

Week of: _____

Sunday

Must do:
● _____
● _____
● _____

Appointments/Meetings:
● _____
● _____
● _____

● ● ● ● ● ● ● ●

Monday

Must do:
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● _____
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Appointments/Meetings:
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Tuesday

Must do:
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● _____
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Appointments/Meetings:
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Wednesday

Must do:
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Appointments/Meetings:
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Thursday

Must do:
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Appointments/Meetings:
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Friday

Must do:
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Appointments/Meetings:
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Saturday

Must do:
● _____
● _____
● _____

Appointments/Meetings:
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● ● ● ● ● ● ● ●

Self Care

Weekly Exercise Goals:

Weekly Self Care Goals:

Gratitude:

