


monday




 EXERCISE
 : _____

MEALS

House Keeping

Work/School

Errands/Appointments

_____ : _____
 _____ : _____
 _____ : _____
 _____ : _____
 _____ : _____

Family Activities

tuesday



 EXERCISE
 : _____

MEALS

House Keeping

Work/School

Errands/Appointments

_____ : _____
 _____ : _____
 _____ : _____
 _____ : _____
 _____ : _____

Family Activities

wednesday



 EXERCISE : _____
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MEALS

House Keeping	
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Work/School	
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Errands/Appointments	
_____	:
_____	:
_____	:
_____	:
_____	:

Family Activities

thursday




EXERCISE
:

MEALS


House Keeping

Work/School

Errands/Appointments

Family Activities

friday


EXERCISE
: _____

MEALS

House Keeping

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Work/School

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Errands/Appointments

- _____ : _____
- _____ : _____
- _____ : _____
- _____ : _____
- _____ : _____

Family Activities

saturday




EXERCISE
: _____

MEALS

House Keeping

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Work/School

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Errands/Appointments

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Family Activities

sunday



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EXERCISE

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MEALS

House Keeping

Work/School

Errands/Appointments

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Family Activities
