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TODAY'S SCHEDULE TODAY'S GOALS 6 A M _____ 7A M CHORES 8 A M 9AM 10 A M _____ WORKOUT 11AM _____ 12 P M _____ WATER 1PM SELF CARE 2PM B-FAST LUNCH 3 P M DINNER 4PM NOTES 5PM 6PM 7 P M EVENING_____



TO DO LIST

TODAY'S SCHEDULE	TODAY'S GOALS	TODAY'S SCHEDULE	TODAY'S GOALS
6AM	1	6AM	1
7A M	3	7A M	3
8AM	CHORES	8AM	CHORES
9AM		9A M	
10 A M		10 A M	
11AM	WORKOUT	11AM	WORKOUT
12PM	WATER	12 P M	WATER
1PM	SELF CARE♡	1PM	SELF CARE♡
2 P M	B-FAST	2PM	B-FAST
3PM	LUNCH	3PM	LUNCH
4PM	NOTES	4PM	NOTES
5PM		5PM	
6PM		6PM	
7PM		7PM	
EVENING		EVENING	