

monday




EXERCISE
:

MEALS

House Keeping

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Work/School


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-
-
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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
:

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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- _____
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Work/School

- _____
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- _____
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- _____
- _____
- _____

Errands/Appointments

_____	⋮
_____	⋮
_____	⋮
_____	⋮

Family Activities
