II II 31 ₋	AUG06	MONDAY 31	TUESDAY 01	WEDNESDAY 02		NOTES	
JULJI	AUGUU	MUNDAY 31	TUESDAY UT	WEDNESDAY 02		NOLES	
FO	CUS						
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119	ST A	06:00	06:00	06:00	_		
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		14:00	14:00	14:00	_		
115	ST B	14:30	14:30	14:30	_		
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	FLISONAL	10-00 LIST	VVOICE	J-DO [131			
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AUGUST

FOCUS	MONDAY	TUESDAY	WEDNESDAY
	31	1	2
PEOPLE TO SEE			
	7	8	9
PLACES TO GO	14	15	16
	21	22	23
NOT TO-DO LIST			
	28	29	30

PERSONAL PROJECTS	WORK PROJECTS

THURSDAY	FRIDAY	SATURDAY	SUNDAY
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31	1	2	3

UG14 - AUG2	20 MONDAY	14 TUESDAY	15 WEDNESDAY 16		THURSDAY	03 FRIDAY	04 SATURDAY	05 SUNDAY
FOCUS								
10000	-							
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LICTA	06:00	06:00	06:00		06:00	06:00	06:00	06:00
LIST A	06:30	06:30	06:30		06:30	06:30	06:30	06:30
	07:00	07:00	07:00		7:00	07:00	07:00	07:00
	07:30	07:30	07:30		07:30	07:30	07:30	07:30
	08:00 08:30	08:00 08:30	08:00 08:30		08:00 08:30	08:00 08:30	08:00 08:30	08:00 08:30
	09:00	09:00	08.30		9:00	09:00	09:00	09:00
	09:30	09:30	09:30		9:30	09:30	09:30	09:30
	10:00	10:00	10:00		0:00	10:00	10:00	10:00
	10:30	10:30	10:30		0:30	10:30	10:30	10:30
	11:00	11:00	11:00		1:00	11:00	11:00	11:00
	11:30	11:30	11:30		1:30	11:30	11:30	11:30
	12:00	12:00	12:00	1	2:00	12:00	12:00	12:00
	12:30	12:30	12:30		2:30	12:30	12:30	12:30
	13:00	13:00	13:00		3:00	13:00	13:00	13:00
	13:30	13:30	13:30		3:30	13:30	13:30	13:30
	14:00	14:00	14:00		4:00	14:00	14:00	14:00
LIST B	14:30	14:30	14:30		4:30	14:30	14:30	14:30
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	16:00	16:00	16:00		6:00	16:00	16:00	16:00
	16:30	16:30	16:30		6:30	16:30	16:30	16:30
	17:00	17:00	17:00		7:00	17:00	17:00	17:00
	17:30	17:30	17:30		7:30	17:30	17:30	17:30
	18:00	18:00	18:00		8:00	18:00	18:00	18:00
	18:30	18:30	18:30		8:30	18:30	18:30	18:30
	19:00	19:00	19:00		9:00	19:00	19:00	19:00
	19:30	19:30	19:30		9:30	19:30	19:30	19:30
	20:00	20:00	20:00		0:00	20:00	20:00	20:00
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AUG07 - AUG13 MONDAY 07	TUESDAY 08	WEDNESDAY 09	. THURSDAY 10	FRIDAY 11	SATURDAY 12	SUNDAY 13
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FOCUS						
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PERSONAL TO-DO LIST	WQRK TO	D-DO LIST		NC	TES	
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AUG28 - SEP03 MONDAY 28	TUESDAY 29	WEDNESDAY 30	٠	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
FOCUS							
FUCUS							
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06:00	06:00	06:00		06:00	06:00	06:00	06:00
LIST A 06:30	06:30	06:30		06:30	06:30	06:30	06:30
07:00	07:00	07:00		07:00	07:00	07:00	07:00
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AUG21 - AUG27 MONDAY 21	TUESDAY 22	WEDNESDAY 23	•	THURSDAY 24	FRIDAY 25	SATURDAY 26	SUNDAY 27
FOCUS							
FUCUS							
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06:00	06:00	06:00		06:00	06:00	06:00	06:00
LIST A 06:30	06:30	06:30		06:30	06:30	06:30	06:30
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PERSONAL TO-DO LIST	WORK T	O-DO LIST			NC)TES	
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SEP04 - SE	P10 MONDAY	04 TUESDAY	05 WEDNESDAY 06		THURSDAY 31	FRIDAY 01	SATURDAY 02	SUNDAY 03
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FOCUS								
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LIST A	06:00	06:00	06:00		06:00	06:00	06:00	06:00
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	07:00 07:30	07:00	07:00		07:00	07:00	07:00	07:00
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	08:30	08:30	08:00 08:30		08:00 08:30	08:30	08:30	08:30
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	10:00	10:00	10:00		10:00	10:00	10:00	10:00
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LIST B	14:30	14:30	14:30		14:30	14:30	14:30	14:30
LIST D	15:00	15:00	15:00		15:00	15:00	15:00	15:00
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SEPTEMBER

FOCUS	MONDAY	TUESDAY	WEDNESDAY
PEOPLE TO SEE	28	29	30
	4	5	6
PLACES TO GO	11	12	13
NOT TO-DO LIST	18	19	20
	25	26	27

PERSONAL PROJECTS	WORK PROJECTS

THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	1

SUNDAY

SEP18 - SEP2	MONDAY	18 TUESDAY	19 WEDNESDAY 20		HURSDAY 07	FRIDAY 08	SATURDAY 09	SUND
FOCUS								
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	06:00	06:00	06:00	0.6	5:00	06:00	06:00	06:00
LIST A	06:30	06:30	06:30		5:30	06:30	06:30	06:30
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	07:30	07:30	07:30		7:30	07:30	07:30	07:30
	08:00	08:00	08:00		3:00	08:00	08:00	08:00
	08:30	08:30	08:30		3:30	08:30	08:30	08:30
	09:00	09:00	09:00		9:00	09:00	09:00	09:00
	09:30	09:30	09:30		9:30	09:30	09:30	09:30
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	11:00	11:00	11:00		:00	11:00	11:00	11:00
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	18:00	18:00	18:00		3:00	18:00	18:00	18:00
	18:30	18:30	18:30		3:30	18:30	18:30	18:30
	19:00	19:00	19:00		0:00	19:00	19:00	19:00
	19:30	19:30	19:30		0:30	19:30	19:30	19:30
	20:00	20:00	20:00		0:00	20:00	20:00	20:00
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SEP11 - SEP17	MONDAY 11	TUESDAY 12	WEDNESDAY 13	•	THURSDAY 14	FRIDAY 15	SATURDAY
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THURSDAY	28 FRIDAY	29 SATURDAY	30 SUNDAY (
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OCTOBER

FOCUS	MONDAY	TUESDAY	WEDNESDAY
	25	26	27
PEOPLE TO SEE			
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PLACES TO GO	9	10	11
NOT TO-DO LIST	16	17	18
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	23	24	25
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PERSONAL PROJECTS	WORK PROJECTS

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19	20	21	22
26	27	28	29
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OCT16 - OCT22 MONDAY 16	TUESDAY 17	WEDNESDAY 18		THURSDAY 05	FRIDAY 06	SATURDAY 07	SUNDAY 08	1
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OCT30 - N	OV05 MONDAY	30 TUESDAY	31 WEDNESDAY 01	THURSDAY	02 FRIDAY 03	SATURDAY 04	SUNDAY 05	
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NOV06 -	NOV12 MONDAY	06 TUESDAY	07 WEDNESDAY 08	Ι .	NOTES
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NOVEMBER

FOCUS	MONDAY	TUESDAY	WEDNESDAY
PEOPLE TO SEE	30	31	1
	6	7	8
PLACES TO GO	13	14	15
NOT TO-DO LIST	20	21	22
	27	28	29

PERSONAL PROJECTS	WORK PROJECTS

THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
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NOV20 - NOV	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY	09 FRIDAY	10 SATURDAY	11 SUNDAY
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NOV27	- DECO3 MONDAY	27 TUESDAY	28 WEDNESDAY 29	· THURSD	DAY 30 FRIDAY	01 SATURDAY	02 SUNDAY 03
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PLACES TO GO	11	12	13
	18	19	20
NOT TO-DO LIST			
	25	26	27
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THURSDAY	FRIDAY	SATURDAY	SUNDAY	
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28	29	30	31	

PERSONAL PROJECTS	WORK PROJECTS

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DEC18 -	DEC24	MONDAY 18	TUESDAY 19	WEDNESDAY 20	•	THURSDAY 07	FRIDAY 08	SATURDAY 09	SUNDAY 10
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DEC2	25 - DEC31	MONDAY 25	TUESDAY 26	WEDNESDAY 27	•	THURSDAY 28	FRIDAY 29	SATURDAY 30	SUNDAY 31	
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JAN08 - JAN1	4 MONDAY 08	TUESDAY 09	WEDNESDAY 10		NOTES
FOCUS					
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JANUARY

FOCUS	MONDAY	TUESDAY	WEDNESDAY
	1	2	3
PEOPLE TO SEE			
	8	9	10
PLACES TO GO	15	16	17
	22	23	24
NOT TO-DO LIST			
	29	30	31

PERSONAL PROJECTS	WORK PROJECTS

THURSDAY	FRIDAY	SATURDAY	SUNDAY
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28
1	2	3	4

JAN22 - JAN28	MONDAY 22	TUESDAY 23	WEDNESDAY 24		THURSDAY 11	FRIDAY 12	SATURDAY 13	SUNDAY
FOCUS								
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LIST A	06:00	06:00	06:00		06:00	06:00	06:00	06:00
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JAN15 - JAN21	MONDAY 15	TUESDAY 16	WEDNESDAY 17	•	THURSDAY 18	FRIDAY 19	SATURDAY 20	
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THURSDAY	25 FRIDAY	26 SATURDAY	27 SUNDAY	28
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JAN29 - FEB04	MONDAY 29	TUESDAY 30	WEDNESDAY 31	•	THURSDAY 01	FRIDAY 02	SATURDAY 03	SUNDAY
FOCUS								
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	06:00	06:00	06:00		06:00	06:00	06:00	06:00
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FEB05 - FEB11	MONDAY 05	TUESDAY 06	WEDNESDAY 07		NOTES
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FEBRUARY

FOCUS	MONDAY	TUESDAY	WEDNESDAY
	29	30	31
PEOPLE TO SEE			
	5	6	7
PLACES TO GO	12	13	14
	19	20	21
NOT TO-DO LIST			
	26	27	28

PERSONAL PROJECTS	WORK PROJECTS

THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
1	2	3	4

FEB19 - FEB	25 MONDAY	19 TUESDAY	20 WEDNESDAY 21	. TH	URSDAY 08	FRIDAY 09	SATURDAY 10	SUNDAY
FOCUS								
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MARCH

FOCUS	MONDAY	TUESDAY	WEDNESDAY
PEOPLE TO SEE	26	27	28
	5	6	7
PLACES TO GO	12	13	14
NOT TO-DO LIST	19	20	21
	26	27	28

PERSONAL PROJECTS	WORK PROJECTS

THURSDAY	FRIDAY	SATURDAY	SUNDAY
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15	16	17	18
22	23	24	25
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THURSDAY	22 FRIDAY	23 SATURDAY	24 SUNDAY 25
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MAR26 -	APR01 MONDAY 20	5 TUESDAY 27	WEDNESDAY 28	•	THURSDAY 29	FRIDAY 30	SATURDAY 31	SUNDAY 01
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TUESDAY

WEDNESDAY

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APRIL

FOCUS	MONDAY	TUESDAY	WEDNESDAY
	26	27	28
PEOPLE TO SEE			
	2	3	4
PLACES TO GO	9	10	11
	16	17	18
NOT TO-DO LIST			
	23	24	25
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DEDCOMAI	DDOLECTO	MODKE	DOLLCIC

PERSONAL PROJECTS	WORK PROJECTS

THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	1
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12	13	14	15
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LIST A 06:00 07:00 07:30 08:00 08:30 09:00 09:30 10:00 11:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00 14:30 15:00 16:30 17:00 17:30 18:00 18:30 19:00 19:30 20:00 20:30 21:00 21:30 22:00 22:30 PERSONAL TO-DO LIST	16 TUESDAY	17 WEDNESDAY 18	THURSDAY	05 FRIDAY	06 SATURDAY	07 SUNDAY
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PERSONAL TO-DO LIST						
	V	ORK TO-DO LIST			NOTES	
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APR09 - APR	R15 MONDAY	09 TUESDAY	10 WEDNESDAY 11	· THURSDAY	12 FRIDAY	13 SATURDAY	14 SUNDAY
FOCUS							
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	06:00	06:00	06:00	06:00	06:00	06:00	06:00
LIST A	06:30	06:30	06:30	06:30	06:30	06:30	06:30
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LIST B	15:00	15:00	15:00	15:00	15:00	15:00	15:00
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PERSON	NAL TO-DO LIST	W	ORK TO-DO LIST			NOTES	
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THURSDAY	19 FRIDAY	20 SATURDAY	21 SUNDAY	22
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06:30	06:30	06:30	06:30	
07:00	07:00	07:00	07:00	
07:30	07:30	07:30	07:30	
08:00	08:00	08:00	08:00	
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PR30 - MA	706 MONDAY	30 TUESDAY	01 WEDNESDAY 02	'	THURSDAY 0	3 FRIDAY	04	SATURDAY	05	SUNDAY
FOCUS										
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	06:00	06:00	06:00		06:00	06:00		06:00	0	06:00
LIST A	06:30	06:30	06:30		06:30	06:30		06:30		06:30
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	11:00	11:00	11:00	_	11:00	11:00		11:00		1:00
	11:30	11:30	11:30	_	11:30	11:30		11:30		1:30
	12:00	12:00	12:00	_	12:00	12:00		12:00		2:00
	12:30	12:30	12:30		12:30	12:30		12:30		2:30
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	14:00	14:00	14:00	_	14:00	14:00		14:00		4:00
LIST B	14:30	14:30	14:30	_	14:30	14:30		14:30		4:30
LIST D	15:00	15:00	15:00	_	15:00	15:00		15:00		5:00
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	18:00	18:00	18:00	_	18:00	18:00		18:00		8:00
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	19:00	19:00	19:00	_	19:00	19:00		19:00		9:00
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MAY07 - MAY13 MONDAY

TUESDAY

WEDNESDAY

09

MAY

FOCUS	MONDAY	TUESDAY	WEDNESDAY
PEOPLE TO SEE	30	1	2
. 237 22 73 322			
	7	8	9
PLACES TO GO	14	15	16
	21	22	23
NOT TO-DO LIST			
	28	29	30

PERSONAL PROJECTS	WORK PROJECTS

THURSDAY	FRIDAY	SATURDAY	SUNDAY
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31	1	2	3

M	AY21 - MAY2	MONDAY 21	TUESDAY 22	WEDNESDAY 23	•	THURSDAY 10	FRIDAY 11	SATURDAY 12	SUNDAY 13
	FOCUS								
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		06:00	06:00	06:00		06:00	06:00	06:00	06:00
	LIST A	06:30	06:30	06:30		06:30	06:30	06:30	06:30
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		09:00	09:00	09:00		09:00	09:00	09:00	09:00
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		10:00	10:00	10:00		10:00	10:00	10:00	10:00
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		11:00	11:00	11:00		11:00	11:00	11:00	11:00
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		12:00	12:00	12:00		12:00	12:00	12:00	12:00
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		14:00	14:00	14:00		14:00	14:00	14:00	14:00
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	LIST B	15:00	15:00	15:00		15:00	15:00	15:00	15:00
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		21:00	21:00	21:00	•	21:00	21:00	21:00	21:00
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MAY14 - MAY2	O MONDAY 14	TUESDAY 15	WEDNESDAY 16	•	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
FOCUS								
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LICT A	06:00	06:00	06:00		06:00	06:00	06:00	06:00
LIST A	06:30	06:30	06:30		06:30	06:30	06:30	06:30
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	11:00	11:00	11:00		11:00	11:00	11:00	11:00
	11:30	11:30	11:30		11:30	11:30	11:30	11:30
	12:00	12:00	12:00		12:00	12:00	12:00	12:00
	12:30 13:00	12:30 13:00	12:30 13:00		12:30 13:00	12:30 13:00	12:30 13:00	12:30 13:00
	13:30	13:30	13:30	•	13:30	13:30	13:30	13:30
	14:00	14:00	14:00		14:00	14:00	14:00	14:00
	14:30	14:30	14:30		14:30	14:30	14:30	14:30
LIST B	15:00	15:00	15:00		15:00	15:00	15:00	15:00
	15:30	15:30	15:30		15:30	15:30	15:30	15:30
	16:00	16:00	16:00		16:00	16:00	16:00	16:00
	16:30	16:30	16:30		16:30	16:30	16:30	16:30
	17:00	17:00	17:00		17:00	17:00	17:00	17:00
	17:30	17:30	17:30	•	17:30	17:30	17:30	17:30
	18:00	18:00	18:00		18:00	18:00	18:00	18:00
	18:30	18:30	18:30		18:30	18:30	18:30	18:30
	19:00	19:00	19:00		19:00	19:00	19:00	19:00
	19:30	19:30	19:30		19:30	19:30	19:30	19:30
	20:00	20:00	20:00		20:00	20:00	20:00	20:00
	20:30	20:30	20:30		20:30	20:30	20:30	20:30
	21:00	21:00	21:00	•	21:00	21:00	21:00	21:00
	21:30	21:30	21:30		21:30	21:30	21:30	21:30
	22:00	22:00	22:00		22:00	22:00	22:00	22:00
	22:30	22:30	22:30		22:30	22:30	22:30	22:30
DEDCOMAL	. TO-DO LIST	MODK TO	O-DO LIST			NC	DTES	
PERSUNAL	- 10-00 LIST	WORK I	O-DO LIST			— NC	TLO	

NOTEC
NOTES

THURSDAY	24 FRIDAY	25 SATURDAY	26 SUNDAY	27
06:00	06:00	06:00	06:00	
06:30	06:30	06:30	06:30	
07:00	07:00	07:00	07:00	
07:30	07:30	07:30	07:30	
08:00	08:00	08:00	08:00	
08:30	08:30	08:30	08:30	
09:00	09:00	09:00	09:00	
09:30	09:30	09:30	09:30	
10:00	10:00	10:00	10:00	
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13:30	13:30	13:30	13:30	
14:00	14:00	14:00	14:00	
14:30	14:30	14:30	14:30	
15:00	15:00	15:00	15:00	
15:30	15:30	15:30	15:30	
16:00	16:00	16:00	16:00	
16:30	16:30	16:30	16:30	
17:00	17:00	17:00	17:00	
17:30	17:30	17:30	17:30	
18:00	18:00	18:00	18:00	
18:30	18:30	18:30	18:30	
19:00	19:00	19:00	19:00	
19:30	19:30	19:30	19:30	
20:00	20:00	20:00	20:00	
20:30	20:30	20:30	20:30	
21:00	21:00	21:00	21:00	
21:30	21:30	21:30	21:30	
22:00	22:00	22:00	22:00	
22:30	22:30	22:30	22:30	

MAY28 - JUN03	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 01	SATURDAY 02	SUNDAY 03
FOCUS							
				•			
LIST A	06:00	06:00	06:00	06:00	06:00	06:00	06:00
LISTA	06:30	06:30	06:30	06:30	06:30	06:30	06:30
	07:00	07:00	07:00	07:00	07:00	07:00	07:00
	07:30	07:30	07:30	07:30	07:30	07:30	07:30
	08:00	08:00	08:00	08:00	08:00	08:00	08:00
	08:30	08:30	08:30	08:30	08:30	08:30	08:30
	09:00	09:00	09:00	09:00	09:00	09:00	09:00
	09:30	09:30	09:30	09.30	09:30	09:30	09:30
	10:00	10:00	10:00	10:00	10:00	10:00	10:00
	10:30	10:30	10:30	10:30	10:30	10:30	10:30 11:00
	11:00 11:30	11:00 11:30	11:00 11:30	11:00	11:00 11:30	11:00 11:30	11:30
	12:00	12:00	12:00	12:00	12:00	12:00	12:00
	12:30	12:30	12:30	12:30	12:30	12:30	12:30
	13:00	13:00	13:00	13:00	13:00	13:00	13:00
	13:30	13:30	13:30	13:30	13:30	13:30	13:30
	14:00	14:00	14:00	14:00	14:00	14:00	14:00
	14:30	14:30	14:30	14:30	14:30	14:30	14:30
LIST B	15:00	15:00	15:00	15:00	15:00	15:00	15:00
	15:30	15:30	15:30	15:30	15:30	15:30	15:30
	16:00	16:00	16:00	16:00	16:00	16:00	16:00
	16:30	16:30	16:30	16:30	16:30	16:30	16:30
	17:00	17:00	17:00	17:00	17:00	17:00	17:00
	17:30	17:30	17:30	• 17:30	17:30	17:30	17:30
	18:00	18:00	18:00	18:00	18:00	18:00	18:00
	18:30	18:30	18:30	18:30	18:30	18:30	18:30
	19:00	19:00	19:00	19:00	19:00	19:00	19:00
	19:30	19:30	19:30	19:30	19:30	19:30	19:30
	20:00	20:00	20:00	20:00	20:00	20:00	20:00
	20:30	20:30	20:30	20:30	20:30	20:30	20:30
	21:00	21:00	21:00	• 21:00	21:00	21:00	21:00
	21:30	21:30	21:30	21:30	21:30	21:30	21:30
	22:00	22:00	22:00	22:00	22:00	22:00	22:00
	22:30	22:30	22:30	22:30	22:30	22:30	22:30
DEDCONAL	TO DO LICT	MODK T			NC	NTC .	
PERSONAL	. TO-DO LIST	WORK I	D-DO LIST		NC	OTES	
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JUNE

FOCUS	MONDAY	TUESDAY	WEDNESDAY
PEOPLE TO SEE	28	29	30
	4	5	6
PLACES TO GO	11	12	13
NOT TO-DO LIST	18	19	20
	25	26	27

PERSONAL PROJECTS	WORK PROJECTS

THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	1

JUN11 - JUN27	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	SATURDAY 16	SUNDAY 17
FOCUS	1						
10000							
			•				
LIST A	06:00	06:00	06:00	06:00	06:00	06:00	06:00
LISTA	06:30	06:30	06:30	06:30	06:30	06:30	06:30
	07:00 07:30						
	08:00	08:00	08:00	08:00	08:00	08:00	08:00
	08:30	08:30	08:30	08:30	08:30	08:30	08:30
	09:00	09:00	09:00	09:00	09:00	09:00	09:00
	09:30	09:30	09:30	09:30	09:30	09:30	09:30
	10:00	10:00	10:00	10:00	10:00	10:00	10:00
	10:30	10:30	10:30	10:30	10:30	10:30	10:30
	11:00	11:00	11:00	11:00	11:00	11:00	11:00
	11:30	11:30	11:30	11:30	11:30	11:30	11:30
	12:00	12:00	12:00	12:00	12:00	12:00	12:00
	12:30	12:30	12:30	12:30	12:30	12:30	12:30
	13:00	13:00	13:00	13:00	13:00	13:00	13:00
	13:30	13:30	13:30	13:30	13:30	13:30	13:30
	14:00	14:00	14:00	14:00	14:00	14:00	14:00
LIST B	14:30	14:30	14:30	14:30	14:30 15:00	14:30	14:30 15:00
2131 2	15:00 15:30	15:00 15:30	15:00 15:30	15:00 15:30	15:30	15:00 15:30	15:30
	16:00	16:00	16:00	16:00	16:00	16:00	16:00
	16:30	16:30	16:30	16:30	16:30	16:30	16:30
	17:00	17:00	17:00	17:00	17:00	17:00	17:00
	17:30	17:30	17:30	17:30	17:30	17:30	17:30
	18:00	18:00	18:00	18:00	18:00	18:00	18:00
	18:30	18:30	18:30	18:30	18:30	18:30	18:30
	19:00	19:00	19:00	19:00	19:00	19:00	19:00
	19:30	19:30	19:30	19:30	19:30	19:30	19:30
	20:00	20:00	20:00	20:00	20:00	20:00	20:00
	20:30	20:30	20:30	20:30	20:30	20:30	20:30
	21:00	21:00	21:00	21:00	21:00	21:00	21:00
	21:30	21:30	21:30	21:30	21:30	21:30	21:30
	22:00	22:00	22:00	22:00	22:00	22:00	22:00
	22:30	22:30	22:30	22:30	22:30	22:30	22:30
_ DERSONAL	_ TO-DO LIST	WORK TO	O-DO LIST		_ NC	DTES	
TERSONAL	LIO DO LIST	- WONK IN	3 DO E131		· NC	TLO-	

THURSDAY	21 FRIDAY	22 SATURDAY	23 SUNDAY 24
06:00	06:00	06:00	06:00
06:30	06:30	06:30	06:30
07:00	07:00	07:00	07:00
07:30	07:30	07:30	07:30
08:00	08:00	08:00	08:00
08:30	08:30	08:30	08:30
09:00	09:00	09:00	09:00
09:30	09:30	09:30	09:30
10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30
13:00	13:00	13:00	13:00
13:30	13:30	13:30	13:30
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14:30	14:30	14:30	14:30
15:00	15:00	15:00	15:00
15:30	15:30	15:30	15:30
16:00	16:00	16:00	16:00
16:30	16:30	16:30	16:30
17:00	17:00	17:00	17:00
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18:30	18:30	18:30	18:30
19:00	19:00	19:00	19:00
19:30	19:30	19:30	19:30
20:00	20:00	20:00	20:00
20:30	20:30	20:30	20:30
21:00	21:00	21:00	21:00
21:30	21:30	21:30	21:30
22:00	22:00	22:00	22:00
22:30	22:30	22:30	22:30

JUN25 - JUL01	MONDAY 25	TUESDAY 26	WEDNESDAY 27
FOCUS			
FUCUS			
	00.00	25.22	
LIST A	06:00	06:00	06:00
213171	06:30	06:30	06:30
	07:00	07:00	07:00 07:30
	07:30 08:00	07:30 08:00	08:00
	08:30	08:30	08:30
	09:00	09:00	09:00
	09:30	09:30	09:30
	10:00	10:00	10:00
	10:30	10:30	10:30
	11:00	11:00	11:00
	11:30	11:30	11:30
	12:00	12:00	12:00
	12:30	12:30	12:30
	13:00	13:00	13:00
	13:30	13:30	13:30
	14:00	14:00	14:00
	14:30	14:30	14:30
LIST B	15:00	15:00	15:00
	15:30	15:30	15:30
	16:00	16:00	16:00
	16:30	16:30	16:30
	17:00	17:00	17:00
	17:30	17:30	17:30
	18:00	18:00	18:00
	18:30	18:30	18:30
	19:00	19:00	19:00
	19:30	19:30	19:30
	20:00	20:00	20:00
	20:30	20:30	20:30
	21:00	21:00	21:00
	21:30	21:30	21:30
	22:00	22:00	22:00
	22:30	22:30	22:30
DEDCOMAL	TO-DO LIST	MODK T	O-DO LIST
PERSUNAL	10-b0 LIST	WORKT	O-DO LIST

:00			
:00			
			NC

THURSDAY

06:00

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19:30 20:00

20:30

21:00

21:30

22:00

22:30

28

FRIDAY

29

SATURDAY

30

SUNDAY



JULY

FOCUS	MONDAY	TUESDAY	WEDNESDAY
	25	26	27
PEOPLE TO SEE			
TEOTEL TO SEE			
	2	3	4
PLACES TO GO	9	10	11
	16	17	18
NOT TO-DO LIST			
	23	24	25
	30	31	1
DERSONAL	DDOIECTS	WORK	POIECTS

PERSONAL	PROJECTS	WORK P	ROJECTS	

THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29
2	3	4	5

JUL16 - JUL22	MONDAY 16	TUESDAY 17	WEDNESDAY 18	. THURSDAY 0	5 FRIDAY 06	SATURDAY 07	SUNDAY 08
FOCUS							
FOCUS							
				•			
	06.00	06.00	26.22	05.00	06.00	00.00	06.00
LIST A	06:00 06:30	06:00 06:30	06:00 06:30	06:00 06:30	06:00 06:30	06:00 06:30	06:00 06:30
2.377.	07:00	07:00	07:00	07:00	07:00	07:00	07:00
	07:30	07:30	07:30	07:30	07:30	07:30	07:30
	08:00	08:00	08:00	08:00	08:00	08:00	08:00
	08:30	08:30	08:30	08:30	08:30	08:30	08:30
	09:00	09:00	09:00	09:00	09:00	09:00	09:00
	09:30	09:30	09:30	• 09:30	09:30	09:30	09:30
	10:00	10:00	10:00	10:00	10:00	10:00	10:00
	10:30	10:30	10:30	10:30	10:30	10:30	10:30
	11:00	11:00	11:00	11:00	11:00	11:00	11:00
	11:30	11:30	11:30	11:30	11:30	11:30	11:30
	12:00	12:00	12:00	12:00	12:00	12:00	12:00
	12:30	12:30	12:30	12:30	12:30	12:30	12:30
	13:00	13:00	13:00	. 13:00	13:00	13:00	13:00
	13:30	13:30	13:30	13:30	13:30	13:30	13:30
	14:00	14:00	14:00	14:00	14:00	14:00	14:00
LIST B	14:30 15:00	14:30 15:00	14:30 15:00	14:30 15:00	14:30 15:00	14:30 15:00	14:30 15:00
2.3. 3	15:30	15:30	15:30	15:30	15:30	15:30	15:30
	16:00	16:00	16:00	16:00	16:00	16:00	16:00
	16:30	16:30	16:30	16:30	16:30	16:30	16:30
	17:00	17:00	17:00	17:00	17:00	17:00	17:00
	17:30	17:30	17:30	• 17:30	17:30	17:30	17:30
	18:00	18:00	18:00	18:00	18:00	18:00	18:00
	18:30	18:30	18:30	18:30	18:30	18:30	18:30
	19:00	19:00	19:00	19:00	19:00	19:00	19:00
	19:30	19:30	19:30	19:30	19:30	19:30	19:30
	20:00	20:00	20:00	20:00	20:00	20:00	20:00
	20:30	20:30	20:30	20:30	20:30	20:30	20:30
	21:00	21:00	21:00	21:00	21:00	21:00	21:00
	21:30	21:30	21:30	21:30	21:30	21:30	21:30
	22:00	22:00	22:00 22:30	22:00	22:00	22:00	22:00
	22:30	22:30	22:30	22:30	22:30	22:30	22:30
PERSONAL	TO-DO LIST	WORK TO	D-DO LIST		NO	DTES	
. 21.0 31.0 .2			3 3 3 2.3 .			3.20	
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JUL09 - JUL15	MONDAY 09	TUESDAY 10	WEDNESDAY 11	THURSDAY 1	2 FRIDAY 13	SATURDAY 14	SUNDAY 15
FOCUE							
FOCUS							
				•			
	06:00	06:00	06:00	06:00	06:00	06:00	06:00
LIST A	06:30	06:30	06:30	06:30	06:30	06:30	06:30
	07:00	07:00	07:00	07:00	07:00	07:00	07:00
	07:30	07:30	07:30	07:30	07:30	07:30	07:30
	08:00	08:00	08:00	08:00	08:00	08:00	08:00
	08:30	08:30	08:30	08:30	08:30	08:30	08:30
	09:00	09:00	09:00	09:00	09:00	09:00	09:00
	09:30	09:30	09:30	• 09:30	09:30	09:30	09:30
	10:00	10:00	10:00	10:00	10:00	10:00	10:00
	10:30	10:30	10:30	10:30	10:30	10:30	10:30
	11:00	11:00	11:00	11:00	11:00	11:00	11:00
	11:30	11:30	11:30	11:30	11:30	11:30	11:30
	12:00	12:00	12:00	12:00	12:00	12:00	12:00
	12:30 13:00						
	13:30	13:30	13:30	13:30	13:30	13:30	13:30
	14:00	14:00	14:00	14:00	14:00	14:00	14:00
	14:30	14:30	14:30	14:30	14:30	14:30	14:30
LIST B	15:00	15:00	15:00	15:00	15:00	15:00	15:00
	15:30	15:30	15:30	15:30	15:30	15:30	15:30
	16:00	16:00	16:00	16:00	16:00	16:00	16:00
	16:30	16:30	16:30	16:30	16:30	16:30	16:30
	17:00	17:00	17:00	17:00	17:00	17:00	17:00
	17:30	17:30	17:30	• 17:30	17:30	17:30	17:30
	18:00	18:00	18:00	18:00	18:00	18:00	18:00
	18:30	18:30	18:30	18:30	18:30	18:30	18:30
	19:00	19:00	19:00	19:00	19:00	19:00	19:00
	19:30	19:30	19:30	19:30	19:30	19:30	19:30
	20:00	20:00	20:00 20:30	20:00	20:00 20:30	20:00	20:00 20:30
	21:00	21:00	21:00	21:00	21:00	21:00	21:00
	21:30	21:30	21:30	21:30	21:30	21:30	21:30
	22:00	22:00	22:00	22:00	22:00	22:00	22:00
	22:30	22:30	22:30	22:30	22:30	22:30	22:30
PERSONAI	L TO-DO LIST	WORK TO	D-DO LIST		NO	OTES	
				-			

NOTES	

THURSDAY	19 FRIDAY	20 SATURDAY	21 SUNDAY	22
06:00	06:00	06:00	06:00	
06:30	06:30	06:30	06:30	
07:00	07:00	07:00	07:00	
07:30	07:30	07:30	07:30	
08:00	08:00	08:00	08:00	
08:30	08:30	08:30	08:30	
09:00	09:00	09:00	09:00	
09:30	09:30	09:30	09:30	
10:00	10:00	10:00	10:00	
10:30	10:30	10:30	10:30	
11:00	11:00	11:00	11:00	
11:30	11:30	11:30	11:30	
12:00	12:00	12:00	12:00	
12:30	12:30	12:30	12:30	
13:00	13:00	13:00	13:00	
13:30	13:30	13:30	13:30	
14:00	14:00	14:00	14:00	
14:30	14:30	14:30	14:30	
15:00	15:00	15:00	15:00	
15:30	15:30	15:30	15:30	
16:00	16:00	16:00	16:00	
16:30	16:30	16:30	16:30	
17:00	17:00	17:00	17:00	
17:30	17:30	17:30	17:30	
18:00	18:00	18:00	18:00	
18:30	18:30	18:30	18:30	
19:00	19:00	19:00	19:00	
19:30	19:30	19:30	19:30	
20:00	20:00	20:00	20:00	
20:30	20:30	20:30	20:30	
21:00	21:00	21:00	21:00	
21:30	21:30	21:30	21:30	
22:00	22:00	22:00	22:00	
22:30	22:30	22:30	22:30	

JU	L30 - AUG05	MONDAY 30	TUESDAY 31	WEDNESDAY 01	THURSDAY 02	FRIDAY 03	SATURDAY 04	SUNDAY 05
	FOCUS							
					•			
	LIST A	06:00	06:00	06:00	06:00	06:00	06:00	06:00
	LIST /	06:30	06:30	06:30	06:30	06:30	06:30	06:30
		07:00	07:00	07:00	07:00	07:00	07:00	07:00
		07:30 08:00						
		08:30	08:30	08:30	08:30	08:30	08:30	08:30
		09:00	09:00	09:00	09:00	09:00	09:00	09:00
		09:30	09:30	09:30	• 09:30	09:30	09:30	09:30
		10:00	10:00	10:00	10:00	10:00	10:00	10:00
		10:30	10:30	10:30	10:30	10:30	10:30	10:30
		11:00	11:00	11:00	11:00	11:00	11:00	11:00
		11:30	11:30	11:30	11:30	11:30	11:30	11:30
		12:00	12:00	12:00	12:00	12:00	12:00	12:00
		12:30	12:30	12:30	12:30	12:30	12:30	12:30
		13:00	13:00	13:00	. 13:00	13:00	13:00	13:00
		13:30	13:30	13:30	13:30	13:30	13:30	13:30
		14:00	14:00	14:00	14:00	14:00	14:00	14:00
	LIST B	14:30	14:30	14:30	14:30	14:30	14:30	14:30
	LIST D	15:00	15:00	15:00	15:00	15:00	15:00	15:00
		15:30	15:30	15:30	15:30	15:30	15:30	15:30
		16:00	16:00 16:30	16:00 16:30	16:00 16:30	16:00 16:30	16:00 16:30	16:00 16:30
		16:30 17:00	17:00	17:00	17:00	17:00	17:00	17:00
		17:30	17:30	17:30	• 17:30	17:30	17:30	17:30
		18:00	18:00	18:00	18:00	18:00	18:00	18:00
		18:30	18:30	18:30	18:30	18:30	18:30	18:30
		19:00	19:00	19:00	19:00	19:00	19:00	19:00
		19:30	19:30	19:30	19:30	19:30	19:30	19:30
		20:00	20:00	20:00	20:00	20:00	20:00	20:00
		20:30	20:30	20:30	20:30	20:30	20:30	20:30
		21:00	21:00	21:00	21:00	21:00	21:00	21:00
		21:30	21:30	21:30	21:30	21:30	21:30	21:30
		22:00	22:00	22:00	22:00	22:00	22:00	22:00
		22:30	22:30	22:30	22:30	22:30	22:30	22:30
PERSONAL TO-DO LIST			WORK T	O-DO LIST		NC)TES	
	TENSONAL	10 00 631	WORK	9 DO E131		INC	7123	
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