

TRACK YOUR HABITS

November 2024	1	2	3	4	5	6	7	8	9	Sum	Goal	Progress	Reward
30 minutes of exercise 🏃	✓	✓	☐	✓	☐	✓	✓	☐	✓	21	20	<div style="width: 105%;"></div>	Trip to the cinema
Drink 2 liters of water 💧	✓	☐	✓	✓	✓	☐	✓	✓	✓	24	20	<div style="width: 120%;"></div>	New water bottle
Meditation 🧘	✓	✓	☐	✓	✓	✓	✓	✓	✓	26	20	<div style="width: 130%;"></div>	Massage session
Reading a book 📖	✓	✓	✓	☐	✓	✓	☐	✓	✓	24	20	<div style="width: 120%;"></div>	New book
Daily planning 📅	✓	☐	✓	✓	✓	☐	✓	✓	✓	24	20	<div style="width: 120%;"></div>	New T-shirt
Social media max 30 minutes 📱	✓	✓	✓	☐	✓	✓	☐	✓	☐	22	20	<div style="width: 110%;"></div>	Trip to the theater
Walk 🚶	✓	✓	☐	✓	☐	✓	✓	✓	✓	24	20	<div style="width: 120%;"></div>	Donut
Sleep hygiene 😴	☐	✓	✓	☐	✓	✓	☐	✓	✓	23	20	<div style="width: 115%;"></div>	Favorite perfume
Healthy eating 🥗	✓	☐	✓	✓	✓	✓	✓	☐	✓	25	20	<div style="width: 125%;"></div>	Relaxing bath
Study 30 minutes a day 📚	✓	✓	✓	☐	✓	✓	✓	✓	✓	26	20	<div style="width: 130%;"></div>	Trip to the cinema

Monitor progress and stay motivated with rewards.

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S Ashworth



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North Central Association Quarterly ,1926 The official organ of the North Central Association of Colleges and Schools called earlier North Central Association of Colleges and Secondary Schools Journal of the Michigan Schoolmasters' Club Michigan Schoolmasters' Club,1929 **American Artisan, Tinner and House Furnisher** Daniel Stern,1924 **Railroad Brakemen's Journal** ,1924 **American Magazine** ,1922 **Bazaar Exchange and Mart, and Journal of the Household** ,1891 **Learning how to Study and Work Effectively** William Frederick Book,1926 **The Canadian Countryman** ,1928 Journal of Proceedings and Addresses of the ... Annual Meeting National Education Association of the United States. Meeting,1913

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as a photographer who straddled the gap between art and commerce helmut newton always managed to surprise and polarize his audience among the editorial staff of many magazines he encountered creative kindred spirits who responded to his unusual visual ideas

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over 300 works based on the original polaroids were shown at 2011 exhibition helmut newton polaroids at the museum für fotografie in berlin 13 death edit

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throughout his career helmut newton used polaroids as both a crucial tool for testing light and composition and a means of revisiting his shoots these objects allow the viewer a rare chance to look behind the scenes of some of his greatest pictures from milan to paris and saint tropez

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mit helmut newton polaroids präsentiert die helmut newton stiftung erstmalig den werkaspekt der sofortbild fotografie im schaffen des fotografen und widmet ihm anhand von über 300 fotografien vergrößerungen der original polaroids ergänzt durch vitrinen mit den kleinformaten eine eigene ausstellung

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helmut newton also loved taking photographs with a polaroid from the 1970s onwards he used these devices extensively particularly during his fashion shoots so this exhibition does not just feature the polaroids of helmut newton but also works by numerous colleagues such as robert mapplethorpe mary ellen mark david hockney ulay

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luckily for us legendary photographer helmut newton saved his test polaroids allowing a privileged and rare chance to see the tests from a selection of his greatest shoots over a period of decades including many from the taschen titles sumo a gun for hire and work selected by his widow june newton from over 300 photos featured at the

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