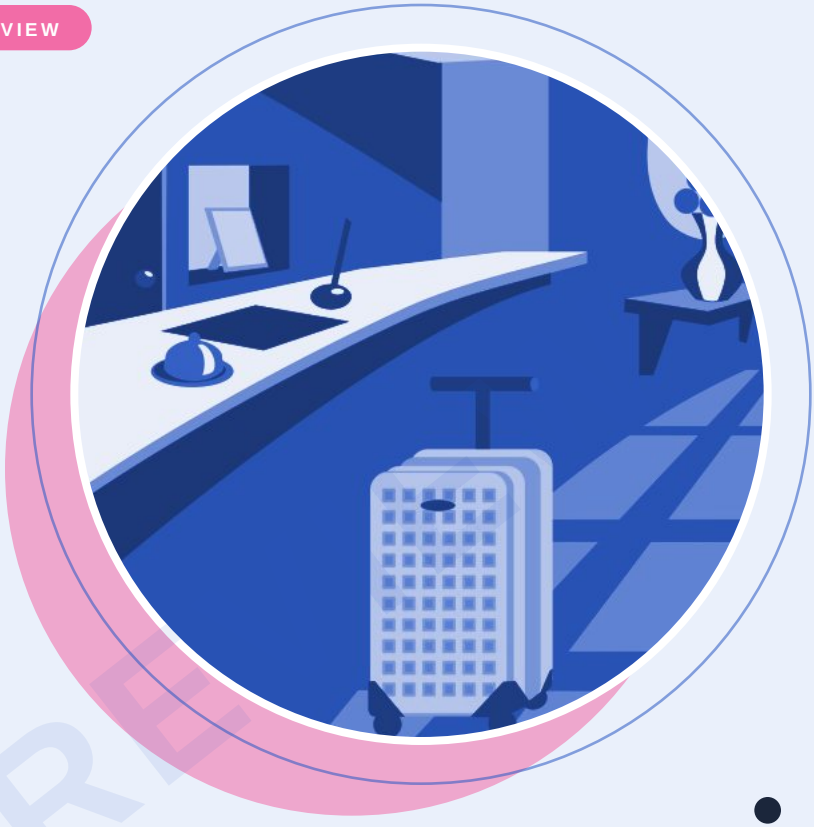
JOURNAL · UMUM

FREE PREVIEW



Check Register

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THIS JOURNAL BELONGS TO

NAME .....

CONTACT .....

START .....

END .....

PREVIEW

HOW TO USE

Check Register

1. Fill in one page a day. Use the ratings and notes to track your progress.
2. Fill one page per session; a date and a few quick notes are enough.
3. Print double-sided on 6 x 9 in paper; the inner margin is widened for binding.
4. Review every weekend: spot patterns and celebrate small progress.

PREVIEW

- DATE .....
- DAY NO. .....
- FOCUS TODAY .....

SELF RATING

- FOCUS ☆ ☆ ☆ ☆ ☆
- PROGRESS ☆ ☆ ☆ ☆ ☆
- IDEAS ☆ ☆ ☆ ☆ ☆
- NOTES ☆ ☆ ☆ ☆ ☆
- NEXT STEP ☆ ☆ ☆ ☆ ☆

FOCUS

PROGRESS

REFLECTION

PREVIEW

- DATE
- DAY NO.
- FOCUS TODAY

SELF RATING

- FOCUS ☆☆☆☆☆
- PROGRESS ☆☆☆☆☆
- IDEAS ☆☆☆☆☆
- NOTES ☆☆☆☆☆
- NEXT STEP ☆☆☆☆☆

FOCUS

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PREVIEW

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