

monday




EXERCISE
:

MEALS

House Keeping

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Work/School



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Errands/Appointments

_____	:
_____	:
_____	:
_____	:

Family Activities

tuesday

EXERCISE
:

MEALS

House Keeping

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Work/School

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Errands/Appointments

_____	:
_____	:
_____	:
_____	:

Family Activities

wednesday



EXERCISE

MEALS

House Keeping

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Work/School

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Errands/Appointments

Family Activities

thursday



EXERCISE

MEALS

House Keeping

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Work/School

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Errands/Appointments

Family Activities

friday



EXERCISE
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MEALS

House Keeping

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Work/School

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Errands/Appointments

Family Activities

saturday



EXERCISE
:

MEALS

House Keeping

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Work/School

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Errands/Appointments

Family Activities

sunday



EXERCISE

MEALS

House Keeping

- _____
- _____
- _____
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Work/School

- _____
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- _____
- _____

Errands/Appointments

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_____	⋮
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_____	⋮

Family Activities
