# Summer Planner

# This Planner Belongs To



# AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Notes		

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Notes	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Notes	

# May/June

MON 29	
TUE 30	
WED 31	
THU 1	
FRI 2	
SAT 3	
SUN 4	

MON 5	
TUE 6	
WED 7	
THU 8	
FRI 9	
SAT 10	
SUN 11	

MON 12	
TUE 13	
WED 14	
THU 15	
FRI 16	
SAT 17	
SUN 18	

MON 19	
TUE 20	
WED 21	
THU 22	
FRI 23	
SAT 24	
SUN 25	

# June/July

MON 26	
TUE 27	
WED 28	
THU 29	
FRI 30	
SAT 1	
SUN 2	

MON 3	
TUE 4	
WED 5	
THU 6	
FRI 7	
SAT 8	
SUN 9	

MON 10	
TUE 11	
WED 12	
THU 13	
FRI 14	
SAT 15	
SUN 16	

MON 17	
TUE 18	
WED 19	
THU 20	
FRI 21	
SAT 22	
SUN 23	

MON 24	
TUE 25	
WED 26	
THU 27	
FRI 28	
SAT 29	
SUN 30	

MON 31	
TUE 1	
WED 2	
THU 3	
FRI 4	
SAT 5	
SUN 6	

MON 7	
TUE 8	
WED 9	
THU 10	
FRI 11	
SAT 12	
SUN 13	

MON 14	
TUE 15	
WED 16	
THU 17	
FRI 18	
SAT 19	
SUN 20	

MON 21	
TUE 22	
WED 23	
THU 24	
FRI 25	
SAT 26	
SUN 27	

### August/September

MON 28	
TUE 29	
WED 30	
THU 31	
FRI 1	
SAT 2	
SUN 3	

#### Thursday, June 1

	Priorities
6	
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11	Self Care For Today
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7	Water Tracker
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Notes	

#### Friday, June 2

	Priorities
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11	Self Care For Today
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7	Water Tracker
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Notes	

#### Saturday, June 3

	Priorities
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11	Self Care For Today
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7	Water Tracker
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Notes	

#### Sunday, June 4

	Priorities
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11	Self Care For Today
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7	Water Tracker
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Notes	

#### Monday, June 5

	Priorities
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11	Self Care For Today
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7	Water Tracker
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Notes	

#### Tuesday, June 6

	Priorities
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11	Self Care For Today
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7	Water Tracker
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Notes	

#### Wednesday, June 7

	Priorities
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11	Self Care For Today
12	
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7	Water Tracker
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#### Thursday, June 8

	Priorities
6	
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11	Self Care For Today
12	Seif Care 707 70aug
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7	Water Tracker
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#### Friday, June 9

		Priorities
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11		— Self Care For Today
12		
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7		Water Tracker
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#### Saturday, June 10

	Priorities
6	
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11	Self Care For Today
12	
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6	
7	Water Tracker
8	$\sim$
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Notes	

#### Sunday, June 11

	Priorities
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11	Self Care For Today
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7	Water Tracker
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#### Monday, June 12

	Priorities
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11	Self Care For Today
12	Seif Care 707 70aug
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7	Water Tracker
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#### Tuesday, June 13

#### Wednesday, June 14

	Priorities
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11	Self Care For Today
12	
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7	Water Tracker
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#### Thursday, June 15

### Friday, June 16

	Priorities
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11	Self Care For Today
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7	Water Tracker
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#### Saturday, June 17

### Sunday, June 18

	Priorities
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11	Self Care For Today
12	
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7	Water Tracker
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Notes	

### Monday, June 19

	Prioritie	?S
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11	Self Care For	Today
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7	Water Trac	cker
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No	otes	

#### Tuesday, June 20

#### Wednesday, June 21

6		Priorities
8         9         10         11       Self Care For Toda         12         1         2         3         4         5         6         7         Water Tracker         8         9         10	6	
9	7	
10 11 12 11 2 3 4 5 6 7 Water Tracker 8 9 10	8	
11       Self Care For Toda         12       Image: Control of the	9	
12 1 2 3 4 5 6 7 Water Tracker 8 9 10	10	
12 1 2 3 4 5 6 7 Water Tracker 8 9 10	11	Self Care For Today
2 3 4 5 6 7 Water Tracker 8 9 10	12	
3 4 5 6 7 Water Tracker 8 9 10	1	
4   5   6   Water Tracker   8   9   10   \( \rack{\delta} \cdot \rack{\delta} \d	2	
5	3	
6 7 Water Tracker 8 9 10	4	
7	5	
8 9 10	6	
9 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	7	Water Tracker
10	8	$\overline{}$
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# Thursday, June 22

	Priorities
6	
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11	Self Care For Today
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7	Water Tracker
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No	es

### Friday, June 23

	Priorities
6	
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11	Self Care For Today
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7	Water Tracker
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Notes	

# Saturday, June 24

6		Priorities
8         9         10         11       Self Care For Toda         12         1         2         3         4         5         6         7         Water Tracker         8         9         10	6	
9	7	
10 11 12 11 2 3 4 5 6 7 Water Tracker 8 9 10	8	
11       Self Care For Toda         12       Image: Control of the	9	
12 1 2 3 4 5 6 7 Water Tracker 8 9 10	10	
12 1 2 3 4 5 6 7 Water Tracker 8 9 10	11	Self Care For Today
2 3 4 5 6 7 Water Tracker 8 9 10	12	
3 4 5 6 7 Water Tracker 8 9 10	1	
4   5   6   Water Tracker   8   9   10   \( \) \	2	
5	3	
6 7 Water Tracker 8 9 10	4	
7	5	
8 9 10	6	
9 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	7	Water Tracker
10	8	$\overline{}$
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Notes	10	
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# Sunday, June 25

6		Priorities
8         9         10         11       Self Care For Toda         12         1         2         3         4         5         6         7         Water Tracker         8         9         10	6	
9	7	
10 11 12 11 2 3 4 5 6 7 Water Tracker 8 9 10	8	
11       Self Care For Toda         12       Image: Control of the	9	
12 1 2 3 4 5 6 7 Water Tracker 8 9 10	10	
12 1 2 3 4 5 6 7 Water Tracker 8 9 10	11	Self Care For Today
2 3 4 5 6 7 Water Tracker 8 9 10	12	
3 4 5 6 7 Water Tracker 8 9 10	1	
4   5   6   Water Tracker   8   9   10   \( \) \	2	
5	3	
6 7 Water Tracker 8 9 10	4	
7	5	
8 9 10	6	
9 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	7	Water Tracker
10	8	$\overline{}$
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Notes	10	
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### Monday, June 26

		Priorities
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11		Self Care For Today
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7		Water Tracker
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### Tuesday, June 27

6		Priorities
8         9         10         11       Self Care For Today         1         2         3         4         5         6         7       Water Tracker         8         9         10	6	
9	7	
10 11 12 12 1 2 3 4 5 6 7 Water Tracker 8 9 10	8	
11       Self Care For Today         12       1         2       3         4       5         6       Water Tracker         8       9         10       \( \) \( \) \( \) \( \) \( \) \( \)	9	
12 1 2 3 4 5 6 7 Water Tracker 8 9 10	10	
12 1 2 3 4 5 6 7 Water Tracker 8 9 10	11	Self Care For Today
2 3 4 5 6 7 Water Tracker 8 9 10	12	
3 4 5 6 7 Water Tracker 8 9 10	1	
4	2	
5 6 7 Water Tracker 8 9 10	3	
6 7 Water Tracker  8 9 10	4	
7	5	
8 9 10	6	
9 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	7	Water Tracker
10	8	$\sim$
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	Notes	

#### Wednesday, June 28

### Thursday, June 29

	Priorities
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11	Self Care For Today
12	
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7	Water Tracker
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No	es

### Friday, June 30

6		Priorities
8         9         10         11       Self Care For Today         1         2         3         4         5         6         7       Water Tracker         8         9         10	6	
9	7	
10 11 12 12 1 2 3 4 5 6 7 Water Tracker 8 9 10	8	
11       Self Care For Today         12       1         2       3         4       5         6       Water Tracker         8       9         10       \( \) \( \) \( \) \( \) \( \) \( \)	9	
12 1 2 3 4 5 6 7 Water Tracker 8 9 10	10	
12 1 2 3 4 5 6 7 Water Tracker 8 9 10	11	Self Care For Today
2 3 4 5 6 7 Water Tracker 8 9 10	12	
3 4 5 6 7 Water Tracker 8 9 10	1	
4	2	
5 6 7 Water Tracker 8 9 10	3	
6 7 Water Tracker  8 9 10	4	
7	5	
8 9 10	6	
9 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	7	Water Tracker
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	Notes	

# Saturday, July 1

	Priorities
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11	Self Care For Today
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7	Water Tracker
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Notes	

# Sunday, July 2

	Priorities
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11	Self Care For Today
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7	Water Tracker
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Notes	

### Monday, July 3

	Priorities
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11	Self Care For Today
12	
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7	Water Tracker
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Notes	

### Tuesday, July 4

	Priorities
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11	Self Care For Today
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7	Water Tracker
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Notes	

### Wednesday, July 5

#### Thursday, July 6

# Friday, July 7

	Priorities
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11	Self Care For Today
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7	Water Tracker
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# Saturday, July 8

	Priorities
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11	Self Care For Today
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7	Water Tracker
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Notes	

# Sunday, July 9

	Priorities
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11	Self Care For Today
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7	Water Tracker
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No	es

# Monday, July 10

	Priorities
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11	Self Care For Today
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7	Water Tracker
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#### Tuesday, July 11

#### Wednesday, July 12

#### Thursday, July 13

### Friday, July 14

	Priorities
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11	Self Care For Today
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7	Water Tracker
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Notes	

# Saturday, July 15

		Priorities
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11		—— Self Care For Today
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7		Water Tracker
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#### Sunday, July 16

# Monday, July 17

	Priorities
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11	Self Care For Today
12	self care for folding
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7	Water Tracker
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#### Tuesday, July 18

#### Wednesday, July 19

#### Thursday, July 20

# Friday, July 21

	Priorities
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11	Self Care For Today
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7	Water Tracker
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### Saturday, July 22

# Sunday, July 23

	Priorities
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11	Self Care For Today
12	Seif Care 707 70aug
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7	Water Tracker
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No	es

# Monday, July 24

	Priorities
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11	Self Care For Today
12	
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7	Water Tracker
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No	es

## Tuesday, July 25

	Priorities
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11	Self Care For Today
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7	Water Tracker
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## Wednesday, July 26

#### Thursday, July 27

# Friday, July 28

	Priorities
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11	Self Care For Today
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7	Water Tracker
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Notes	

#### Saturday, July 29

### Sunday, July 30

# Monday, July 31

	Priorities
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11	Self Care For Today
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7	Water Tracker
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# Tuesday, August 1

	Priorities
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11	Self Care For Today
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7	Water Tracker
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Notes	

## Wednesday, August 2

# Thursday, August 3

	Priorities
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11	Self Care For Today
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7	Water Tracker
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Note	

# Friday, August 4

	Priorities
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11	Self Care For Today
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7	Water Tracker
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### Saturday, August 5

## Sunday, August 6

	Priorities
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11	Self Care For Today
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7	Water Tracker
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### Monday, August 7

	Priorities
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11	Self Care For Today
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7	Water Tracker
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Notes	

### Tuesday, August 8

	Priorities
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11	Self Care For Today
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7	Water Tracker
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Note	

## Wednesday, August 9

#### Thursday, August 10

### Friday, August 11

	Priorities
6	
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11	Self Care For Today
12	
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6	
7	Water Tracker
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Notes	

#### Saturday, August 12

# Sunday, August 13

	Priorities
6	
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11	Self Care For Today
12	
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7	Water Tracker
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Notes	

## Monday, August 14

		Priorities
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11		elf Care For Today
12		if care for folding
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7		Water Tracker
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### Tuesday, August 15

### Wednesday, August 16

## Thursday, August 17

	Priorities
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11	Self Care For Today
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7	Water Tracker
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Notes	

#### Friday, August 18

#### Saturday, August 19

## Sunday, August 20

	Priorities
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11	Self Care For Today
12	
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7	Water Tracker
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Notes	

### Monday, August 21

	Priorities
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11	Self Care For Today
12	
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7	Water Tracker
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### Tuesday, August 22

		Priorities
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11		Self Care For Today
12		self cure for folding
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7		Water Tracker
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### Wednesday, August 23

### Thursday, August 24

### Friday, August 25

	Priorities
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11	Self Care For Today
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7	Water Tracker
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#### Saturday, August 26

# Sunday, August 27

	Priorities
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11	Self Care For Today
12	Seif Care 707 70aug
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7	Water Tracker
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#### Monday, August 28

6		Priorities
8         9         10         11       Self Care For Today         1         2         3         4         5         6         7       Water Tracker         8         9         10	6	
9	7	
10 11 12 12 1 2 3 4 5 6 7 Water Tracker 8 9 10	8	
11       Self Care For Today         12       1         2       3         4       5         6       Water Tracker         8       9         10       \( \) \( \) \( \) \( \) \( \) \( \)	9	
12 1 2 3 4 5 6 7 Water Tracker 8 9 10	10	
12 1 2 3 4 5 6 7 Water Tracker 8 9 10	11	Self Care For Today
2 3 4 5 6 7 Water Tracker 8 9 10	12	
3 4 5 6 7 Water Tracker 8 9 10	1	
4	2	
5 6 7 Water Tracker 8 9 10	3	
6 7 Water Tracker  8 9 10	4	
7	5	
8 9 10	6	
9 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	7	Water Tracker
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	Notes	

### Tuesday, August 29

		Priorities
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11		Self Care For Today
12		self cure for folding
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6		
7		Water Tracker
8		$\wedge \wedge \wedge \wedge$
9		
10		$\Diamond \Diamond \Diamond \Diamond$
No	otes	

## Wednesday, August 30

# Thursday, August 31

6		Priorities
8         9         10         11       Self Care For Today         1         2         3         4         5         6         7       Water Tracker         8         9         10	6	
9	7	
10 11 12 12 1 2 3 4 5 6 7 Water Tracker 8 9 10	8	
11       Self Care For Today         12       1         2       3         4       5         6       Water Tracker         8       9         10       \( \) \( \) \( \) \( \) \( \) \( \)	9	
12 1 2 3 4 5 6 7 Water Tracker 8 9 10	10	
12 1 2 3 4 5 6 7 Water Tracker 8 9 10	11	Self Care For Today
2 3 4 5 6 7 Water Tracker 8 9 10	12	
3 4 5 6 7 Water Tracker 8 9 10	1	
4	2	
5 6 7 Water Tracker 8 9 10	3	
6 7 Water Tracker  8 9 10	4	
7	5	
8 9 10	6	
9 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	7	Water Tracker
10	8	$\sim$
	9	
Notes	10	
	Notes	

#### June Habit Tracker

Habit \_\_\_\_\_

#### July Habit Tracker

*Habit* \_\_\_\_\_

#### August Habit Tracker

*Habit* \_\_\_\_\_

# Monthly Goals

Priorities	Wishlist
No	tas
7000	.es

## Monthly Reflections

What went well this month?	
What could I have done better?	

# Weekly Goals

Priorities	Wishlist
No	otes

## Weekly Reflections

mut w	ent well	this we	ek?	
What co	ould I ha	ve done	e better?	
What co	ould I ha	ve done	e better?	
What co	ould I ha	ve done	e better?	
What co	ould I ha	ve done	e better?	

# Daily Goals

Priorities	Wishlist
4).	****
700	otes

## Daily Reflections

What could I have done better?	

### Weekly Meal Plan

M O N Breakfast Lunch Dinner  U E Breakfast Lunch Dinner	
N T Breakfast Lunch Dinner  U E Breakfast Lunch Dinner	
T Breakfast Lunch Dinner U E Breakfast Lunch Dinner	
U E Breakfast Lunch Dinner	
E Breakfast Lunch Dinner	
Breakfast Lunch Dinner	
W Breakfast Lunch Dinner	
E	
D	
T Breakfast Lunch Dinner	
H	
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F Breakfast Lunch Dinner	
R	
Breakfast Lunch Dinner	
5	
A	
T	
S Breakfast Lunch Dinner	
U	
N	

## Grocery List

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#### To Do List

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