

Good days ☺

Then total up all the days here

Good days:

Bad days:

Bad days

## QUALITY OF LIFE CALENDAR

Name:

A LE		Month:				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Use this cal	endar to keen tra	ck of your net's a	good days and bad	days by markin	g each day as fe	ollows.
osc ans car	chadi to keep tia	ch or your pers g	,ood days and bad	adys by markin	b cacii aay as it	JII O VV J.