2025

PLANNER

©2025 Chuck Tomasi

2025

January

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February

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April

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2025 Goals

Professional Annual Goals

Measurable	Timely

Personal Annual Goals

Measurable	Timely

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Tuethly Goals

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Wed Jan 1, 2025

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Daily Goals

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Agenda/Notes

Thu Jan 2, 2025

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Daily Goals

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Agenda/Notes

Fri Jan 3, 2025

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Daily Goals

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Agenda/Notes

Sat Jan 4, 2025

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Daily Goals

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Agenda/Notes

Sun Jan 5, 2025

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Daily Goals

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Agenda/Notes

Mon Jan 6, 2025

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Daily Goals

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Agenda/Notes

Tue Jan 7, 2025

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Daily Goals

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Agenda/Notes

Wed Jan 8, 2025

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Daily Goals

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Agenda/Notes

Thu Jan 9, 2025

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Daily Goals

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Agenda/Notes

Fri Jan 10, 2025

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Agenda/Notes

Sat Jan 11, 2025

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Daily Goals

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Agenda/Notes

Sun Jan 12, 2025

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Daily Goals

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Agenda/Notes

Mon Jan 13, 2025

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Agenda/Notes

Tue Jan 14, 2025

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Agenda/Notes

Wed Jan 15, 2025

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Agenda/Notes

Thu Jan 16, 2025

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Agenda/Notes

Fri Jan 17, 2025

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Agenda/Notes

Sat Jan 18, 2025

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Daily Goals

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Agenda/Notes

Sun Jan 19, 2025

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Daily Goals

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Agenda/Notes

Mon Jan 20, 2025

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Daily Goals

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Agenda/Notes

Tue Jan 21, 2025

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Daily Goals

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Agenda/Notes

Wed Jan 22, 2025

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Daily Goals

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Agenda/Notes

Thu Jan 23, 2025

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Goals

Daily Goals

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Agenda/Notes

Fri Jan 24, 2025

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Daily Goals

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Agenda/Notes

Sat Jan 25, 2025

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Daily Goals

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Agenda/Notes

Sun Jan 26, 2025

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Daily Goals

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Agenda/Notes

Mon Jan 27, 2025

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Daily Goals

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Agenda/Notes

Tue Jan 28, 2025

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Daily Goals

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Agenda/Notes

Wed Jan 29, 2025

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Daily Goals

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Agenda/Notes

Thu Jan 30, 2025

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Daily Goals

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Agenda/Notes

Fri Jan 31, 2025

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Daily Goals

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Agenda/Notes

February 2025

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Tuethly Goals

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Sat Feb 1, 2025

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Daily Goals

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Agenda/Notes

Sun Feb 2, 2025

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Daily Goals

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Agenda/Notes

Mon Feb 3, 2025

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Daily Goals

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Agenda/Notes

Tue Feb 4, 2025

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Wed Feb 5, 2025

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Daily Goals

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Agenda/Notes

Thu Feb 6, 2025

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Agenda/Notes

Fri Feb 7, 2025

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Agenda/Notes

Sat Feb 8, 2025

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Sun Feb 9, 2025

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Daily Goals

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Agenda/Notes

Mon Feb 10, 2025

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Daily Goals

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Agenda/Notes

Tue Feb 11, 2025

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Agenda/Notes

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Agenda/Notes

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Agenda/Notes

Tue Feb 18, 2025

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Agenda/Notes

Wed Feb 19, 2025

Daily Goals

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Agenda/Notes

Thu Feb 20, 2025

Daily Goals

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Agenda/Notes

Fri Feb 21, 2025

Daily Goals

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Agenda/Notes

Sat Feb 22, 2025

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Daily Goals

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Agenda/Notes

Sun Feb 23, 2025

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Goals

Daily Goals

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Agenda/Notes

Mon Feb 24, 2025

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16	17	18	19	20	21	22
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Daily Goals

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Agenda/Notes

Tue Feb 25, 2025

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16	17	18	19	20	21	22
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Daily Goals

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Agenda/Notes

Wed Feb 26, 2025

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16	17	18	19	20	21	22
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Daily Goals

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Agenda/Notes

Thu Feb 27, 2025

Daily Goals

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Agenda/Notes

Fri Feb 28, 2025

S	M	T	W	T	F	S
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Daily Goals

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Agenda/Notes

March 2025

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Tuethly Goals

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Sat Mar 1, 2025

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Daily Goals

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Agenda/Notes

Sun Mar 2, 2025

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Daily Goals

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Agenda/Notes

Mon Mar 3, 2025

S	M	T	W	T	F	S
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Daily Goals

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Agenda/Notes

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Goals

Tue Mar 4, 2025

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Daily Goals

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Agenda/Notes

Wed Mar 5, 2025

Daily Goals

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Agenda/Notes

Thu Mar 6, 2025

Daily Goals

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Agenda/Notes

Fri Mar 7, 2025

S	M	T	W	T	F	S
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Daily Goals

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Agenda/Notes

Sat Mar 8, 2025

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Daily Goals

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Agenda/Notes

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Sun Mar 9, 2025

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Daily Goals

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Agenda/Notes

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Mon Mar 10, 2025

Daily Goals

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Agenda/Notes

Tue Mar 11, 2025

S	M	T	W	T	F	S
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Daily Goals

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Agenda/Notes

Wed Mar 12, 2025

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Daily Goals

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Agenda/Notes

Thu Mar 13, 2025

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Daily Goals

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Agenda/Notes

Fri Mar 14, 2025

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Daily Goals

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Agenda/Notes

Sat Mar 15, 2025

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Daily Goals

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Agenda/Notes

Sun Mar 16, 2025

Daily Goals

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Agenda/Notes

Mon Mar 17, 2025

Daily Goals

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Agenda/Notes

Tue Mar 18, 2025

Daily Goals

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Agenda/Notes

Wed Mar 19, 2025

Daily Goals

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Agenda/Notes

Thu Mar 20, 2025

Daily Goals

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Agenda/Notes

Fri Mar 21, 2025

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Daily Goals

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Agenda/Notes

Sat Mar 22, 2025

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Daily Goals

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Agenda/Notes

Sun Mar 23, 2025

Daily Goals

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Agenda/Notes

Mon Mar 24, 2025

Daily Goals

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Agenda/Notes

Tue Mar 25, 2025

Daily Goals

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Agenda/Notes

Wed Mar 26, 2025

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Daily Goals

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Agenda/Notes

Thu Mar 27, 2025

Daily Goals

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Agenda/Notes

Fri Mar 28, 2025

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Daily Goals

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Agenda/Notes

Sat Mar 29, 2025

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Daily Goals

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Agenda/Notes

Sun Mar 30, 2025

Daily Goals

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Agenda/Notes

Mon Mar 31, 2025

Daily Goals

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Agenda/Notes

April 2025

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Tuethly Goals

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Tue Apr 1, 2025

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Daily Goals

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Agenda/Notes

Wed Apr 2, 2025

Daily Goals

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Agenda/Notes

Thu Apr 3, 2025

Daily Goals

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Agenda/Notes

Fri Apr 4, 2025

Daily Goals

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Agenda/Notes

Sat Apr 5, 2025

Daily Goals

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Agenda/Notes

Sun Apr 6, 2025

Daily Goals

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Agenda/Notes

Mon Apr 7, 2025

Daily Goals

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Agenda/Notes

Tue Apr 8, 2025

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Daily Goals

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Agenda/Notes

Wed Apr 9, 2025

Daily Goals

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Agenda/Notes

Thu Apr 10, 2025

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Daily Goals

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Agenda/Notes

Fri Apr 11, 2025

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Daily Goals

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Agenda/Notes

Sat Apr 12, 2025

Daily Goals

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Agenda/Notes

Sun Apr 13, 2025

Daily Goals

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Agenda/Notes

Mon Apr 14, 2025

Daily Goals

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Agenda/Notes

Tue Apr 15, 2025

Daily Goals

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Agenda/Notes

Wed Apr 16, 2025

Daily Goals

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Agenda/Notes

Thu Apr 17, 2025

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Daily Goals

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Agenda/Notes

Fri Apr 18, 2025

Daily Goals

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Agenda/Notes

Sat Apr 19, 2025

Daily Goals

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Agenda/Notes

Sun Apr 20, 2025

Daily Goals

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Agenda/Notes

Mon Apr 21, 2025

Daily Goals

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Agenda/Notes

Tue Apr 22, 2025

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Daily Goals

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Agenda/Notes

Wed Apr 23, 2025

Daily Goals

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Agenda/Notes

Thu Apr 24, 2025

Daily Goals

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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			

Agenda/Notes

Fri Apr 25, 2025

S	M	T	W	T	F	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			

Daily Goals

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Agenda/Notes

Sat Apr 26, 2025

Daily Goals

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S	M	T	W	T	F	S
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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			

Agenda/Notes

Sun Apr 27, 2025

Daily Goals

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S	M	T	W	T	F	S
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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			

Agenda/Notes

Mon Apr 28, 2025

Daily Goals

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S	M	T	W	T	F	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			

Agenda/Notes

Tue Apr 29, 2025

Daily Goals

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S	M	T	W	T	F	S
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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			

Agenda/Notes

Wed Apr 30, 2025

S	M	T	W	T	F	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			

Daily Goals

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Agenda/Notes

May 2025

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Tuethly Goals

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Thu May 1, 2025

Daily Goals

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S	M	T	W	T	F	S
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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

Agenda/Notes

Fri May 2, 2025

S	M	T	W	T	F	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

Daily Goals

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Agenda/Notes

Sat May 3, 2025

Daily Goals

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S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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Agenda/Notes

Sun May 4, 2025

Daily Goals

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S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Agenda/Notes

Mon May 5, 2025

Daily Goals

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S	M	T	W	T	F	S
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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

Agenda/Notes

Tue May 6, 2025

S	M	T	W	T	F	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

Daily Goals

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Agenda/Notes

Wed May 7, 2025

S	M	T	W	T	F	S
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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

Daily Goals

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Agenda/Notes

Thu May 8, 2025

Daily Goals

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S	M	T	W	T	F	S
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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

Agenda/Notes

Fri May 9, 2025

Daily Goals

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S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Agenda/Notes

Sat May 10, 2025

Daily Goals

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S	M	T	W	T	F	S
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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

Agenda/Notes

Sun May 11, 2025

S	M	T	W	T	F	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

Daily Goals

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Agenda/Notes

Mon May 12, 2025

Daily Goals

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S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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Agenda/Notes

Tue May 13, 2025

Daily Goals

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S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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Agenda/Notes

Wed May 14, 2025

Daily Goals

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S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Agenda/Notes

Thu May 15, 2025

Daily Goals

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S	M	T	W	T	F	S
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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

Agenda/Notes

Fri May 16, 2025

S	M	T	W	T	F	S
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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

Daily Goals

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Agenda/Notes

Sat May 17, 2025

Daily Goals

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S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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Agenda/Notes

Sun May 18, 2025

Daily Goals

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S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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Agenda/Notes

Mon May 19, 2025

Daily Goals

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S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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Agenda/Notes

Tue May 20, 2025

Daily Goals

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S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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Agenda/Notes

Wed May 21, 2025

Daily Goals

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S	M	T	W	T	F	S
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11	12	13	14	15	16	17
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Agenda/Notes

Thu May 22, 2025

Daily Goals

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S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Agenda/Notes

Fri May 23, 2025

S	M	T	W	T	F	S
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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

Daily Goals

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Agenda/Notes

Sat May 24, 2025

Daily Goals

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S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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Agenda/Notes

Sun May 25, 2025

Daily Goals

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S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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Agenda/Notes

Mon May 26, 2025

Daily Goals

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S	M	T	W	T	F	S
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11	12	13	14	15	16	17
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Agenda/Notes

Tue May 27, 2025

Daily Goals

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S	M	T	W	T	F	S
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Agenda/Notes

Wed May 28, 2025

Daily Goals

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S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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Agenda/Notes

Thu May 29, 2025

Daily Goals

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S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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Agenda/Notes

Fri May 30, 2025

Daily Goals

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S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Agenda/Notes

Sat May 31, 2025

Daily Goals

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S	M	T	W	T	F	S
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

Agenda/Notes

June 2025

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Jan
Feb
Mar
Apr
May
Jun
Jul
Aug
Sep
Oct
Nov
Dec
Goals

Tuethly Goals

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Sun Jun 1, 2025

S	M	T	W	T	F	S
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22	23	24	25	26	27	28
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Daily Goals

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Agenda/Notes

Mon Jun 2, 2025

S	M	T	W	T	F	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					

Daily Goals

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Agenda/Notes

Tue Jun 3, 2025

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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22	23	24	25	26	27	28
29	30					

Daily Goals

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Agenda/Notes

Wed Jun 4, 2025

S	M	T	W	T	F	S
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22	23	24	25	26	27	28
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Daily Goals

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Agenda/Notes

Thu Jun 5, 2025

Daily Goals

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S	M	T	W	T	F	S
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22	23	24	25	26	27	28
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Agenda/Notes

Fri Jun 6, 2025

S	M	T	W	T	F	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					

Daily Goals

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Agenda/Notes

Sat Jun 7, 2025

S	M	T	W	T	F	S
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22	23	24	25	26	27	28
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Daily Goals

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Agenda/Notes

Sun Jun 8, 2025

S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Daily Goals

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Agenda/Notes

Mon Jun 9, 2025

S	M	T	W	T	F	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					

Daily Goals

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Agenda/Notes

Tue Jun 10, 2025

S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Daily Goals

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Agenda/Notes

Wed Jun 11, 2025

Daily Goals

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S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
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Agenda/Notes

Thu Jun 12, 2025

Daily Goals

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S	M	T	W	T	F	S
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8	9	10	11	12	13	14
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22	23	24	25	26	27	28
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Agenda/Notes

Fri Jun 13, 2025

Daily Goals

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S	M	T	W	T	F	S
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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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Agenda/Notes

Sat Jun 14, 2025

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Daily Goals

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Agenda/Notes

Sun Jun 15, 2025

Daily Goals

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S	M	T	W	T	F	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					

Agenda/Notes

Mon Jun 16, 2025

S	M	T	W	T	F	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					

Daily Goals

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Agenda/Notes

Tue Jun 17, 2025

S	M	T	W	T	F	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					

Daily Goals

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Agenda/Notes

Wed Jun 18, 2025

Daily Goals

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S	M	T	W	T	F	S
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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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Agenda/Notes

Thu Jun 19, 2025

Daily Goals

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S	M	T	W	T	F	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					

Agenda/Notes

Fri Jun 20, 2025

S	M	T	W	T	F	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					

Daily Goals

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Agenda/Notes

Sat Jun 21, 2025

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Daily Goals

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Agenda/Notes

Sun Jun 22, 2025

S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Daily Goals

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Agenda/Notes

Mon Jun 23, 2025

Daily Goals

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Agenda/Notes

Tue Jun 24, 2025

S	M	T	W	T	F	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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Daily Goals

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Agenda/Notes

Wed Jun 25, 2025

S	M	T	W	T	F	S
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22	23	24	25	26	27	28
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Daily Goals

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Agenda/Notes

Thu Jun 26, 2025

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Daily Goals

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Agenda/Notes

Fri Jun 27, 2025

Daily Goals

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S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Agenda/Notes

Sat Jun 28, 2025

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
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Daily Goals

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Agenda/Notes

Sun Jun 29, 2025

Daily Goals

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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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Agenda/Notes

Mon Jun 30, 2025

Daily Goals

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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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Agenda/Notes

July 2025

S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Tuethly Goals

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Tue Jul 1, 2025

S	M	T	W	T	F	S
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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		

Daily Goals

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Agenda/Notes

Wed Jul 2, 2025

S	M	T	W	T	F	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		

Daily Goals

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Agenda/Notes

Thu Jul 3, 2025

S	M	T	W	T	F	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		

Daily Goals

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Agenda/Notes

Fri Jul 4, 2025

S	M	T	W	T	F	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		

Daily Goals

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Agenda/Notes

Sat Jul 5, 2025

S	M	T	W	T	F	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		

Daily Goals

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Agenda/Notes

Sun Jul 6, 2025

S	M	T	W	T	F	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		

Daily Goals

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Agenda/Notes

Mon Jul 7, 2025

Daily Goals

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S	M	T	W	T	F	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		

Agenda/Notes

Tue Jul 8, 2025

S	M	T	W	T	F	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		

Daily Goals

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Agenda/Notes

Wed Jul 9, 2025

Daily Goals

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S	M	T	W	T	F	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		

Agenda/Notes

Thu Jul 10, 2025

S	M	T	W	T	F	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		

Daily Goals

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Agenda/Notes

Fri Jul 11, 2025

S	M	T	W	T	F	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		

Daily Goals

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Agenda/Notes

Sat Jul 12, 2025

Daily Goals

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S	M	T	W	T	F	S
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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	31		

Agenda/Notes

Sun Jul 13, 2025

Daily Goals

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S	M	T	W	T	F	S
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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		

Agenda/Notes

Mon Jul 14, 2025

Daily Goals

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S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Agenda/Notes

Tue Jul 15, 2025

Daily Goals

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S	M	T	W	T	F	S
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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		

Agenda/Notes

Wed Jul 16, 2025

S	M	T	W	T	F	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		

Daily Goals

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Agenda/Notes

Thu Jul 17, 2025

S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Daily Goals

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Agenda/Notes

Fri Jul 18, 2025

S	M	T	W	T	F	S
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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		

Daily Goals

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Agenda/Notes

Sat Jul 19, 2025

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
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Daily Goals

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Agenda/Notes

Sun Jul 20, 2025

Daily Goals

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S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Agenda/Notes

Mon Jul 21, 2025

Daily Goals

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S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Agenda/Notes

Tue Jul 22, 2025

Daily Goals

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S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Agenda/Notes

Wed Jul 23, 2025

Daily Goals

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S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Agenda/Notes

Thu Jul 24, 2025

S	M	T	W	T	F	S
		1	2	3	4	5
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Daily Goals

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Agenda/Notes

Fri Jul 25, 2025

S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
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Daily Goals

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Agenda/Notes

Sat Jul 26, 2025

S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Daily Goals

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Agenda/Notes

Sun Jul 27, 2025

S	M	T	W	T	F	S
		1	2	3	4	5
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
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Daily Goals

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Agenda/Notes

Mon Jul 28, 2025

Daily Goals

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S	M	T	W	T	F	S
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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		

Agenda/Notes

Tue Jul 29, 2025

S	M	T	W	T	F	S
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20	21	22	23	24	25	26
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Daily Goals

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Agenda/Notes

Wed Jul 30, 2025

S	M	T	W	T	F	S
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Daily Goals

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Agenda/Notes

Thu Jul 31, 2025

S	M	T	W	T	F	S
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20	21	22	23	24	25	26
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Daily Goals

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Agenda/Notes

August 2025

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Tuethly Goals

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Fri Aug 1, 2025

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Daily Goals

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Agenda/Notes

Jan
Feb
Mar
Apr
May
Jun
Jul
Aug
Sep
Oct
Nov
Dec
Goals

Sat Aug 2, 2025

Daily Goals

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Agenda/Notes

Sun Aug 3, 2025

Daily Goals

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Agenda/Notes

Mon Aug 4, 2025

Daily Goals

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S	M	T	W	T	F	S
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Agenda/Notes

Tue Aug 5, 2025

Daily Goals

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S	M	T	W	T	F	S
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Agenda/Notes

Wed Aug 6, 2025

Daily Goals

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S	M	T	W	T	F	S
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Agenda/Notes

Thu Aug 7, 2025

Daily Goals

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S	M	T	W	T	F	S
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Agenda/Notes

Fri Aug 8, 2025

Daily Goals

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S	M	T	W	T	F	S
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Agenda/Notes

Sat Aug 9, 2025

Daily Goals

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S	M	T	W	T	F	S
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24	25	26	27	28	29	30
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Agenda/Notes

Sun Aug 10, 2025

Daily Goals

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Agenda/Notes

Mon Aug 11, 2025

Daily Goals

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S	M	T	W	T	F	S
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Agenda/Notes

Tue Aug 12, 2025

Daily Goals

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Agenda/Notes

Wed Aug 13, 2025

Daily Goals

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24	25	26	27	28	29	30
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Agenda/Notes

Thu Aug 14, 2025

Daily Goals

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S	M	T	W	T	F	S
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24	25	26	27	28	29	30
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Agenda/Notes

Fri Aug 15, 2025

Daily Goals

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S	M	T	W	T	F	S
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
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Agenda/Notes

Sat Aug 16, 2025

Daily Goals

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S	M	T	W	T	F	S
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
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Agenda/Notes

Sun Aug 17, 2025

Daily Goals

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S	M	T	W	T	F	S
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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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Agenda/Notes

Mon Aug 18, 2025

Daily Goals

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S	M	T	W	T	F	S
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
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Agenda/Notes

Tue Aug 19, 2025

Daily Goals

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S	M	T	W	T	F	S
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
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Agenda/Notes

Wed Aug 20, 2025

Daily Goals

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S	M	T	W	T	F	S
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
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Agenda/Notes

Thu Aug 21, 2025

Daily Goals

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S	M	T	W	T	F	S
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24	25	26	27	28	29	30
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Agenda/Notes

Fri Aug 22, 2025

Daily Goals

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S	M	T	W	T	F	S
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24	25	26	27	28	29	30
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Agenda/Notes

Sat Aug 23, 2025

Daily Goals

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S	M	T	W	T	F	S
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24	25	26	27	28	29	30
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Agenda/Notes

Sun Aug 24, 2025

Daily Goals

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S	M	T	W	T	F	S
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
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Agenda/Notes

Mon Aug 25, 2025

Daily Goals

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S	M	T	W	T	F	S
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24	25	26	27	28	29	30
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Agenda/Notes

Tue Aug 26, 2025

Daily Goals

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S	M	T	W	T	F	S
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24	25	26	27	28	29	30
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Agenda/Notes

Wed Aug 27, 2025

Daily Goals

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S	M	T	W	T	F	S
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24	25	26	27	28	29	30
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Agenda/Notes

Thu Aug 28, 2025

Daily Goals

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
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Agenda/Notes

Fri Aug 29, 2025

Daily Goals

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24	25	26	27	28	29	30
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Agenda/Notes

Sat Aug 30, 2025

Daily Goals

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
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Agenda/Notes

Sun Aug 31, 2025

Daily Goals

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
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Agenda/Notes

September 2025

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
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Tuethly Goals

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Mon Sep 1, 2025

Daily Goals

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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
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Agenda/Notes

Tue Sep 2, 2025

Daily Goals

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S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Agenda/Notes

Wed Sep 3, 2025

S	M	T	W	T	F	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
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Daily Goals

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Agenda/Notes

Thu Sep 4, 2025

Daily Goals

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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Agenda/Notes

Fri Sep 5, 2025

S	M	T	W	T	F	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				

Daily Goals

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Agenda/Notes

Sat Sep 6, 2025

S	M	T	W	T	F	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				

Daily Goals

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Agenda/Notes

Sun Sep 7, 2025

S	M	T	W	T	F	S
	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Daily Goals

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Agenda/Notes

Mon Sep 8, 2025

Daily Goals

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S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Agenda/Notes

Tue Sep 9, 2025

S	M	T	W	T	F	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				

Daily Goals

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Agenda/Notes

Wed Sep 10, 2025

Daily Goals

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S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Agenda/Notes

Thu Sep 11, 2025

Daily Goals

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S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
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Agenda/Notes

Fri Sep 12, 2025

Daily Goals

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S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
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Agenda/Notes

Sat Sep 13, 2025

S	M	T	W	T	F	S
	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Daily Goals

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Agenda/Notes

Sun Sep 14, 2025

Daily Goals

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S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
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Agenda/Notes

Mon Sep 15, 2025

Daily Goals

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S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Agenda/Notes

Tue Sep 16, 2025

Daily Goals

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S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
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Agenda/Notes

Wed Sep 17, 2025

Daily Goals

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S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
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Agenda/Notes

Thu Sep 18, 2025

Daily Goals

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S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Agenda/Notes

Fri Sep 19, 2025

Daily Goals

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S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
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Agenda/Notes

Sat Sep 20, 2025

Daily Goals

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S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
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Agenda/Notes

Sun Sep 21, 2025

Daily Goals

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S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
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Agenda/Notes

Mon Sep 22, 2025

Daily Goals

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S	M	T	W	T	F	S
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21	22	23	24	25	26	27
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Agenda/Notes

Tue Sep 23, 2025

Daily Goals

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S	M	T	W	T	F	S
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21	22	23	24	25	26	27
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Agenda/Notes

Wed Sep 24, 2025

Daily Goals

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S	M	T	W	T	F	S
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21	22	23	24	25	26	27
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Agenda/Notes

Thu Sep 25, 2025

Daily Goals

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21	22	23	24	25	26	27
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Agenda/Notes

Fri Sep 26, 2025

Daily Goals

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S	M	T	W	T	F	S
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21	22	23	24	25	26	27
28	29	30				

Agenda/Notes

Sat Sep 27, 2025

S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
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Daily Goals

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Agenda/Notes

Sun Sep 28, 2025

Daily Goals

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S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Agenda/Notes

Mon Sep 29, 2025

Daily Goals

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S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
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Agenda/Notes

Tue Sep 30, 2025

Daily Goals

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S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
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Agenda/Notes

October 2025

S	M	T	W	T	F	S
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20	21	22	23	24	25	26
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Tuethly Goals

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Wed Oct 1, 2025

Daily Goals

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Agenda/Notes

Thu Oct 2, 2025

Daily Goals

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S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Agenda/Notes

Fri Oct 3, 2025

Daily Goals

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S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Agenda/Notes

Sat Oct 4, 2025

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Daily Goals

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Agenda/Notes

Sun Oct 5, 2025

Daily Goals

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S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Agenda/Notes

Mon Oct 6, 2025

Daily Goals

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S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Agenda/Notes

Tue Oct 7, 2025

Daily Goals

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S	M	T	W	T	F	S
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19	20	21	22	23	24	25
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Agenda/Notes

Wed Oct 8, 2025

S	M	T	W	T	F	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
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Daily Goals

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Agenda/Notes

Thu Oct 9, 2025

S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Daily Goals

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Agenda/Notes

Fri Oct 10, 2025

S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Daily Goals

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Agenda/Notes

Sat Oct 11, 2025

Daily Goals

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S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Agenda/Notes

Sun Oct 12, 2025

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Daily Goals

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Agenda/Notes

Mon Oct 13, 2025

Daily Goals

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S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Agenda/Notes

Tue Oct 14, 2025

Daily Goals

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S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Agenda/Notes

Wed Oct 15, 2025

Daily Goals

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S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Agenda/Notes

Thu Oct 16, 2025

Daily Goals

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S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Agenda/Notes

Fri Oct 17, 2025

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Daily Goals

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Agenda/Notes

Sat Oct 18, 2025

S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Daily Goals

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Agenda/Notes

Sun Oct 19, 2025

S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Daily Goals

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Agenda/Notes

Mon Oct 20, 2025

Daily Goals

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S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Agenda/Notes

Tue Oct 21, 2025

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Daily Goals

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Agenda/Notes

Wed Oct 22, 2025

S	M	T	W	T	F	S
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19	20	21	22	23	24	25
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Daily Goals

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Agenda/Notes

Thu Oct 23, 2025

Daily Goals

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S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Agenda/Notes

Fri Oct 24, 2025

Daily Goals

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S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Agenda/Notes

Sat Oct 25, 2025

Daily Goals

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S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Agenda/Notes

Sun Oct 26, 2025

Daily Goals

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S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Agenda/Notes

Mon Oct 27, 2025

Daily Goals

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S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Agenda/Notes

Tue Oct 28, 2025

Daily Goals

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S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Agenda/Notes

Wed Oct 29, 2025

Daily Goals

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S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Agenda/Notes

Thu Oct 30, 2025

Daily Goals

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S	M	T	W	T	F	S
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12	13	14	15	16	17	18
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Agenda/Notes

Fri Oct 31, 2025

Daily Goals

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S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Agenda/Notes

November 2025

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24	25	26	27	28	29	30

Tuethly Goals

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Sat Nov 1, 2025

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Daily Goals

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Agenda/Notes

Sun Nov 2, 2025

Daily Goals

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
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Agenda/Notes

Mon Nov 3, 2025

Daily Goals

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23	24	25	26	27	28	29
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Agenda/Notes

Tue Nov 4, 2025

Daily Goals

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23	24	25	26	27	28	29
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Agenda/Notes

Wed Nov 5, 2025

Daily Goals

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Agenda/Notes

Thu Nov 6, 2025

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Daily Goals

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Agenda/Notes

Fri Nov 7, 2025

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Daily Goals

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Agenda/Notes

Sat Nov 8, 2025

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Daily Goals

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Agenda/Notes

Sun Nov 9, 2025

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Daily Goals

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Agenda/Notes

Mon Nov 10, 2025

Daily Goals

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Agenda/Notes

Tue Nov 11, 2025

Daily Goals

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Agenda/Notes

Wed Nov 12, 2025

Daily Goals

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Agenda/Notes

Thu Nov 13, 2025

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Agenda/Notes

Fri Nov 14, 2025

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Daily Goals

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Agenda/Notes

Sat Nov 15, 2025

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Agenda/Notes

Sun Nov 16, 2025

Daily Goals

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Agenda/Notes

Mon Nov 17, 2025

Daily Goals

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Agenda/Notes

Tue Nov 18, 2025

Daily Goals

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Agenda/Notes

Wed Nov 19, 2025

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Agenda/Notes

Thu Nov 20, 2025

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Agenda/Notes

Fri Nov 21, 2025

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Agenda/Notes

Sat Nov 22, 2025

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Daily Goals

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Agenda/Notes

Sun Nov 23, 2025

Daily Goals

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Agenda/Notes

Mon Nov 24, 2025

Daily Goals

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Agenda/Notes

Tue Nov 25, 2025

Daily Goals

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Agenda/Notes

Wed Nov 26, 2025

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Agenda/Notes

Thu Nov 27, 2025

Daily Goals

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Agenda/Notes

Fri Nov 28, 2025

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Daily Goals

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Agenda/Notes

Sat Nov 29, 2025

Daily Goals

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Agenda/Notes

Sun Nov 30, 2025

Daily Goals

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Agenda/Notes

December 2025

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Mon Dec 1, 2025

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Agenda/Notes

Tue Dec 2, 2025

Daily Goals

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S	M	T	W	T	F	S
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Agenda/Notes

Wed Dec 3, 2025

S	M	T	W	T	F	S
	1	2	3	4	5	6
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Daily Goals

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Agenda/Notes

Thu Dec 4, 2025

S	M	T	W	T	F	S
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14	15	16	17	18	19	20
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Daily Goals

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Agenda/Notes

Fri Dec 5, 2025

S	M	T	W	T	F	S
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Daily Goals

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Agenda/Notes

Sat Dec 6, 2025

S	M	T	W	T	F	S
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Daily Goals

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Agenda/Notes

Sun Dec 7, 2025

S	M	T	W	T	F	S
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Daily Goals

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Agenda/Notes

Mon Dec 8, 2025

Daily Goals

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Agenda/Notes

Tue Dec 9, 2025

Daily Goals

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Agenda/Notes

Wed Dec 10, 2025

S	M	T	W	T	F	S
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Daily Goals

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Agenda/Notes

Thu Dec 11, 2025

Daily Goals

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Agenda/Notes

Fri Dec 12, 2025

Daily Goals

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Agenda/Notes

Sat Dec 13, 2025

Daily Goals

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Agenda/Notes

Sun Dec 14, 2025

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Agenda/Notes

Mon Dec 15, 2025

S	M	T	W	T	F	S
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Daily Goals

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Agenda/Notes

Tue Dec 6, 2025

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Daily Goals

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Agenda/Notes

Wed Dec 17, 2025

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Daily Goals

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Agenda/Notes

Thu Dec 18, 2025

Daily Goals

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Agenda/Notes

Fri Dec 19, 2025

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Sat Dec 20, 2025

S	M	T	W	T	F	S
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Agenda/Notes

Sun Dec 21, 2025

Daily Goals

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Mon Dec 22, 2025

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Daily Goals

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Tue Dec 23, 2025

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Agenda/Notes

Wed Dec 24, 2025

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Daily Goals

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Thu Dec 25, 2025

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Agenda/Notes

Fri Dec 26, 2025

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Daily Goals

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Agenda/Notes

Sat Dec 27, 2025

Daily Goals

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Agenda/Notes

Sun Dec 28, 2025

Daily Goals

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Agenda/Notes

Mon Dec 29, 2025

Daily Goals

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Agenda/Notes

Tue Dec 30, 2025

Daily Goals

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Agenda/Notes

Wed Dec 31, 2025

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21	22	23	24	25	26	27
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