

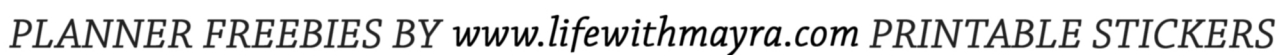


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TODAY'S GOAL	TODAY'S GOAL	TODAY'S GOAL	TODAY'S GOAL

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 10 11 12 13 14 15 16 17 18
 19 20 21 22 23 24 25 26 27
 28 29 30 31



WEEKLY MENU	SCHOOL	WORK HOURS	HYDRATE
M	M	M	M
T	T	T	T
W	W	W	W
T	T	T	T
F	F	F	F
S	S	S	S
S	S	S	S