



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

2024





muk6 luk6
 **目錄**
 Index

jat1 jyut6
一月
 JAN

ji6 jyut6
二月
 FEB

saam1 jyut6
三月
 MAR

sei3 jyut6
四月
 APR

ng5 jyut6
五月
 MAY

luk6 jyut6
六月
 JUN

cat1 jyut6
七月
 JUL

baat3 jyut6
八月
 AUG

gau2 jyut6
九月
 SEP

sap6 jyut6
十月
 OCT

sap6 jat1 jyut6
十一月
 NOV

sap6 ji6 jyut6
十二月
 DEC



2024 / 2025

ngo5 dei6 kei4 zung1 jat1 di1 zung6 jiu3 ge3 zit3 jat6

我哋其中一啲重要嘅節日
 Some of Our Important Celebrations

ceoi4 zik6

除夕 Feb 10/2024
 Lunar New Year's Eve

nin4 co1 jat1

年初一 Feb 10/2024
 Lunar New Year

jan4 jat2

人日 Feb 16/2024
 Day of Mankind

jyun4 siu1

元宵 Feb 24/2024
 Lantern Festival

dyun1 ng5 zit3

端午節 Jun 10/2024
 Dragon Boat Festival

cat1 zik6

七夕 Aug 10/2024
 Chinese Valentine's Day

zung1 cau1 zit3

中秋節 Sept 17/2024
 Mid-Autumn Festival

dung1 zi3

冬至 Dec 21/2024
 Winter Solstice

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

2024

JANUARY

M	T	W	T	F	S	S
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	-	-	-	-
-	-	-	-	-	-	-

FEBRUARY

M	T	W	T	F	S	S
-	-	-	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	-	-	-
-	-	-	-	-	-	-

MARCH

M	T	W	T	F	S	S
-	-	-	-	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
-	-	-	-	-	-	-

APRIL

M	T	W	T	F	S	S
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

M	T	W	T	F	S	S
-	-	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	-	-
-	-	-	-	-	-	-

JUNE

M	T	W	T	F	S	S
-	-	-	-	-	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

M	T	W	T	F	S	S
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	-	-	-	-
-	-	-	-	-	-	-

AUGUST

M	T	W	T	F	S	S
-	-	-	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	-
-	-	-	-	-	-	-

SEPTEMBER

M	T	W	T	F	S	S
-	-	-	-	-	-	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

M	T	W	T	F	S	S
-	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	-	-	-
-	-	-	-	-	-	-

NOVEMBER

M	T	W	T	F	S	S
-	-	-	-	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

M	T	W	T	F	S	S
-	-	-	-	-	-	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	-	-	-	-	-



JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

2025

JANUARY

M	T	W	T	F	S	S
-	-	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	-	-
-	-	-	-	-	-	-

FEBRUARY

M	T	W	T	F	S	S
-	-	-	-	-	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	-	-
-	-	-	-	-	-	-

MARCH

M	T	W	T	F	S	S
-	-	-	-	-	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	-	-	-	-	-	-

APRIL

M	T	W	T	F	S	S
-	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

M	T	W	T	F	S	S
-	-	-	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	-
-	-	-	-	-	-	-

JUNE

M	T	W	T	F	S	S
-	-	-	-	-	-	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

M	T	W	T	F	S	S
-	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	-	-	-
-	-	-	-	-	-	-

AUGUST

M	T	W	T	F	S	S
-	-	-	-	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	28	29	29	30	31
-	-	-	-	-	-	-

SEPTEMBER

M	T	W	T	F	S	S
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

M	T	W	T	F	S	S
-	-	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	-	-
-	-	-	-	-	-	-

NOVEMBER

M	T	W	T	F	S	S
-	-	-	-	-	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

M	T	W	T	F	S	S
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	-	-	-	-
-	-	-	-	-	-	-



JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

baat3

jyut6

八月

August

sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

01/08/24 - 04/08/2405/08/24 - 11/08/2412/08/24 - 18/08/2419/08/24 - 25/08/2426/08/24 - 31/08/24

zoeng3 bou2

帳簿

Budget Tracker



jat1 zau1 gai3 waak6

一周計劃

Weekly planner

01/08/24 - 04/08/2405/08/24 - 11/08/2412/08/24 - 18/08/2419/08/24 - 25/08/2426/08/24 - 31/08/24



WEEK OF: 05/08/24 - 11/08/24

baat3 jyut6

八月
August

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

sing1 kei4 jat1

星期一
MON

5

Blank calendar grid for Monday, August 5th.

sing1 kei4 ji6

星期二
TUE

6

Blank calendar grid for Tuesday, August 6th, with checkboxes on the left.

sing1 kei4 saam1

星期三
WED

7

Blank calendar grid for Wednesday, August 7th, with checkboxes on the left.

sing1 kei4 sei3

星期四
THU

8

Blank calendar grid for Thursday, August 8th.

sing1 kei4 ng5

星期五
FRI

9

Blank calendar grid for Friday, August 9th.

sing1 kei4 luk6

星期六
SAT

10

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

cat1 zik6

七夕

Chinese Valentine's Day

○ ○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○ ○

sing1 kei4 jat6

星期日
SUN

11

○ ○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○ ○



WEEK OF: 12/08/24 - 18/08/24

baat3 jyut6

八月
August

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

sing1 kei4 jat1
星期一
MON 12

Blank writing area for Monday with three horizontal lines.

sing1 kei4 ji6
星期二
TUE 13

Blank writing area for Tuesday with three horizontal lines and checkboxes on the left.

sing1 kei4 saam1
星期三
WED 14

Blank writing area for Wednesday with three horizontal lines and checkboxes on the left.

sing1 kei4 sei3
星期四
THU 15

Blank writing area for Thursday.

sing1 kei4 ng5
星期五
FRI 16

Blank writing area for Friday.

sing1 kei4 luk6
星期六
SAT 17

zaap6 gwaan3 daa2 kaat1
習慣打卡
HABIT TRACKER M T W T F S S

Row of seven circles for habit tracking on Saturday.

Row of seven circles for habit tracking on Saturday.

sing1 kei4 jat6
星期日
SUN 18

Row of seven circles for habit tracking on Sunday.

Row of seven circles for habit tracking on Sunday.

Row of seven circles for habit tracking on Sunday.

Row of seven circles for habit tracking on Sunday.



WEEK OF: 19/08/24 - 25/08/24

baat3 jyut6

八月
August

JAN

FEB

MAR

APR

MAY

JUN

JUL

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SEP

OCT

NOV

DEC

sing1 kei4 jat1

星期一
MON

19

sing1 kei4 ji6

星期二
TUE

20

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sing1 kei4 saam1

星期三
WED

21

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sing1 kei4 sei3

星期四
THU

22

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sing1 kei4 ng5

星期五
FRI

23

sing1 kei4 luk6

星期六
SAT

24

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

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sing1 kei4 jat6

星期日
SUN

25

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WEEK OF: 26/08/24 - 31/08/24

baat3 jyut6

八月
August

JAN

FEB

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AUG

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NOV

DEC

sing1 kei4 jat1

星期一
MON

26

sing1 kei4 ji6

星期二
TUE

27

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sing1 kei4 saam1

星期三
WED

28

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sing1 kei4 sei3

星期四
THU

29

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sing1 kei4 ng5

星期五
FRI

30

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sing1 kei4 luk6

星期六
SAT

31

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

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sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

baat3 jyut6

八月

August

05/08/24 - 11/08/24

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

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OCT
NOV
DEC



sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

baat3 jyut6

八月

August

12/08/24 - 18/08/24

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
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THU				
FRI				
SAT				
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JAN

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OCT

NOV

DEC



sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

baat3 jyut6

八月

August

19/08/24 - 25/08/24

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

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JAN

FEB

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JUL

AUG

SEP

OCT

NOV

DEC



sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

baat3 jyut6

八月

August

26/08/24 - 31/08/24

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				

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



JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

gau2 jyut6

九月

September

sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

01/09/2402/09/24 - 08/09/2409/09/24 - 15/09/2416/09/24 - 22/09/2423/09/24 - 29/09/2430/09/24

zoeng3 bou2

帳簿

Budget Tracker



jat1 zau1 gai3 waak6

一周計劃

Weekly planner

01/09/2402/09/24 - 08/09/2409/09/24 - 15/09/2416/09/24 - 22/09/2423/09/24 - 29/09/2430/09/24



zoeng3 bou2

帳簿

Budget Tracker

sau1 jap6

收入

Income

Date	Description	Amount
Total		

cyu5 cuk1

儲蓄

Savings

Date	Description	Amount
Total		

zi1 ceot1

支出

Expenses

Date	Description	Amount
Total		

gau2 jyut6

九月

September

daan1

單

Bills

Date	Description	Amount	Paid
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
Total:			

	Budget	Actual
Earned		
Spent		
Debt		
Saved		

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



WEEK OF: 01/09/24

gau2 jyut6

九月

September

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

Blank writing area with three horizontal lines.

Writing area with three horizontal lines and checkboxes on the left.

Writing area with three horizontal lines and checkboxes on the left.

Large blank writing area.

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

Habit tracker grid with seven rows and seven columns of circles.

sing1 kei4 jat6

星期日

SUN

1



WEEK OF: 02/09/24 - 08/09/24

gau2 jyut6

九月

September

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

sing1 kei4 jat1

星期一

MON

2

sing1 kei4 ji6

星期二

TUE

3

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

sing1 kei4 saam1

星期三

WED

4

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

sing1 kei4 sei3

星期四

THU

5

sing1 kei4 ng5

星期五

FRI

6

sing1 kei4 luk6

星期六

SAT

7

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○
--	---	---	---	---	---	---	---

	○	○	○	○	○	○	○
--	---	---	---	---	---	---	---

sing1 kei4 jat6

星期日

SUN

8

	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○
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WEEK OF: 09/09/24 - 15/09/24

gau2 jyut6

九月

September

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

sing1 kei4 jat1

星期一

MON

9

sing1 kei4 ji6

星期二

TUE

10

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

sing1 kei4 saam1

星期三

WED

11

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

sing1 kei4 sei3

星期四

THU

12

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sing1 kei4 ng5

星期五

FRI

13

sing1 kei4 luk6

星期六

SAT

14

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

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sing1 kei4 jat6

星期日

SUN

15

○ ○ ○ ○ ○ ○ ○ ○

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WEEK OF: 16/09/24 - 22/09/24

gau2 jyut6
九月
September

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

sing1 kei4 jat1
星期一
MON 16

Blank calendar grid for Monday, September 16th.

sing1 kei4 ji6
星期二
TUE 17

Blank calendar grid for Tuesday, September 17th, with checkboxes for each hour.

zung1 cau1 zit3
中秋節
Mid-Autumn Festival

sing1 kei4 saam1
星期三
WED 18

Blank calendar grid for Wednesday, September 18th, with checkboxes for each hour.

sing1 kei4 sei3
星期四
THU 19

Blank calendar grid for Thursday, September 19th.

sing1 kei4 ng5
星期五
FRI 20

Blank calendar grid for Friday, September 20th.

sing1 kei4 luk6
星期六
SAT 21

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER **M T W T F S S**

Habit tracker grid for Saturday, September 21st, with columns for days of the week and rows for tracking.

sing1 kei4 jat6
星期日
SUN 22

Blank calendar grid for Sunday, September 22nd.



WEEK OF: 23/09/24 - 29/09/24

gau2 jyut6

九月

September

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

sing1 kei4 jat1

星期一

MON

23

sing1 kei4 ji6

星期二

TUE

24

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sing1 kei4 saam1

星期三

WED

25

<input type="checkbox"/>
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sing1 kei4 sei3

星期四

THU

26

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sing1 kei4 ng5

星期五

FRI

27

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sing1 kei4 luk6

星期六

SAT

28

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

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sing1 kei4 jat6

星期日

SUN

29



WEEK OF: 30/09/24

gau2 jyut6

九月

September

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

sing1 kei4 jat1

星期一

MON

30

Blank writing area for the first week of the month.

Blank writing area with three checkboxes for the second week of the month.

Blank writing area with three checkboxes for the third week of the month.

Large blank writing area for the fourth week of the month.

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

Habit tracker grid with seven rows and seven columns of circles for tracking habits.



sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

gau2 jyut6

九月

September

01/09/24

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
SUN				

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

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sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

gau2 jyut6

九月

September

02/09/24 - 08/09/24

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

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sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

gau2 jyut6

九月

September

09/09/24 - 15/09/24

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

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



sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

gau2 jyut6

九月

September

16/09/24 - 22/09/24

	zou2 caan1 早餐 BREAKFAST	ng5 caan1 午餐 LUNCH	maan5 caan1 晚餐 DINNER	siu2 sik6 小食 SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

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JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

gau2 jyut6

九月

September

23/09/24 - 29/09/24

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

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sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

gau2 jyut6

九月

September

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
SUN				

30/09/24

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

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JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

sap6 jyut6

十月

October

sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

01/10/24 - 06/10/2407/10/24 - 13/10/2414/10/24 - 20/10/2421/10/24 - 27/10/2428/01/24 - 31/01/24

zoeng3 bou2

帳簿

Budget Tracker



jat1 zau1 gai3 waak6

一周計劃

Weekly planner

01/10/24 - 06/10/2407/10/24 - 13/10/2414/10/24 - 20/10/2421/10/24 - 27/10/2428/01/24 - 31/01/24



WEEK OF: 01/10/24 - 06/10/24

sap6 jyut6

十月

October

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

sing1 kei4 ji6

星期二

TUE

1

sing1 kei4 saam1

星期三

WED

2

sing1 kei4 sei3

星期四

THU

3

sing1 kei4 ng5

星期五

FRI

4

sing1 kei4 luk6

星期六

SAT

5

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

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○ ○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○ ○

sing1 kei4 jat6

星期日

SUN

6

○ ○ ○ ○ ○ ○ ○ ○



WEEK OF: 07/10/24 - 13/10/24

sap6 jyut6

十月

October

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

sing1 kei4 jat1

星期一

MON

7

sing1 kei4 ji6

星期二

TUE

8

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

sing1 kei4 saam1

星期三

WED

9

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

sing1 kei4 sei3

星期四

THU

10

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sing1 kei4 ng5

星期五

FRI

11

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sing1 kei4 luk6

星期六

SAT

12

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

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	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

sing1 kei4 jat6

星期日

SUN

13

	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○



WEEK OF: 14/10/24 - 20/10/24

sap6 jyut6

十月

October

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

sing1 kei4 jat1

星期一

MON

14

sing1 kei4 ji6

星期二

TUE

15

<input type="checkbox"/>
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<input type="checkbox"/>

sing1 kei4 saam1

星期三

WED

16

<input type="checkbox"/>
<input type="checkbox"/>
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sing1 kei4 sei3

星期四

THU

17

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sing1 kei4 ng5

星期五

FRI

18

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sing1 kei4 luk6

星期六

SAT

19

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

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sing1 kei4 jat6

星期日

SUN

20



WEEK OF: 21/10/24 - 27/10/24

sap6 jyut6

十月

October

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

sing1 kei4 jat1

星期一

MON

21

sing1 kei4 ji6

星期二

TUE

22

<input type="checkbox"/>
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sing1 kei4 saam1

星期三

WED

23

<input type="checkbox"/>
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sing1 kei4 sei3

星期四

THU

24

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sing1 kei4 ng5

星期五

FRI

25

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sing1 kei4 luk6

星期六

SAT

26

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

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sing1 kei4 jat6

星期日

SUN

27

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sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

sap6 jyut6

十月

October

01/10/24 - 06/10/24

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
TUE				
WED				
THU				
FRI				
SAT				
SUN				

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JAN

FEB

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DEC



sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

sap6 jyut6

十月

October

07/10/24 - 13/10/24

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

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JAN

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DEC



sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

sap6 jyut6

十月

October

14/10/24 - 20/10/24

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
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sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

sap6 jyut6

十月

October

21/10/24 - 27/10/24

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

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



sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

sap6 jyut6

十月

October

28/10/24 - 31/10/24

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

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JAN
FEB
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SEP
OCT
NOV
DEC



JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

sap6 jat1 jyut6

十一月

November

sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

01/11/24 - 03/01/2404/11/24 - 10/11/2411/11/24 - 17/11/2418/11/24 - 24/11/2425/11/24 - 30/11/24

zoeng3 bou2

帳簿

Budget Tracker



jat1 zau1 gai3 waak6

一周計劃

Weekly planner

01/11/24 - 03/01/2404/11/24 - 10/11/2411/11/24 - 17/11/2418/11/24 - 24/11/2425/11/24 - 30/11/24



zoeng3 bou2

帳簿

Budget Tracker

sau1 jap6

收入

Income

Date	Description	Amount
Total		

cyu5 cuk1

儲蓄

Savings

Date	Description	Amount
Total		

zi1 ceot1

支出

Expenses

Date	Description	Amount
Total		

sap6 jat1 jyut6

十一月

November

daan1

單

Bills

Date	Description	Amount	Paid
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
Total:			

	Budget	Actual
Earned		
Spent		
Debt		
Saved		

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



WEEK OF: 01/11/24 - 03/11/24

sap6 jat1 jyut6

十一月

November

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

Blank lined area for notes.

Blank lined area with checkboxes for notes.

Blank lined area with checkboxes for notes.

Large blank area for notes or drawings.

sing1 kei4 ng5

星期五

FRI

1

ceoi4 zik6

除夕

Lunar New Year's Eve

sing1 kei4 luk6

星期六

SAT

2

nin4 co1 jat1

年初一

Lunar New Year

sing1 kei4 jat6

星期日

SUN

3

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

Habit tracker grid with circles for tracking.



WEEK OF: 11/11/24 - 17/11/24

sap6 jat1 jyut6

十一月

November

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

sing1 kei4 jat1

星期一

MON

11

sing1 kei4 ji6

星期二

TUE

12

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sing1 kei4 saam1

星期三

WED

13

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

sing1 kei4 sei3

星期四

THU

14

sing1 kei4 ng5

星期五

FRI

15

sing1 kei4 luk6

星期六

SAT

16

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

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sing1 kei4 jat6

星期日

SUN

17

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WEEK OF: 18/11/24 - 24/11/24

sap6 jat1 jyut6

十一月

November

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

sing1 kei4 jat1

星期一

MON

18

sing1 kei4 ji6

星期二

TUE

19

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

sing1 kei4 saam1

星期三

WED

20

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

sing1 kei4 sei3

星期四

THU

21

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sing1 kei4 ng5

星期五

FRI

22

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sing1 kei4 luk6

星期六

SAT

23

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

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sing1 kei4 jat6

星期日

SUN

24

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sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

sap6 jat1 jyut6

十一月

November

01/11/24 - 03/11/24

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

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JAN

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MAY

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JUL

AUG

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OCT

NOV

DEC



sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

sap6 jat1 jyut6

十一月

November

04/11/24 - 10/11/24

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

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	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

JAN

FEB

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APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

sap6 jat1 jyut6

十一月

November

11/11/24 - 17/11/24

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

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JAN

FEB

MAR

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MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

sap6 jat1 jyut6

十一月

November

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

18/11/24 - 24/11/24

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

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	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				



sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

sap6 jat1 jyut6

十一月

November

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
TUE				
WED				
THU				
FRI				
SAT				
SUN				

25/11/24 - 30/11/24

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

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



JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

sap6 ji6 jyut6

十二月

December

sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

01/12/2402/12/24 - 08/12/2409/12/24 - 15/12/2416/12/24 - 22/12/2423/12/24 - 29/12/2430/12/24 - 31/12/24

zoeng3 bou2

帳簿

Budget Tracker



jat1 zau1 gai3 waak6

一周計劃

Weekly planner

01/12/2402/12/24 - 08/12/2409/12/24 - 15/12/2416/12/24 - 22/12/2423/12/24 - 29/12/2430/12/24 - 31/12/24



zoeng3 bou2

帳簿

Budget Tracker

sap6 ji6 jyut6

十二月

December

daan1

單

Bills

sau1 jap6

收入

Income

Date	Description	Amount
Total		

cyu5 cuk1

儲蓄

Savings

Date	Description	Amount
Total		

zi1 ceot1

支出

Expenses

Date	Description	Amount
Total		

Date	Description	Amount	Paid
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
			●
Total:			

	Budget	Actual
Earned		
Spent		
Debt		
Saved		

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



WEEK OF: 01/12/24

sap6 ji6 jyut6

十二月

December

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

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○ ○ ○ ○ ○ ○ ○

sing1 kei4 jat6

星期日

SUN

1



WEEK OF: 02/12/24 - 08/12/24

sap6 ji6 jyut6
十二月
December

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

sing1 kei4 jat1
星期一
MON

2

Blank writing area for Monday with three horizontal lines.

sing1 kei4 ji6
星期二
TUE

3

Blank writing area for Tuesday with three horizontal lines, each starting with a small square box.

sing1 kei4 saam1
星期三
WED

4

Blank writing area for Wednesday with three horizontal lines, each starting with a small square box.

sing1 kei4 sei3
星期四
THU

5

Large blank writing area for Thursday.

sing1 kei4 ng5
星期五
FRI

6

Large blank writing area for Friday.

sing1 kei4 luk6
星期六
SAT

7

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

Habit tracker grid with seven columns (M-T-F-S-S) and four rows of circles for tracking.

sing1 kei4 jat6
星期日
SUN

8

Blank writing area for Sunday with four horizontal lines.



WEEK OF: 09/12/24 - 15/12/24

sap6 ji6 jyut6

十二月

December

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

sing1 kei4 jat1

星期一

MON

9

sing1 kei4 ji6

星期二

TUE

10

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

sing1 kei4 saam1

星期三

WED

11

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

sing1 kei4 sei3

星期四

THU

12

sing1 kei4 ng5

星期五

FRI

13

sing1 kei4 luk6

星期六

SAT

14

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

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sing1 kei4 jat6

星期日

SUN

15



WEEK OF: 16/12/24 - 22/12/24

sap6 ji6 jyut6

十二月

December

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

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DEC

sing1 kei4 jat1

星期一

MON

16

sing1 kei4 ji6

星期二

TUE

17

<input type="checkbox"/>
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<input type="checkbox"/>

sing1 kei4 saam1

星期三

WED

18

<input type="checkbox"/>
<input type="checkbox"/>
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sing1 kei4 sei3

星期四

THU

19

sing1 kei4 ng5

星期五

FRI

20

sing1 kei4 luk6

星期六

SAT

21

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

dung1 zi3

冬至

Winter Solstice

	○	○	○	○	○	○	○
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sing1 kei4 jat6

星期日

SUN

22

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WEEK OF: 23/12/24 - 29/12/24

sap6 ji6 jyut6

十二月

December

JAN

FEB

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MAY

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DEC

sing1 kei4 jat1

星期一

MON

23

sing1 kei4 ji6

星期二

TUE

24

<input type="checkbox"/>
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sing1 kei4 saam1

星期三

WED

25

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

sing1 kei4 sei3

星期四

THU

26

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sing1 kei4 ng5

星期五

FRI

27

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sing1 kei4 luk6

星期六

SAT

28

zaap6 gwaan3 daa2 kaat1

習慣打卡

HABIT TRACKER M T W T F S S

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sing1 kei4 jat6

星期日

SUN

29

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sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

sap6 ji6 jyut6

十二月

December

02/12/24 - 08/12/24

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

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sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

sap6 ji6 jyut6

十二月

December

09/12/24 - 15/12/24

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

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JAN

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sin6 sik6 caan1 daan1

膳食餐單

Meal Plan

sap6 ji6 jyut6

十二月

December

16/12/24 - 22/12/24

gau3 mat6 cing1 daan1

購物清單

SHOPPING LIST

	zou2 caan1 早餐	ng5 caan1 午餐	maan5 caan1 晚餐	siu2 sik6 小食
	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

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