

Week on two pages
2023

26-1

December 2022 /
January 2023

This week

December

M	T	W	T	F	S	S
.	.	.	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	.
.

Mon 26	Tue 27	Wed 28	Thu 29
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

January						
M	T	W	T	F	S	S
.	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

26-1

December 2022 /
January 2023

Fri 30	Sat 31	Sun 1	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

2-8

January 2023

This week

January						
M	T	W	T	F	S	S
.	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

Mon 2	Tue 3	Wed 4	Thu 5
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

February						
M	T	W	T	F	S	S
.	.	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
.

2-8

January 2023

Fri 6	Sat 7	Sun 8	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

9-15

January 2023

This week

January						
M	T	W	T	F	S	S
.	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

Mon 9	Tue 10	Wed 11	Thu 12
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	.	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
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January 2023

Fri 13	Sat 14	Sun 15	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

16-22

January 2023

This week

January						
M	T	W	T	F	S	S
.	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

Mon 16	Tue 17	Wed 18	Thu 19
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	.	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
.

January 2023

Fri 20	Sat 21	Sun 22	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

23-29

January 2023

This week

January						
M	T	W	T	F	S	S
.	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

Mon 23	Tue 24	Wed 25	Thu 26
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	.	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
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January 2023

Fri 27	Sat 28	Sun 29	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

30-5

January 2023 /
February 2023

This week

January						
M	T	W	T	F	S	S
.	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

Mon 30	Tue 31	Wed 1	Thu 2
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	.	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
.

January 2023 /
February 2023

Fri 3	Sat 4	Sun 5	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

6-12

February 2023

This week

February

M	T	W	T	F	S	S
.	.	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
.

Mon 6	Tue 7	Wed 8	Thu 9
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

March						
M	T	W	T	F	S	S
.	.	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	.	.
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6-12

February 2023

Fri 10	Sat 11	Sun 12	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

13-19

February 2023

This week

February						
M	T	W	T	F	S	S
.	.	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
.

Mon 13	Tue 14	Wed 15	Thu 16
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

March						
M	T	W	T	F	S	S
.	.	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	.	.
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13-19

February 2023

Fri 17	Sat 18	Sun 19	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

20-26

February 2023

This week

February

M	T	W	T	F	S	S
.	.	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
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Mon 20	Tue 21	Wed 22	Thu 23
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

March						
M	T	W	T	F	S	S
.	.	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	.	.
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20-26

February 2023

Fri 24	Sat 25	Sun 26	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

27-5

February 2023 /
March 2023

This week

February

M	T	W	T	F	S	S
.	.	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
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Mon 27	Tue 28	Wed 1	Thu 2
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

March						
M	T	W	T	F	S	S
.	.	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	.	.
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27-5

February 2023 /
March 2023

Fri 3	Sat 4	Sun 5	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

6-12

March 2023

This week

March

M	T	W	T	F	S	S
.	.	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	.	.
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Mon 6	Tue 7	Wed 8	Thu 9
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

April						
M	T	W	T	F	S	S
.	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
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6-12

March 2023

Fri 10	Sat 11	Sun 12	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

13-19

March 2023

This week

March

M	T	W	T	F	S	S
.	.	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	.	.
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Mon 13	Tue 14	Wed 15	Thu 16
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

April						
M	T	W	T	F	S	S
.	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
.

13-19

March 2023

Fri 17	Sat 18	Sun 19	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

20-26

March 2023

This week

March

M	T	W	T	F	S	S
.	.	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	.	.
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Mon 20	Tue 21	Wed 22	Thu 23
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

April						
M	T	W	T	F	S	S
.	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
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20-26

March 2023

Fri 24	Sat 25	Sun 26	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

27-2

March 2023 /
April 2023

This week

March

M	T	W	T	F	S	S
.	.	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	.	.
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Mon 27	Tue 28	Wed 29	Thu 30
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

April						
M	T	W	T	F	S	S
.	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
.

Fri 31	Sat 1	Sun 2	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

3-9

April 2023

This week

April

M	T	W	T	F	S	S
.	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
.

Mon 3	Tue 4	Wed 5	Thu 6
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

May						
M	T	W	T	F	S	S
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
.

3-9

April 2023

Fri 7	Sat 8	Sun 9	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

10-16

April 2023

This week

April

M	T	W	T	F	S	S
.	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
.

Mon 10	Tue 11	Wed 12	Thu 13
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

May						
M	T	W	T	F	S	S
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
.

10-16

April 2023

Fri 14	Sat 15	Sun 16	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

17-23

April 2023

This week

April

M	T	W	T	F	S	S
.	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
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Mon 17	Tue 18	Wed 19	Thu 20
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
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
.

April 2023

Fri 21	Sat 22	Sun 23	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

24-30

April 2023

This week

April

M	T	W	T	F	S	S
.	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
.

Mon 24	Tue 25	Wed 26	Thu 27
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
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
.

April 2023

Fri 28	Sat 29	Sun 30	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

1-7

May 2023

This week

May

M	T	W	T	F	S	S
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
.

Mon 1	Tue 2	Wed 3	Thu 4
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	.	.	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	.	.
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May 2023

Fri 5	Sat 6	Sun 7	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

8-14

May 2023

This week

May						
M	T	W	T	F	S	S
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
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Mon 8	Tue 9	Wed 10	Thu 11
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	.	.	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	.	.
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May 2023

Fri 12	Sat 13	Sun 14	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

15-21

May 2023

This week

May						
M	T	W	T	F	S	S
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
.

Mon 15	Tue 16	Wed 17	Thu 18
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	.	.	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	.	.
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May 2023

Fri 19	Sat 20	Sun 21	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

22-28

May 2023

This week

May						
M	T	W	T	F	S	S
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
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Mon 22	Tue 23	Wed 24	Thu 25
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

June						
M	T	W	T	F	S	S
.	.	.	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	.	.
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22-28

May 2023

Fri 26	Sat 27	Sun 28	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

29-4

May 2023 /
June 2023

This week

May

M	T	W	T	F	S	S
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
.

Mon 29	Tue 30	Wed 31	Thu 1
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

June						
M	T	W	T	F	S	S
.	.	.	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	.	.
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Fri 2	Sat 3	Sun 4	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

5-11

June 2023

This week

June						
M	T	W	T	F	S	S
.	.	.	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	.	.
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Mon 5	Tue 6	Wed 7	Thu 8
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	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

June 2023

Fri 9	Sat 10	Sun 11	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

12-18

June 2023

This week

June						
M	T	W	T	F	S	S
.	.	.	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	.	.
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Mon 12	Tue 13	Wed 14	Thu 15
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	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

June 2023

Fri 16	Sat 17	Sun 18	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

19-25

June 2023

This week

June						
M	T	W	T	F	S	S
.	.	.	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	.	.
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Mon 19	Tue 20	Wed 21	Thu 22
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	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

June 2023

Fri 23	Sat 24	Sun 25	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

26-2

June 2023 /
July 2023

This week

June

M	T	W	T	F	S	S
.	.	.	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	.	.
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Mon 26	Tue 27	Wed 28	Thu 29
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	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

June 2023 /
July 2023

Fri 30	Sat 1	Sun 2	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

3-9

July 2023

This week

July						
M	T	W	T	F	S	S
.	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

Mon 3	Tue 4	Wed 5	Thu 6
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

August						
M	T	W	T	F	S	S
.	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	.	.	.
.

3-9

July 2023

Fri 7	Sat 8	Sun 9	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

10-16

July 2023

This week

July						
M	T	W	T	F	S	S
.	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

Mon 10	Tue 11	Wed 12	Thu 13
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	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	.	.	.
.

July 2023

Fri 14	Sat 15	Sun 16	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

17-23

July 2023

This week

July						
M	T	W	T	F	S	S
.	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

Mon 17	Tue 18	Wed 19	Thu 20
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	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	.	.	.
.

July 2023

Fri 21	Sat 22	Sun 23	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

24-30

July 2023

This week

July						
M	T	W	T	F	S	S
.	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

Mon 24	Tue 25	Wed 26	Thu 27
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	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	.	.	.
.

July 2023

Fri 28	Sat 29	Sun 30	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

31-6

July 2023 /
August 2023

This week

July						
M	T	W	T	F	S	S
.	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

Mon 31	Tue 1	Wed 2	Thu 3
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

August						
M	T	W	T	F	S	S
.	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	.	.	.
.

31-6

July 2023 /
 August 2023

Fri 4	Sat 5	Sun 6	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

7-13

August 2023

This week

August

M	T	W	T	F	S	S
.	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	.	.	.
.

Mon 7	Tue 8	Wed 9	Thu 10
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

September						
M	T	W	T	F	S	S
.	.	.	.	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	.
.

7-13

August 2023

Fri 11	Sat 12	Sun 13	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

14-20

August 2023

This week

August						
M	T	W	T	F	S	S
.	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	.	.	.
.

Mon 14	Tue 15	Wed 16	Thu 17
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	.	.	.	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	.
.

August 2023

Fri 18	Sat 19	Sun 20	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

21-27

August 2023

This week

August

M	T	W	T	F	S	S
.	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	.	.	.
.

Mon 21	Tue 22	Wed 23	Thu 24
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	.	.	.	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	.
.

August 2023

Fri 25	Sat 26	Sun 27	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

28-3

August 2023 /
September 2023

This week

August

M	T	W	T	F	S	S
.	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	.	.	.
.

Mon 28	Tue 29	Wed 30	Thu 31
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

September						
M	T	W	T	F	S	S
.	.	.	.	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	.
.

28-3

August 2023 /
September 2023

Fri 1	Sat 2	Sun 3	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

4-10

September 2023

This week

September

M	T	W	T	F	S	S
.	.	.	.	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	.
.

Mon 4	Tue 5	Wed 6	Thu 7
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	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

September 2023

Fri 8	Sat 9	Sun 10	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

11-17

September 2023

This week

September

M	T	W	T	F	S	S
.	.	.	.	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	.
.

Mon 11	Tue 12	Wed 13	Thu 14
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	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

September 2023

Fri 15	Sat 16	Sun 17	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

18-24

September 2023

This week

September

M	T	W	T	F	S	S
.	.	.	.	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	.
.

Mon 18	Tue 19	Wed 20	Thu 21
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

October						
M	T	W	T	F	S	S
.	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

18-24

September 2023

Fri 22	Sat 23	Sun 24	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

25-1

September 2023 /
October 2023

This week

September

M	T	W	T	F	S	S
.	.	.	.	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	.
.

Mon 25	Tue 26	Wed 27	Thu 28
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

October						
M	T	W	T	F	S	S
.	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

25-1

September 2023 /
October 2023

Fri 29	Sat 30	Sun 1	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

2-8

October 2023

This week

October						
M	T	W	T	F	S	S
.	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

Mon 2	Tue 3	Wed 4	Thu 5
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	.	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	.	.	.

October 2023

Fri 6	Sat 7	Sun 8	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

9-15

October 2023

This week

October						
M	T	W	T	F	S	S
.	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

Mon 9	Tue 10	Wed 11	Thu 12
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	.	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	.	.	.

October 2023

Fri 13	Sat 14	Sun 15	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

16-22

October 2023

This week

October						
M	T	W	T	F	S	S
.	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

Mon 16	Tue 17	Wed 18	Thu 19
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

November						
M	T	W	T	F	S	S
.	.	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	.	.	.
.

16-22

October 2023

Fri 20	Sat 21	Sun 22	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

23-29

October 2023

This week

October						
M	T	W	T	F	S	S
.	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

Mon 23	Tue 24	Wed 25	Thu 26
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	.	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	.	.	.

October 2023

Fri 27	Sat 28	Sun 29	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

30-5

October 2023 /
November 2023

This week

October						
M	T	W	T	F	S	S
.	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

Mon 30	Tue 31	Wed 1	Thu 2
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

November						
M	T	W	T	F	S	S
.	.	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	.	.	.
.

30-5

October 2023 /
November 2023

Fri 3	Sat 4	Sun 5	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

6-12

November 2023

This week

November

M	T	W	T	F	S	S
.	.	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	.	.	.
.

Mon 6	Tue 7	Wed 8	Thu 9
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
.	.	.	.	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
.

November 2023

Fri 10	Sat 11	Sun 12	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

13-19

November 2023

This week

November

M	T	W	T	F	S	S
.	.	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	.	.	.
.

Mon 13	Tue 14	Wed 15	Thu 16
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

December						
M	T	W	T	F	S	S
.	.	.	.	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
.

13-19

November 2023

Fri 17	Sat 18	Sun 19	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

20-26

November 2023

This week

November

M	T	W	T	F	S	S
.	.	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	.	.	.
.

Mon 20	Tue 21	Wed 22	Thu 23
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

December						
M	T	W	T	F	S	S
.	.	.	.	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
.

20-26

November 2023

Fri 24	Sat 25	Sun 26	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

27-3

November 2023 /
December 2023

This week

November

M	T	W	T	F	S	S
.	.	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	.	.	.
.

Mon 27	Tue 28	Wed 29	Thu 30
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

December						
M	T	W	T	F	S	S
.	.	.	.	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
.

27-3

November 2023 /
December 2023

Fri 1	Sat 2	Sun 3	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

4-10

December 2023

This week

December

M	T	W	T	F	S	S
.	.	.	.	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
.

Mon 4	Tue 5	Wed 6	Thu 7
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

January						
M	T	W	T	F	S	S
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
.

4-10

December 2023

Fri 8	Sat 9	Sun 10	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

11-17

December 2023

This week

December

M	T	W	T	F	S	S
.	.	.	.	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
.

Mon 11	Tue 12	Wed 13	Thu 14
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
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
.

December 2023

Fri 15	Sat 16	Sun 17	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

18-24

December 2023

This week

December

M	T	W	T	F	S	S
.	.	.	.	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
.

Mon 18	Tue 19	Wed 20	Thu 21
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

January						
M	T	W	T	F	S	S
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
.

18-24

December 2023

Fri 22	Sat 23	Sun 24	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

25-31

December 2023

This week

December

M	T	W	T	F	S	S
.	.	.	.	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
.

Mon 25	Tue 26	Wed 27	Thu 28
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

M	T	W	T	F	S	S
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
.

December 2023

Fri 29	Sat 30	Sun 31	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	



This week

M T W T F S S

.

Mon	Tue	Wed	Thu
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

.

Fri	Sat	Sun	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	



This week

M T W T F S S

.

Mon	Tue	Wed	Thu
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

.

Fri	Sat	Sun	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	



This week

M T W T F S S

.

Mon	Tue	Wed	Thu
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

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Fri	Sat	Sun	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	



This week

M T W T F S S

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Mon	Tue	Wed	Thu
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

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Fri	Sat	Sun	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

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Mon	Tue	Wed	Thu
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

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Fri	Sat	Sun	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	