

Week:

Lift <input type="checkbox"/>	Lift <input type="checkbox"/>	Lift <input type="checkbox"/>	Lift <input type="checkbox"/>
Post <input type="checkbox"/>	Post <input type="checkbox"/>	Post <input type="checkbox"/>	Post <input type="checkbox"/>

[illegible]

Week:

Lift <input type="checkbox"/>	Lift <input type="checkbox"/>	Lift <input type="checkbox"/>	Lift <input type="checkbox"/>
Post <input type="checkbox"/>	Post <input type="checkbox"/>	Post <input type="checkbox"/>	Post <input type="checkbox"/>

[illegible]

Social			Sugar		Job		Journal			Blog			Hoop			Typing – 30min		
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