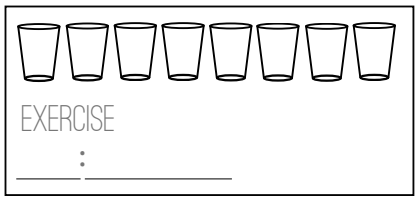

EXERCISE

:

MEALS

House Keeping

- ◯
- ◯
- ◯
- ◯
- ◯
- ◯
- ◯

Work/School

- ◯
- ◯
- ◯
- ◯
- ◯
- ◯
- ◯

Errands/Appointments

	:
	:
	:
	:
	:

Family Activies

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