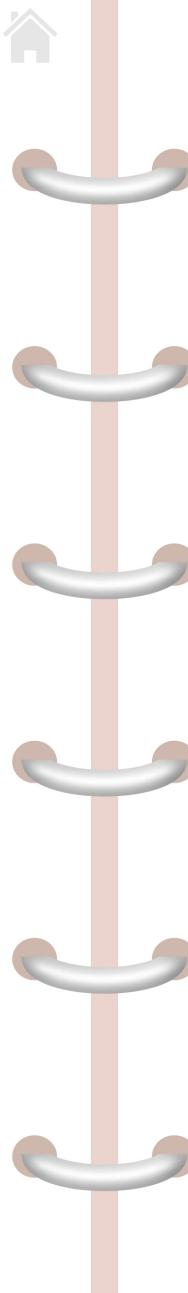
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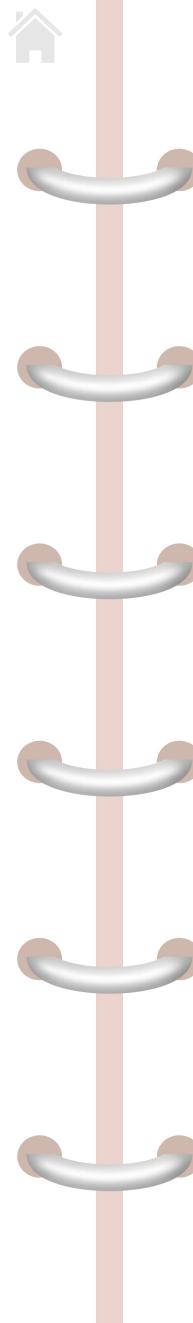
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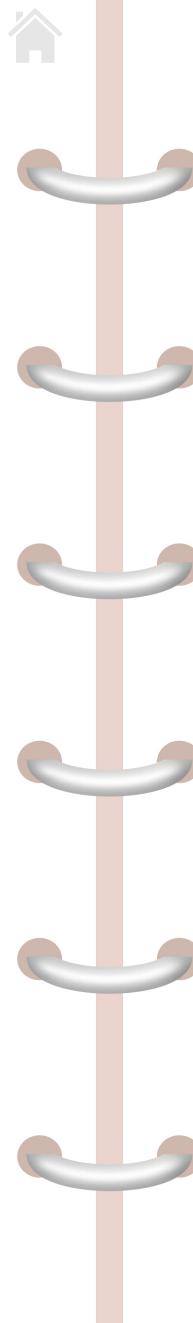
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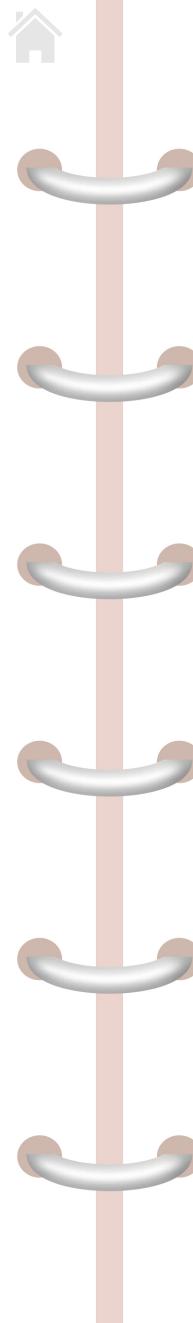
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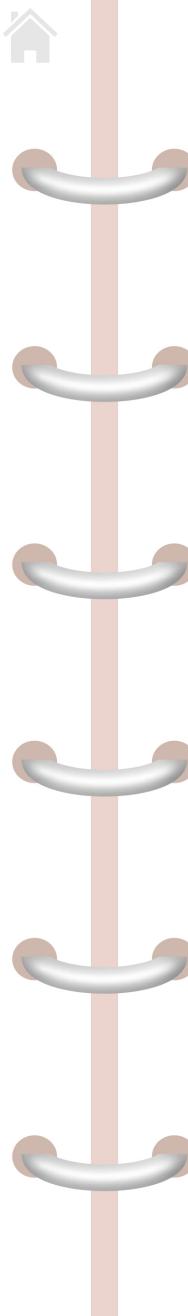
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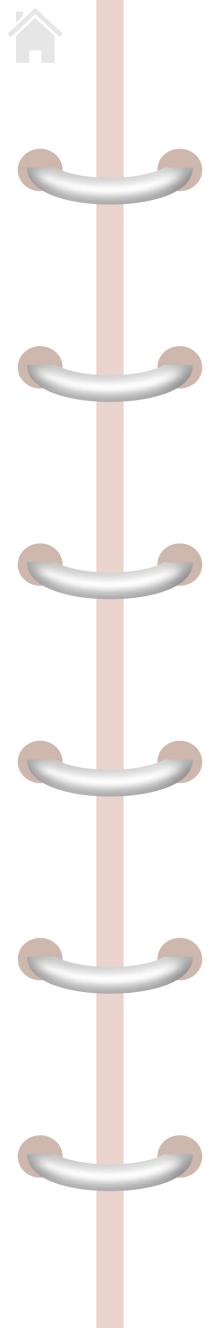
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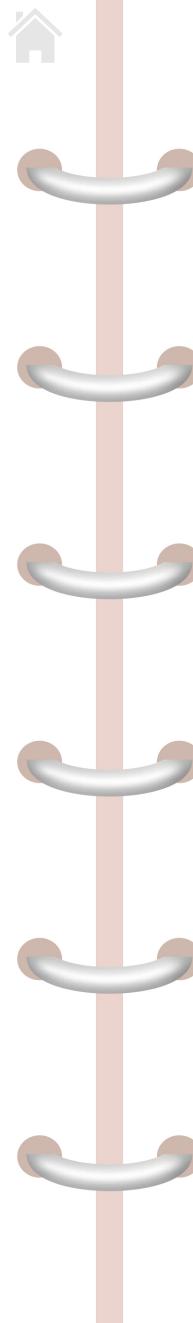
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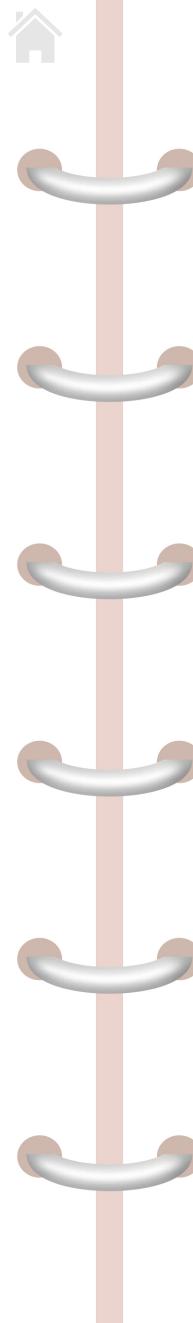
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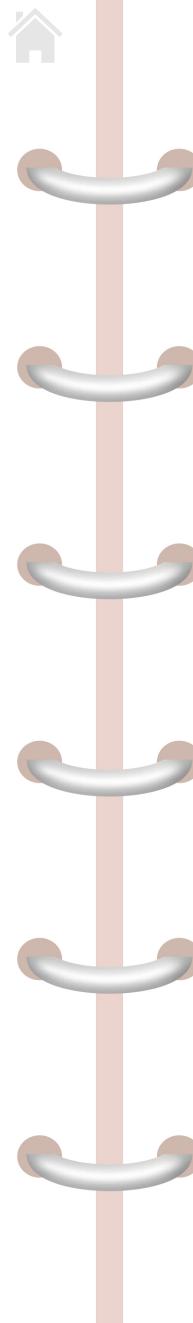
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SUNDAY 11

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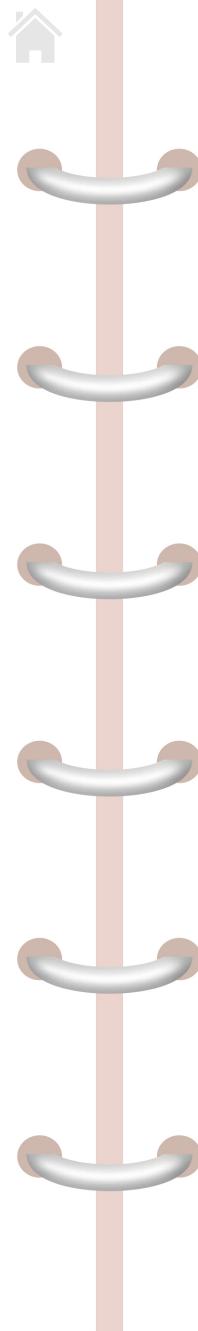
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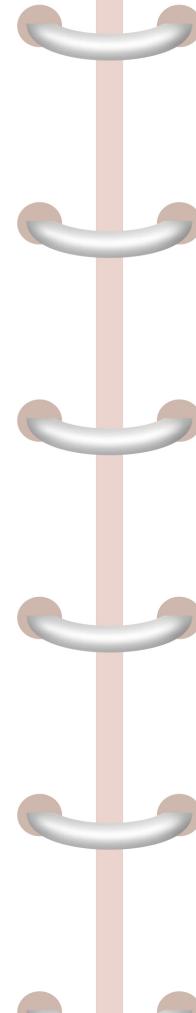
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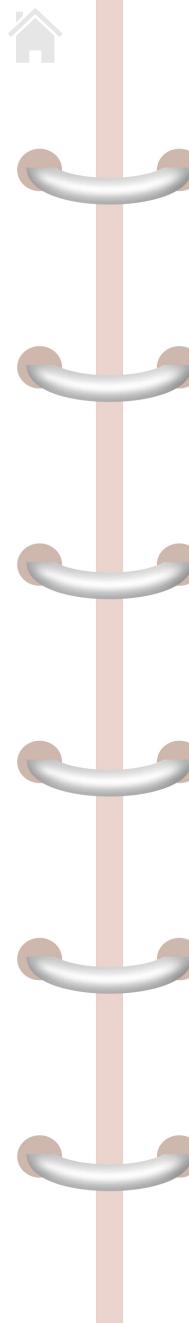
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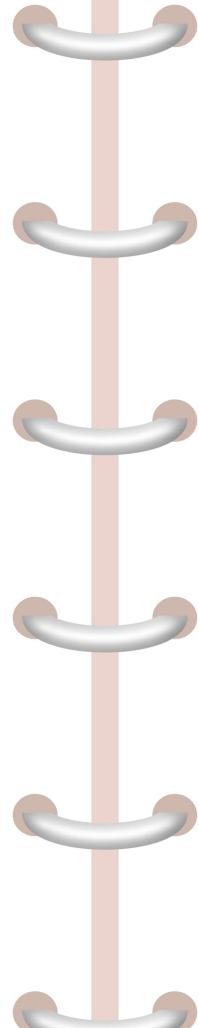
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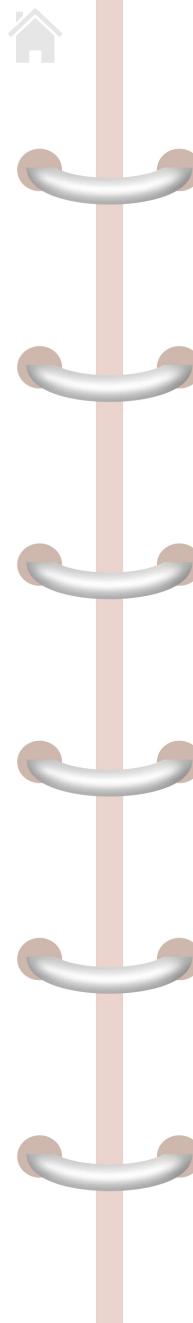
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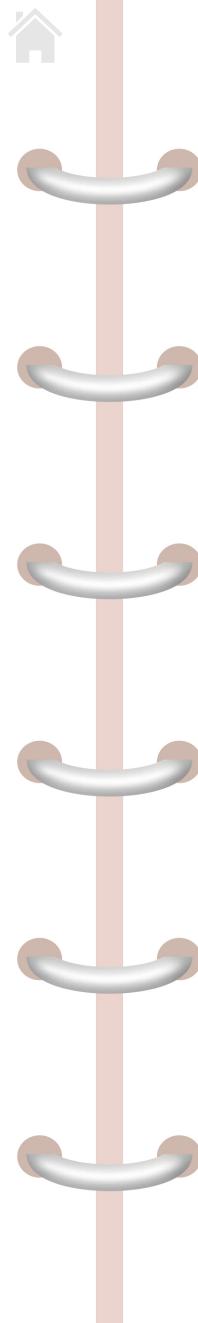
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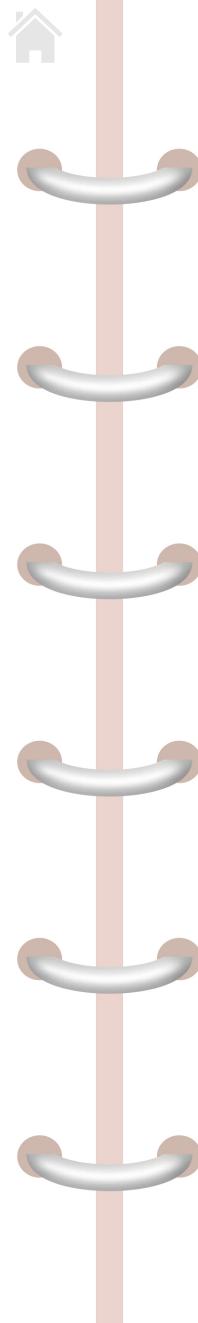
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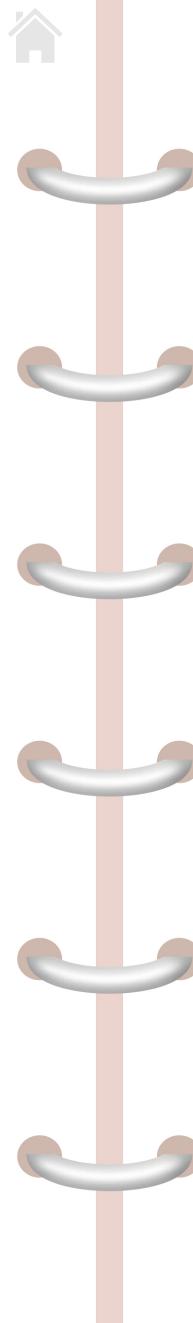
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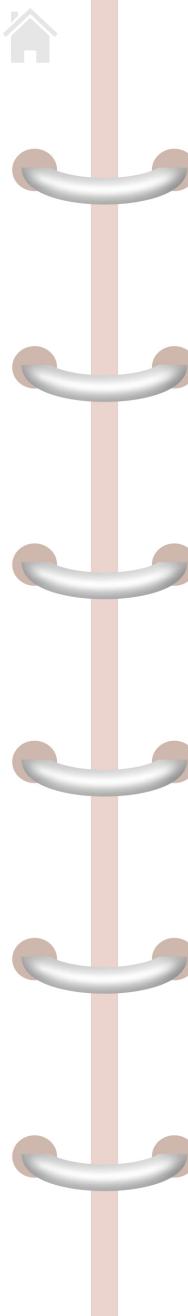


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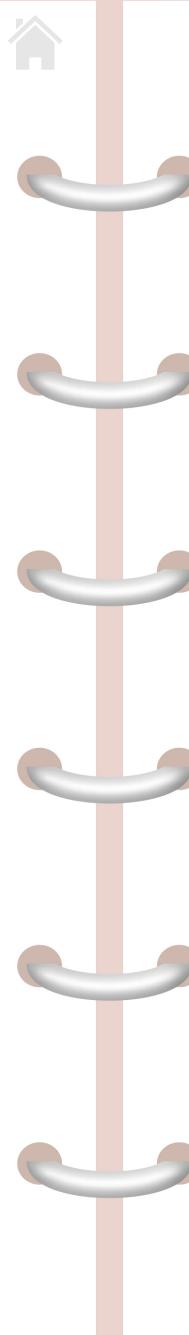
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 A large, empty rectangular area for writing notes or tasks for November. It is divided into four horizontal sections by a thick grey line and contains 12 smaller horizontal lines for each day of the month.A large, empty rectangular area for writing notes or tasks for November. It is divided into four horizontal sections by a thick grey line and contains 12 smaller horizontal lines for each day of the month. The word "NOTES" is printed in the top left corner of this area.

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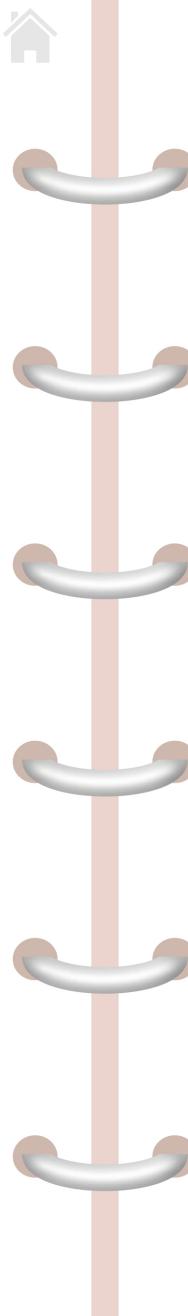
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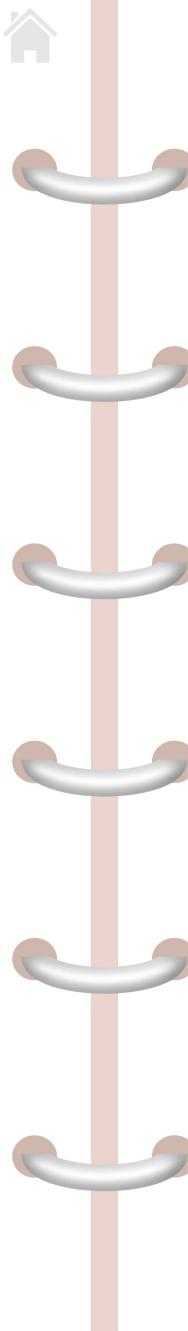
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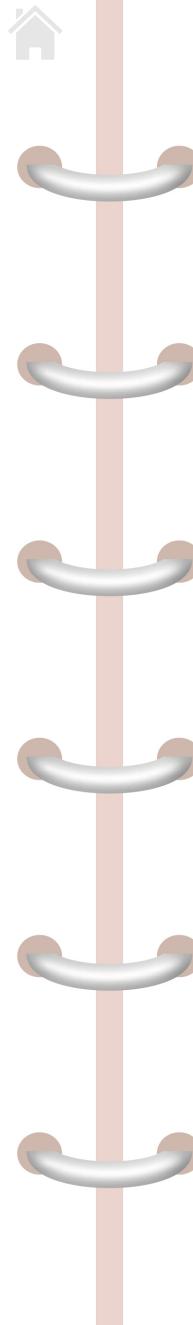
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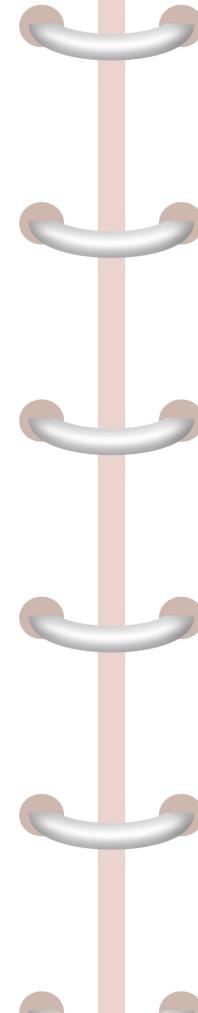
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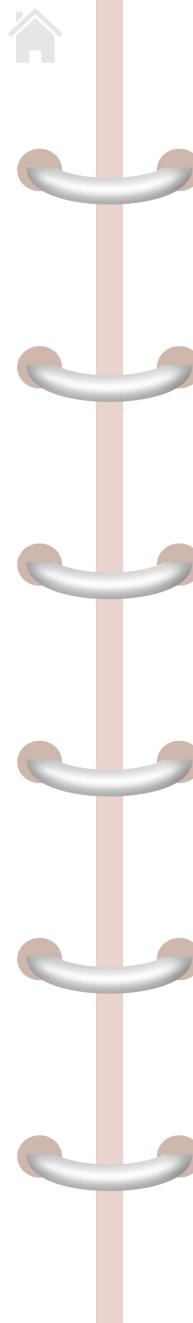
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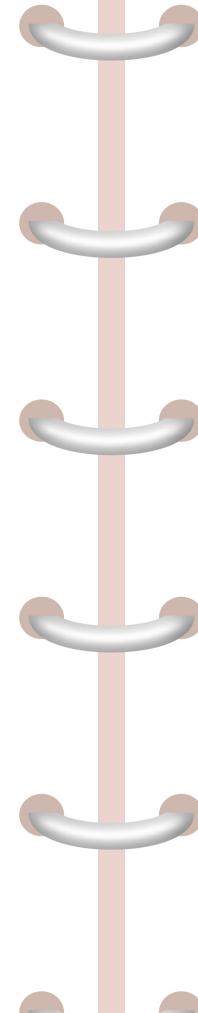
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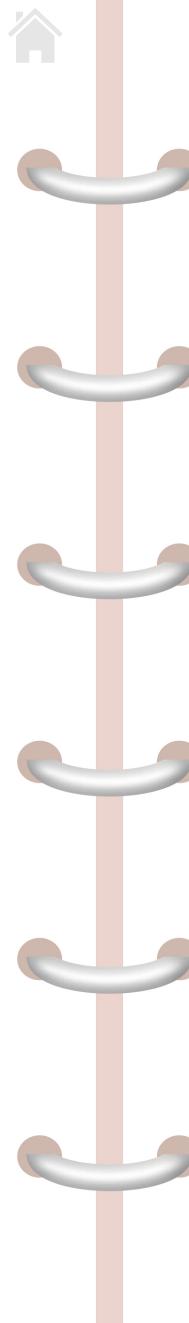
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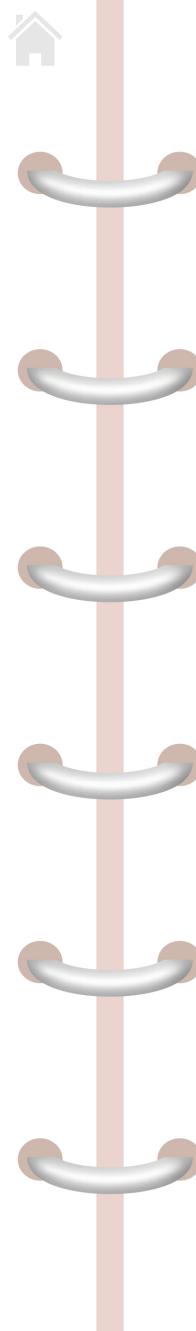
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## IMPORTANT DATES

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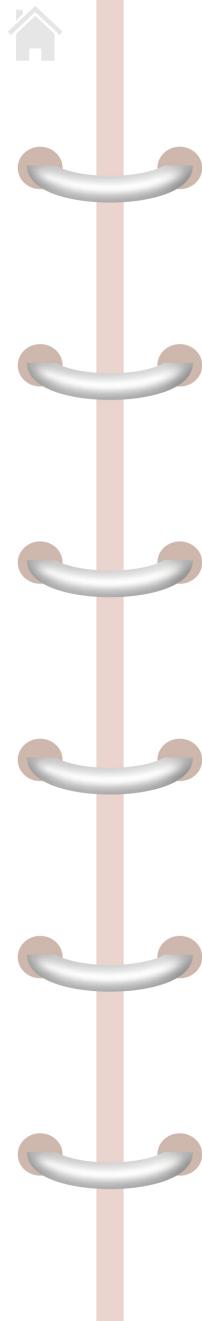
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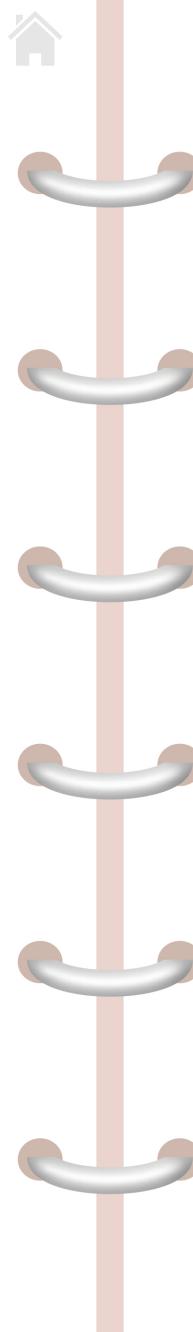
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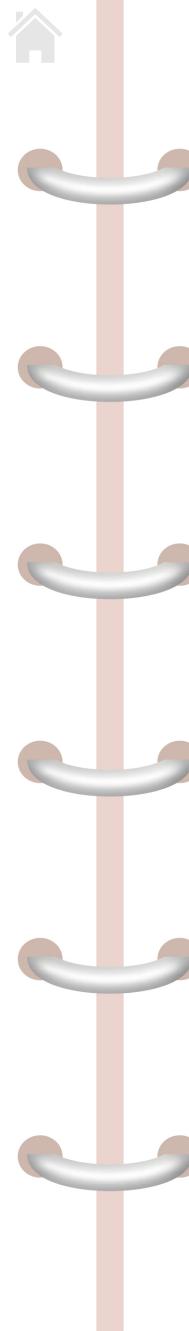


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## MEAL PLAN

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	BREAKFAST	LUNCH	DINNER	SNACKS
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BREAKFAST

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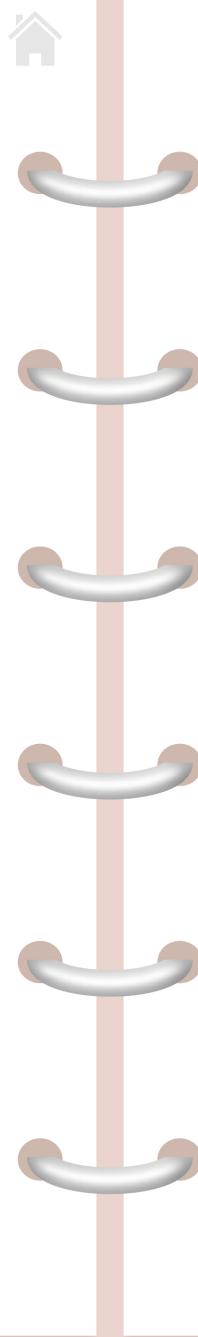
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SUNDAY ACTIVITY	CARDIO			STRENGTH		
	TIME	DISTANCE	INTENSITY	SETS	REPS	WEIGHT

MONDAY ACTIVITY	CARDIO			STRENGTH		
	TIME	DISTANCE	INTENSITY	SETS	REPS	WEIGHT

TUESDAY ACTIVITY	CARDIO			STRENGTH		
	TIME	DISTANCE	INTENSITY	SETS	REPS	WEIGHT

WEDNESDAY ACTIVITY	CARDIO			STRENGTH		
	TIME	DISTANCE	INTENSITY	SETS	REPS	WEIGHT



THURSDAY ACTIVITY	CARDIO			STRENGTH		
	TIME	DISTANCE	INTENSITY	SETS	REPS	WEIGHT

FRIDAY ACTIVITY	CARDIO			STRENGTH		
	TIME	DISTANCE	INTENSITY	SETS	REPS	WEIGHT

SATURDAY ACTIVITY	CARDIO			STRENGTH		
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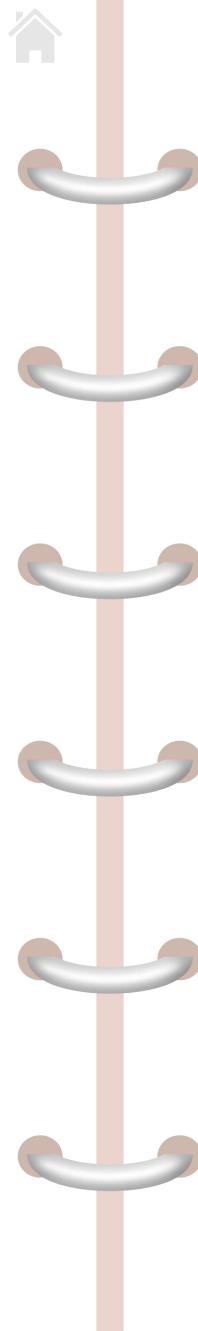
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# CHALLENGE TRACKER

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THE CHALLENGE:	WHY IT'S IMPORTANT:
ACTIONS I NEED TO TAKE:	WHAT I SHOULD AVOID DOING:
WHAT WORKED:	WHAT DIDN'T WORK:
IMPROVEMENT TO MAKE:	REWARD:



START DATE:		FINISH DATE:		
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

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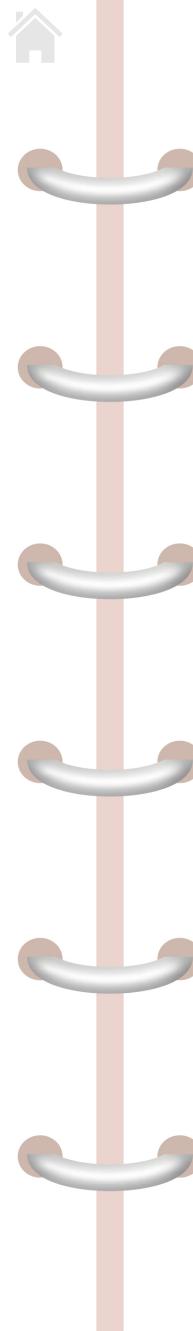




## READING TRACKER

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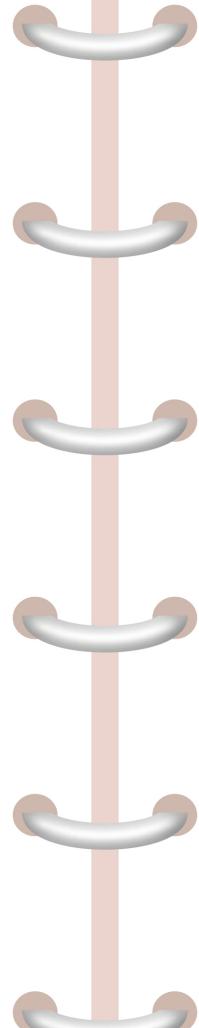
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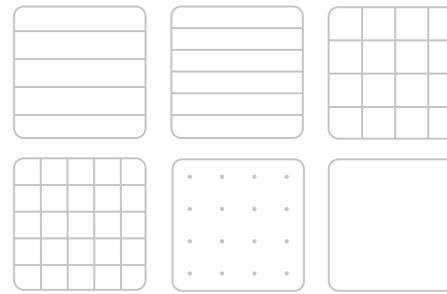
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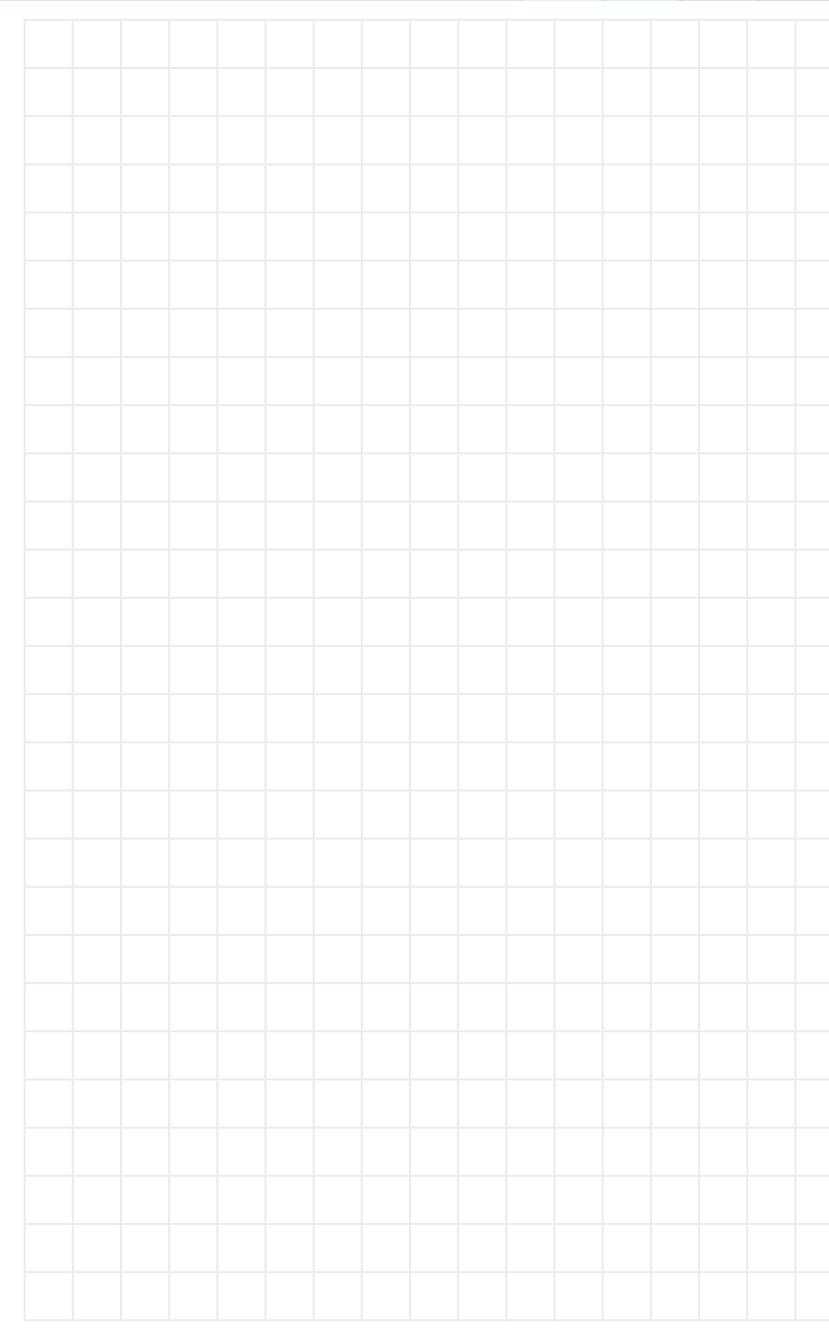
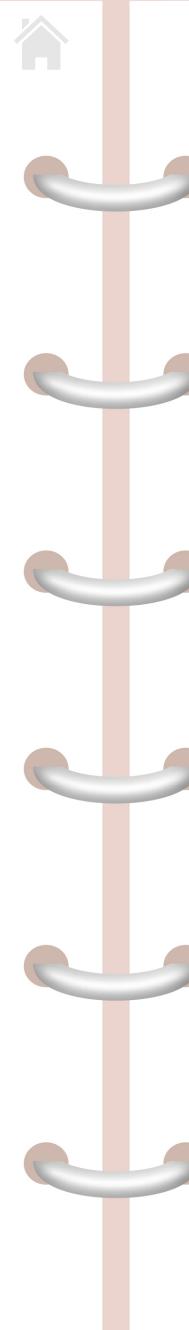
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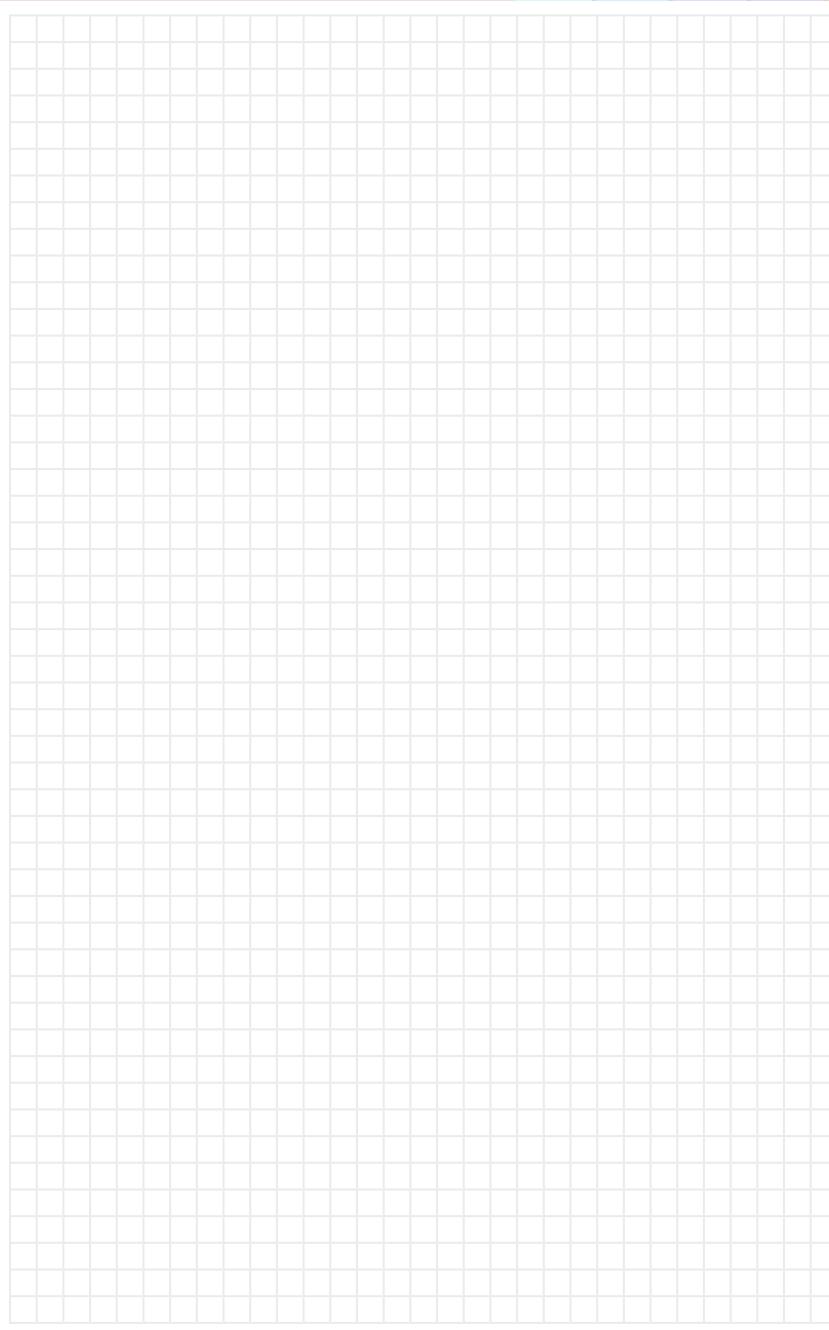
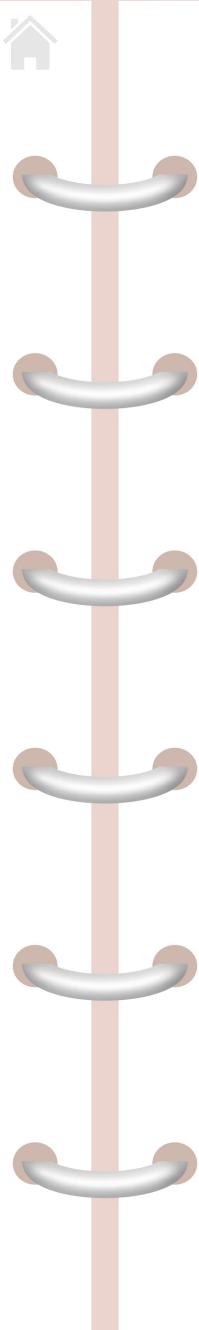
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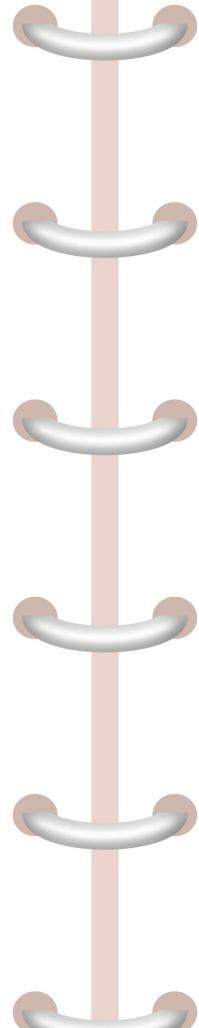
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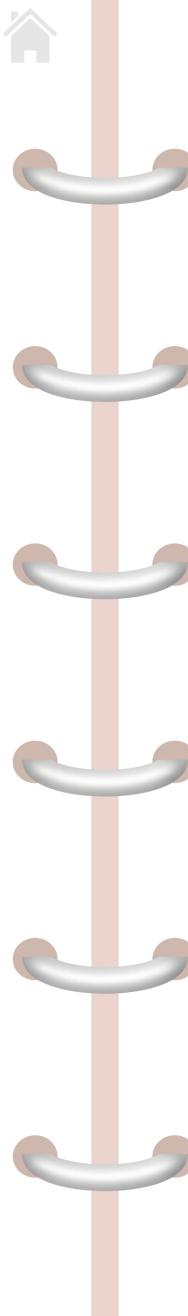




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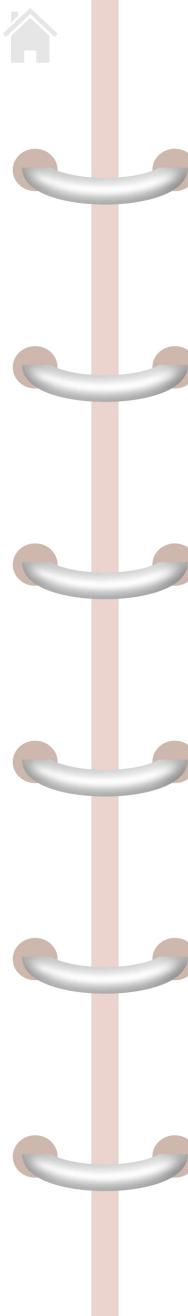
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These stickers included are from our Freebies Vault.  
Sign up to get more free stickers:

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Our full planner bundle comes with 50,000 stickers!



[SHOP THE BUNDLE](#)

Check out more digital stickers in our shop



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Check out the full range of planners in our shop.  
Each bundle comes with a huge number of planners!

2

Customize your planner and choose from different colors,  
various weekly and daily layouts, mon/sun start, dated  
and undated. Make as many planners as you want!

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Find out more by tapping on the images below.

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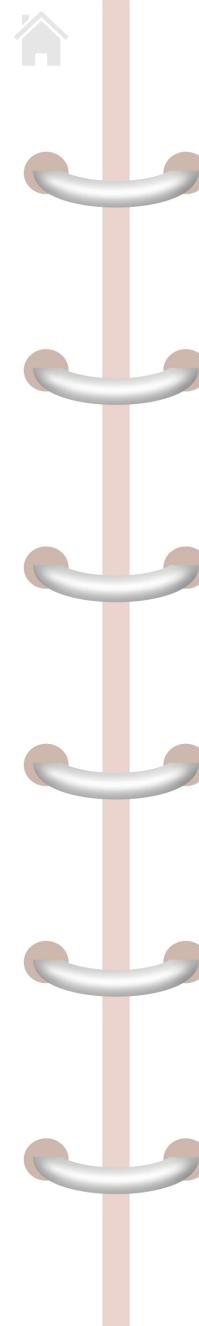
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Visit our shop for more digital stationery and  
follow me on [social media](#) for planning inspiration,  
tips and tutorials. Happy planning!

[SHOP ALL PLANNERS](#)

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



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



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