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# Birdwatching Journal

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A 30-Day Guided Journal



Table / Log

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Enter species name (common or scientific), date, time, and exact location
  - Record the count and describe the habitat — forest, wetland, meadow, coast
  - Note key behaviors: feeding, singing, nesting, foraging, or migrating
  - Capture weather conditions and use the notes column for plumage, calls, or unusual markings
  - Review past entries to spot migration trends and seasonal patterns



Scan for a detailed guide on how to use this journal



























































