

# 要你命3000计划表

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