

Today's date:

SELF-CARE



schedule:

6am \_\_\_\_\_  
7am \_\_\_\_\_  
8am \_\_\_\_\_  
9am \_\_\_\_\_  
10am \_\_\_\_\_  
11am \_\_\_\_\_  
12pm \_\_\_\_\_  
1pm \_\_\_\_\_  
2pm \_\_\_\_\_  
3pm \_\_\_\_\_  
4pm \_\_\_\_\_  
5pm \_\_\_\_\_  
6pm \_\_\_\_\_  
7pm \_\_\_\_\_

tasks:

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