



HAPPY
NEW YEAR

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						30	31
29	28	27	26	25	24	23	22
21	20	19	18	17	16	15	14
13	12	11	10	9	8	7	6
5	4	3	2	1			
SUN	SAT	FRI	THU	WED	TUE	MON	

JANUARY



對折處

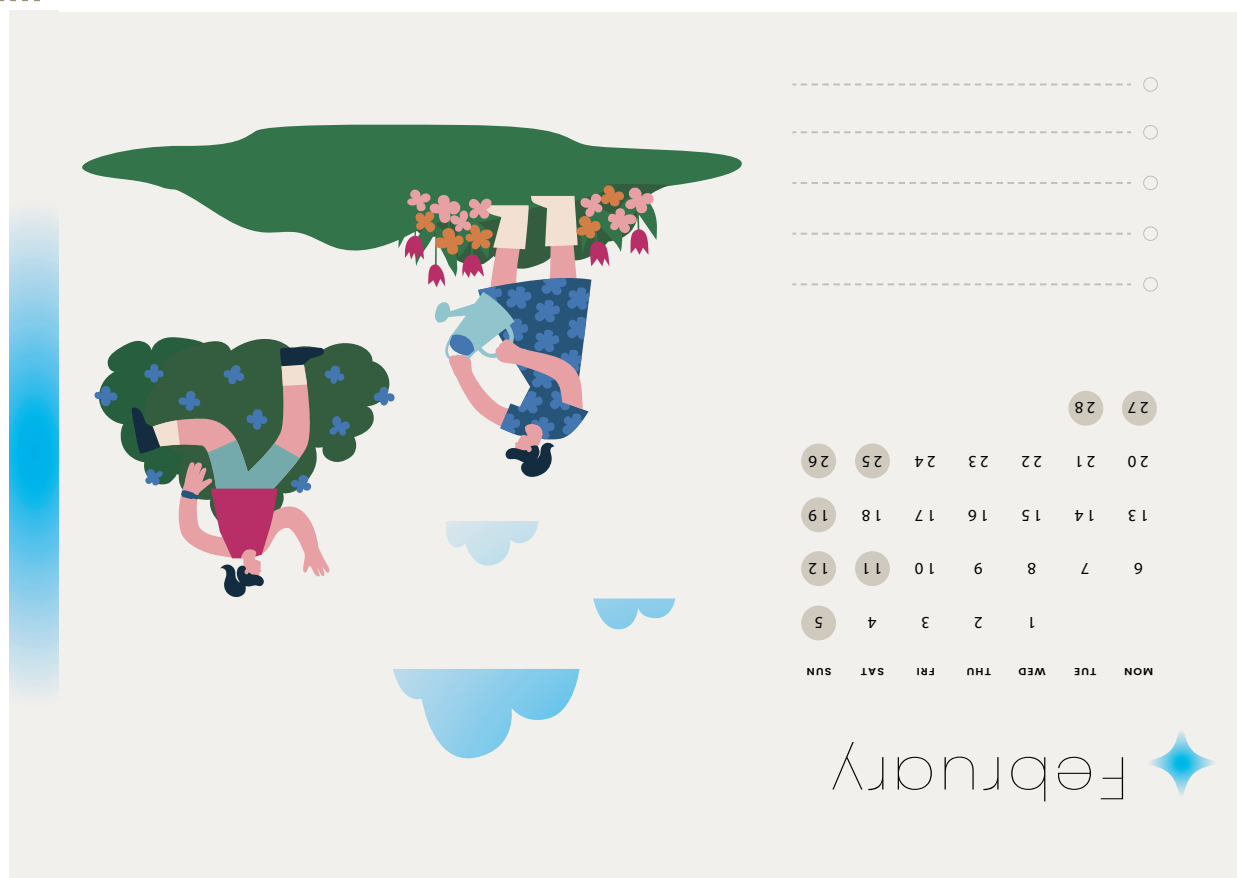
2023 January. 1

MONTHLY GOALS

MON TUE WED THU FRI SAT SUN

NOTES

							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						



對折處

MONTHLY GOALS

MON	TUE	WED	THU	FRI	SAT	SUN
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NOTES

		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					



對折處

MONTHLY GOALS

MON	TUE	WED	THU	FRI	SAT	SUN
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NOTES

		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		



對折處

2023 April. 4

MONTHLY GOALS

NOTES

MON TUE WED THU FRI SAT SUN

					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



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						29	30	31
28	27	26	25	24	23	22	21	20
19	18	17	16	15	14	13	12	11
10	9	8	7	6	5	4	3	2
1								
MON	TUE	WED	THU	FRI	SAT	SUN		

MAY



對折處

2023 May. 5

MONTHLY GOALS

NOTES

MON TUE WED THU FRI SAT SUN

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				

[illegible]

MON	TUE	WED	THU	FRI	SAT	SUN
26	27	28	29	30		
19	20	21	22	23	24	25
12	13	14	15	16	17	18
5	6	7	8	9	10	11
			1	2	3	4

JUNE



對折處

MONTHLY GOALS

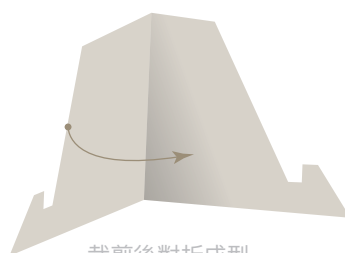
MON	TUE	WED	THU	FRI	SAT	SUN
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NOTES

			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		

貼在瓦楞紙或紙卡上，
描圖剪下後對折，桌曆
放置更穩固

對
折
處



裁剪後對折成型



將桌曆放上立架上即可