2017

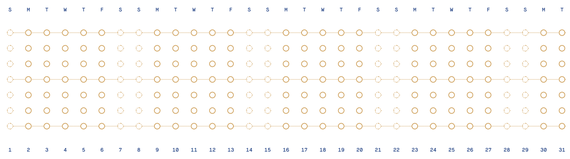
Yesterday

Yesterday is an interactive calendar and a daily diary that helps you remember how you perceived each day of each year and enables you to reflect on the past more objectively; Every morning you should rate the previous day on the scale from 1–7 (bottom to top). Preferably using the same blue pen each day.

At the end of each month you can summarise and write descriptions for your best and worst days and calculate the average rating for the whole month. You can connect the days that have passed with a line to form a more graphic representation of the ups and downs you experienced.

Q1

January

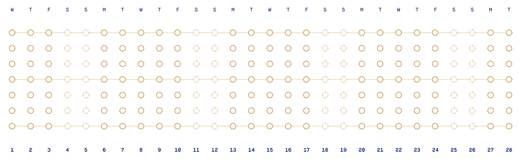


BEST DAY
DESC.

WORST DAY
DESC.

AVG.RATING

February

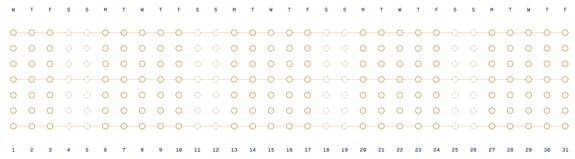


BEST DAY
DESC.

WORST DAY
DESC.

AVG.RATING

March



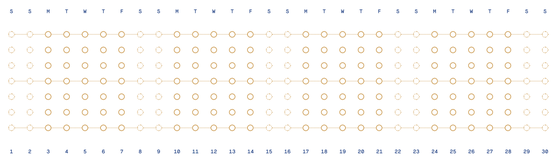
BEST DAY
DESC.

WORST DAY
DESC.

AVG.RATING

Q2

April

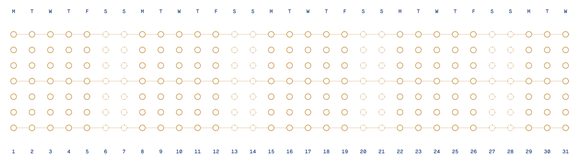


BEST DAY
DESC.

WORST DAY
DESC.

AVG.RATING

May

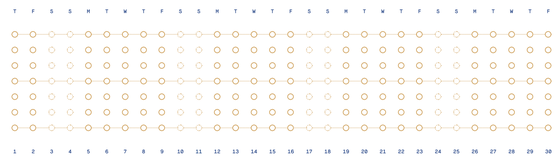


BEST DAY
DESC.

WORST DAY
DESC.

AVG.RATING

June



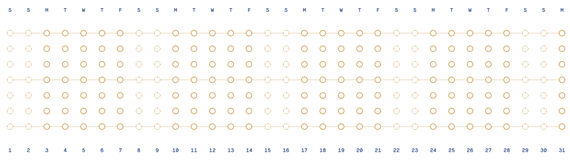
BEST DAY
DESC.

WORST DAY
DESC.

AVG.RATING

Q3

July

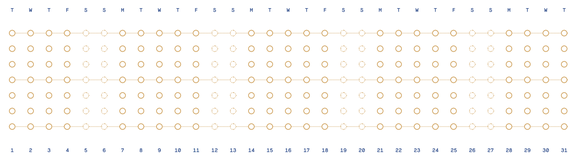


BEST DAY
DESC.

WORST DAY
DESC.

AVG.RATING

August

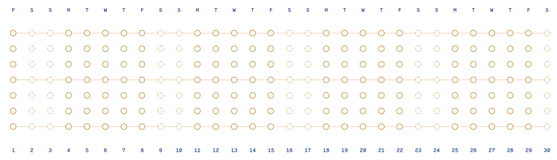


BEST DAY
DESC.

WORST DAY
DESC.

AVG.RATING

September



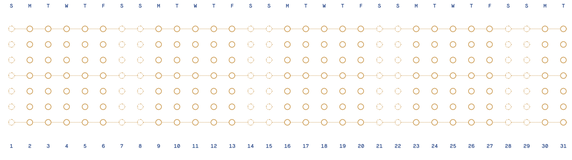
BEST DAY
DESC.

WORST DAY
DESC.

AVG.RATING

Q4

October

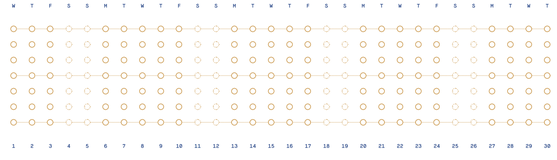


BEST DAY
DESC.

WORST DAY
DESC.

AVG.RATING

November

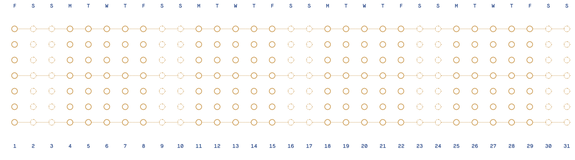


BEST DAY
DESC.

WORST DAY
DESC.

AVG.RATING

December



BEST DAY
DESC.

WORST DAY
DESC.

AVG.RATING