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- ☐ _____



Tuesday /

Must do:

- ☐ _____
- ☐ _____
- ☐ _____

Appointments/Meetings:

- ☐ _____
- ☐ _____
- ☐ _____



Wednesday /

Must do:

- ☐ _____
- ☐ _____
- ☐ _____

Appointments/Meetings:

- ☐ _____
- ☐ _____
- ☐ _____



Thursday /

Must do:

- ☐ _____
- ☐ _____
- ☐ _____

Appointments/Meetings:

- ☐ _____
- ☐ _____
- ☐ _____



Friday /

Must do:

- ☐ _____
- ☐ _____
- ☐ _____

Appointments/Meetings:

- ☐ _____
- ☐ _____
- ☐ _____



Saturday /

Must do:

- ☐ _____
- ☐ _____
- ☐ _____

Appointments/Meetings:

- ☐ _____
- ☐ _____
- ☐ _____



Self Care

Weekly Exercise Goals:

Weekly Self Care Goals:

Gratitude:

Sunday /

Must do:

- ☐ _____
- ☐ _____
- ☐ _____

Appointments/Meetings:

- ☐ _____
- ☐ _____
- ☐ _____



Monday /

Must do:

- ☐ _____
- ☐ _____
- ☐ _____

Appointments/Meetings:

- ☐ _____
- ☐ _____
- ☐ _____



Tuesday /

Must do:

- ☐ _____
- ☐ _____
- ☐ _____

Appointments/Meetings:

- ☐ _____
- ☐ _____
- ☐ _____



Wednesday /

Must do:

- ☐ _____
- ☐ _____
- ☐ _____

Appointments/Meetings:

- ☐ _____
- ☐ _____
- ☐ _____



Thursday /

Must do:

- ☐ _____
- ☐ _____
- ☐ _____

Appointments/Meetings:

- ☐ _____
- ☐ _____
- ☐ _____



Friday /

Must do:

- ☐ _____
- ☐ _____
- ☐ _____

Appointments/Meetings:

- ☐ _____
- ☐ _____
- ☐ _____



Saturday /

Must do:

- ☐ _____
- ☐ _____
- ☐ _____

Appointments/Meetings:

- ☐ _____
- ☐ _____
- ☐ _____



Self Care

Weekly Exercise Goals:

Weekly Self Care Goals:

Gratitude:
