MON TUE WED. THU. FRI. SAT SUN

DATE:

to do

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notes

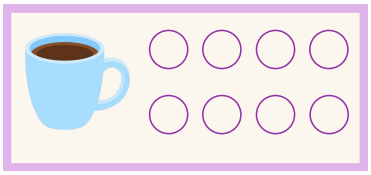
breakfast

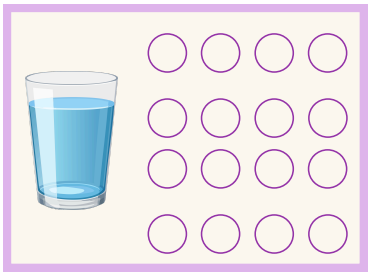
lunch

dinner

snacks

TIME	ACTIVITY





reminder