

S M T W T F S



exercise

meals

House Keeping

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

Work/School/Other

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

Errands/Appointments

- _____ :

- _____ :

- _____ :

- _____ :

- _____ :

Family Activities

S M T W T F S



exercise

meals

House Keeping

- _____
- _____
- _____
- _____
- _____
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Work/School/Other

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- _____
- _____
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Errands/Appointments

- _____ :

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Family Activities
