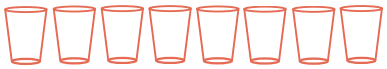
S M T W T F S



exercise

meals

House Keeping

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Work/School/Other

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Errands/Appointments

	:
	:
	:
	:
	:

Family Activities

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