

CECILIA & SEBASTIAN

PAPER COMPANY



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TO DO LIST

TODAY'S SCHEDULE

6 AM _____

7 AM _____

8 AM _____

9 AM _____

10 AM _____

11 AM _____

12 PM _____

1 PM _____

2 PM _____

3 PM _____

4 PM _____

5 PM _____

6 PM _____

7 PM _____

EVENING _____

TODAY'S GOALS

1 _____

2 _____

3 _____

CHORES

WORKOUT

_____ _____

WATER

SELF CARE

_____ 

B-FAST _____

LUNCH _____

DINNER _____

NOTES

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11AM _____

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EVENING _____

TODAY'S GOALS
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SELF CARE _____ <input type="checkbox"/>
B-FAST _____
LUNCH _____
DINNER _____
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SELF CARE _____ <input type="checkbox"/>
B-FAST _____
LUNCH _____
DINNER _____
NOTES

