

Sunday   Must do:   Must do:   Appointments/Meetings:	Monday / Must do: Appointments/Meetings:	Tuesday   Must do:   Must do:   Appointments/Meetings:	Wednesday / Must do: Appointments/Meetings:
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Sunday   Must do:   Must do:   Appointments/Meetings:	Monday / Must do:  Must do:  Appointments/Meetings:	Tuesday       /         Must do:	Wednesday / Must do: Appointments/Meetings:
O O   Thursday /   Must do:	OOOOOOOO Friday / Must do:	Saturday / Must do:	Self Care Weekly Exercise Goals:
Appointments/Meetings:	Appointments/Meetings:	Appointments/Meetings:	Weekly Self Care Goals:
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