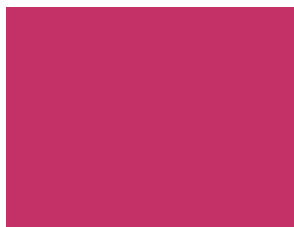




YOUR HEALTHY CHILD

PLANNER

**STOP DREAMING
AND START DOING.**



ESSENTIALS

Your name

Your DoB

The father's name

Your due date

Allergies

JANUARY

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					

FEBRUARY

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					

MARCH

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					

APRIL

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					

MAY

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					

JUNE

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					

JULY

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					

AUGUST

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					

SEPTEMBER

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					

OCTOBER

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					

NOVEMBER

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					

DECEMBER

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					

mark all important dates on this calendar

JANUARY

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					

PRIORITIES

mother

baby

father

MONTHLY FOCUS



JANUARI

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

JUST LIVING MY
BEST LIFE.

SELF-CARE

DO NOT FORGET

HABIT TRACKER

	S	M	T	W	T	F	S
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	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●

AFFIRMATION

FEBRUARY

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					

PRIORITIES

mother

baby

father

MONTHLY FOCUS



FEBRUARI

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

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HABIT TRACKER

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AFFIRMATION

NOTES

MARCH

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					

PRIORITIES

mother

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MONTHLY FOCUS



MARCH

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

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AFFIRMATION

NOTES

APRIL

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					

PRIORITIES

mother

baby

father

MONTHLY FOCUS



APRIL

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

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	●	●	●	●	●	●	●
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AFFIRMATION

NOTES

MAY

1	2	3	4	5	6	7
8	9	10	11	12	13	14
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MONTHLY FOCUS



MAY

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

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AFFIRMATION

NOTES

JUNE

1	2	3	4	5	6	7
8	9	10	11	12	13	14
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MONTHLY FOCUS



JUNE

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

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AFFIRMATION

NOTES

JULY

1	2	3	4	5	6	7
8	9	10	11	12	13	14
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MONTHLY FOCUS



JULY

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

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AFFIRMATION

NOTES

AUGUST

1	2	3	4	5	6	7
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AUGUST

WEEK 1

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	●	●	●	●	●	●	●
	●	●	●	●	●	●	●

AFFIRMATION

NOTES

SEPTEMBER

1	2	3	4	5	6	7
8	9	10	11	12	13	14
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MONTHLY FOCUS



FEBRUARI

WEEK 1

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AFFIRMATION

NOTES

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OCTOBER

1	2	3	4	5	6	7
8	9	10	11	12	13	14
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OCTOBER

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	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
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AFFIRMATION

NOTES

NOVEMBER

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MONTHLY FOCUS



NOVEMBER

WEEK 1

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	S	M	T	W	T	F	S
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	●	●	●	●	●	●	●
	●	●	●	●	●	●	●
	●	●	●	●	●	●	●

AFFIRMATION

DECEMBER

1	2	3	4	5	6	7
8	9	10	11	12	13	14
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MONTHLY FOCUS



DECEMBER

WEEK 1

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AFFIRMATION

NOTES
