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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
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# January Goals

## February Goals

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# May Goals

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# *Tune Goals*

Left Page





# September Goals

Left Page





# November Goals

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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## December Goals

[illegible]



## About The Files

The files are delivered in PDF format unless otherwise stated.

We recommend using Adobe Reader to print your files. You can get this software for free at:

<https://get.adobe.com/reader/otherversions/>

Other programs are available but the downloads have only been tested on this software.

## HOW TO PRINT AT HOME

### What Paper To Use:

Printing on high quality paper is recommended to minimise bleed through from both your printer and your pen ink when you write on the pages.

I've had great results printing on HP Premium Choice Paper which is 100g/m2.

If you're printing dividers then I'd recommend using Premium Quality Photo Paper at 230g/m2 which is a really nice thick paper and shows up your dividers colours beautifully, you can also print double sided quite easily on this if you wish.

You can check out my paper choice below - please note these are affiliate links with the UK Amazon website, whilst it will cost you no extra to visit these links I will make a little bit of money if you shop after using one of them:

HP Premium Choice Paper: <http://www.flippingheck.com/recommends/hp-premium-choice-paper/>

Photo Card: <http://www.flippingheck.com/recommends/photo-paper-230gsm-card-quality/>

### Happy Planner sized pages:

Please ensure that you have the page size set to "Actual Size" or that scaling is set to 100% so that the page will print to the correct size for a standard Happy Planner.

### A5 Sized Pages:

Please ensure that you have the page size set to a custom scale of 90%. This will print the page to the correct height and you will simply have to trim the width accordingly.

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## IMPORTANT THINGS TO NOTE:

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### Double sided Printing

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Duplex printing is NOT recommended. Depending on your printer, duplex printing can mess with the margins and cause the alignment of a double-sided page to shift meaning that when you trim it you may cut off part of the design on the reverse page.

Instead, print the number of "Left Pages" that you need, then reverse them according to your printer instructions and then print the corresponding number of "Right Pages". This should ensure that the pages line up correctly when you come to trim them down.

### How To Punch Holes

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Holes should be punched on the right-hand margin of a left page and the left-hand margin of a right page. You can use a specific Happy Planner Punch

Recommended Products (The links below are affiliate links)

- Happy Planner Punch

<http://www.flippingheck.com/recommends/happy-planner-hole-punch>

- Filofax 6 Hole Punch

<http://www.flippingheck.com/recommends/filofax-6-hole-punch/>

- Single Hole Plier Punch

<http://www.flippingheck.com/recommends/single-hole-plier-punch/>

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## WHAT TO DO IF YOU HAVE PROBLEMS

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In the unlikely event you that you have any problems with a printable, please set up a ticket with the Flipping Heck Help Desk

<http://helpdesk.flippingheck.com/>

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## HOW TO REQUEST A PRINTABLE

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If you have an idea for a printable or an amendment for an existing one, please raise a support ticket at

<http://helpdesk.flippingheck.com/>

And choose the "Request A Printable" category

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Katy

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t: [@FlipHeck](https://twitter.com/FlipHeck)