




		FR 14	Week 15							03APR23 - 09APR23								
✓	e	ACTIVITY					M	T	W	T	F	S	S	Remarks				
		27MAR23 07MAY23					Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S										
◆		14	27	28	29	30	31	01	02									
		15	03	04	05	06	07	08	09									
		16	10	11	12	13	14	15	16									
		17	17	18	19	20	21	22	23									
		18	24	25	26	27	28	29	30									
		19	01	02	03	04	05	06	07									
Notes:																		


		FR 15	Week 16					10APR23 - 16APR23										
✓	e	ACTIVITY					M	T	W	T	F	S	S	Remarks				
		03APR23 14MAY23					Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S										
	15	03	04	05	06	07	08	09										
◆	16	10	11	12	13	14	15	16										
	17	17	18	19	20	21	22	23										
	18	24	25	26	27	28	29	30										
	19	01	02	03	04	05	06	07										
	20	08	09	10	11	12	13	14										
Notes:																		

		FR 16	Week 17							17APR23 - 23APR23													
✓	e	ACTIVITY										M	T	W	T	F	S	S	Remarks				
		10APR23 21MAY23										Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S															
◆		16	10	11	12	13	14	15	16														
		17	17	18	19	20	21	22	23														
		18	24	25	26	27	28	29	30														
		19	01	02	03	04	05	06	07														
		20	08	09	10	11	12	13	14														
		21	15	16	17	18	19	20	21														
Notes:																							

		FR 17	Week 18							24APR23 - 30APR23								
✓	e	ACTIVITY					M	T	W	T	F	S	S	Remarks				
		17APR23 28MAY23					Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S										
◆		17	17	18	19	20	21	22	23									
		18	24	25	26	27	28	29	30									
		19	01	02	03	04	05	06	07									
		20	08	09	10	11	12	13	14									
		21	15	16	17	18	19	20	21									
		22	22	23	24	25	26	27	28									
Notes:																		


		FR 18	Week 19							01MAY23 - 07MAY23							
✓	e	ACTIVITY					M	T	W	T	F	S	S	Remarks			
		24APR23 04JUN23				Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S									
◆		18	24	25	26	27	28	29	30								
		19	01	02	03	04	05	06	07								
		20	08	09	10	11	12	13	14								
		21	15	16	17	18	19	20	21								
		22	22	23	24	25	26	27	28								
		23	29	30	31	01	02	03	04								
Notes:																	

		FR 19	Week 20							08MAY23 - 14MAY23								
✓	e	ACTIVITY					M	T	W	T	F	S	S	Remarks				
		01MAY23 11JUN23					Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S										
◆		19	01	02	03	04	05	06	07									
		20	08	09	10	11	12	13	14									
		21	15	16	17	18	19	20	21									
		22	22	23	24	25	26	27	28									
		23	29	30	31	01	02	03	04									
		24	05	06	07	08	09	10	11									
Notes:																		

		FR 20	Week 21							15MAY23 - 21MAY23									
✓	e	ACTIVITY										M	T	W	T	F	S	S	Remarks
		08MAY23 18JUN23				Where		Time		M	T	W	T	F	S	S	Remarks		
		M	T	W	T	F	S	S											
◆		20	08	09	10	11	12	13	14										
		21	15	16	17	18	19	20	21										
		22	22	23	24	25	26	27	28										
		23	29	30	31	01	02	03	04										
		24	05	06	07	08	09	10	11										
		25	12	13	14	15	16	17	18										
Notes:																			

<div><div></div><div></div></div>		FR 21	Week 22							22MAY23 - 28MAY23										
✓	e	ACTIVITY							M	T	W	T	F	S	S	Remarks				
		15MAY23 25JUN23							Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S												
◆		21	15	16	17	18	19	20	21											
		22	22	23	24	25	26	27	28											
		23	29	30	31	01	02	03	04											
		24	05	06	07	08	09	10	11											
		25	12	13	14	15	16	17	18											
		26	19	20	21	22	23	24	25											
Notes:																				



		FR 22	Week 23							29MAY23 - 04JUN23							
✓	e	ACTIVITY						M	T	W	T	F	S	S	Remarks		
		22MAY23		02JUL23		Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S									
◆	22	22	23	24	25	26	27	28									
	23	29	30	31	01	02	03	04									
	24	05	06	07	08	09	10	11									
	25	12	13	14	15	16	17	18									
	26	19	20	21	22	23	24	25									
	27	26	27	28	29	30	01	02									
Notes:																	


<div><div></div><div></div></div>		FR 23	Week 24							05JUN23 - 11JUN23								
✓	e	ACTIVITY					M	T	W	T	F	S	S	Remarks				
		29MAY23 09JUL23					Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S										
◆		23	29	30	31	01	02	03	04									
		24	05	06	07	08	09	10	11									
		25	12	13	14	15	16	17	18									
		26	19	20	21	22	23	24	25									
		27	26	27	28	29	30	01	02									
		28	03	04	05	06	07	08	09									
Notes:																		


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**Notes:**

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**Notes:**


		FR 26	Week 27							26JUN23 - 02JUL23								
✓	e	ACTIVITY					M	T	W	T	F	S	S	Remarks				
		19JUN23 30JUL23					Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S										
◆		26	19	20	21	22	23	24	25									
		27	26	27	28	29	30	01	02									
		28	03	04	05	06	07	08	09									
		29	10	11	12	13	14	15	16									
		30	17	18	19	20	21	22	23									
		31	24	25	26	27	28	29	30									
Notes:																		

		FR 27	Week 28							03JUL23 - 09JUL23									
✓	e	ACTIVITY						M	T	W	T	F	S	S	Remarks				
		26JUN23 06AUG23						Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S											
◆		27	26	27	28	29	30	01	02										
		28	03	04	05	06	07	08	09										
		29	10	11	12	13	14	15	16										
		30	17	18	19	20	21	22	23										
		31	24	25	26	27	28	29	30										
		32	31	01	02	03	04	05	06										
Notes:																			

		FR 28	Week 29							10JUL23 - 16JUL23							
✓	e	ACTIVITY							M	T	W	T	F	S	S	Remarks	
		03JUL23 13AUG23				Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S									
◆		28	03	04	05	06	07	08	09								
		29	10	11	12	13	14	15	16								
		30	17	18	19	20	21	22	23								
		31	24	25	26	27	28	29	30								
		32	31	01	02	03	04	05	06								
		33	07	08	09	10	11	12	13								
Notes:																	


<div><div></div><div></div></div>		FR 29	Week 30							17JUL23 - 23JUL23													
✓	e	ACTIVITY										M	T	W	T	F	S	S	Remarks				
		10JUL23 20AUG23										Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S															
◆		29	10	11	12	13	14	15	16														
		30	17	18	19	20	21	22	23														
		31	24	25	26	27	28	29	30														
		32	31	01	02	03	04	05	06														
		33	07	08	09	10	11	12	13														
		34	14	15	16	17	18	19	20														
Notes:																							




		FR 30	Week 31							24JUL23 - 30JUL23								
✓	e	ACTIVITY					M	T	W	T	F	S	S	Remarks				
		17JUL23 27AUG23					Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S										
30		17	18	19	20	21	22	23										
31		24	25	26	27	28	29	30										
32		31	01	02	03	04	05	06										
33		07	08	09	10	11	12	13										
34		14	15	16	17	18	19	20										
35		21	22	23	24	25	26	27										
Notes:																		

<div><div></div><div></div></div>		FR 31	Week 32					31JUL23 - 06AUG23										
✓	e	ACTIVITY					M	T	W	T	F	S	S	Remarks				
		24JUL23 03SEP23					Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S										
◆		31	24	25	26	27	28	29	30									
		32	31	01	02	03	04	05	06									
		33	07	08	09	10	11	12	13									
		34	14	15	16	17	18	19	20									
		35	21	22	23	24	25	26	27									
		36	28	29	30	31	01	02	03									
Notes:																		


<div><div></div><div></div></div>		FR 32	Week 33							07AUG23 - 13AUG23								
✓	e	ACTIVITY					M	T	W	T	F	S	S	Remarks				
		31JUL23 10SEP23					Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S										
32		31	01	02	03	04	05	06										
33		07	08	09	10	11	12	13										
34		14	15	16	17	18	19	20										
35		21	22	23	24	25	26	27										
36		28	29	30	31	01	02	03										
37		04	05	06	07	08	09	10										
Notes:																		

		FR 33	Week 34							14AUG23 - 20AUG23													
✓	e	ACTIVITY										M	T	W	T	F	S	S	Remarks				
		07AUG23 17SEP23										Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S															
33		07	08	09	10	11	12	13															
34		14	15	16	17	18	19	20															
35		21	22	23	24	25	26	27															
36		28	29	30	31	01	02	03															
37		04	05	06	07	08	09	10															
38		11	12	13	14	15	16	17															
Notes:																							


		FR 34	Week 35							21AUG23 - 27AUG23													
✓	e	ACTIVITY										M	T	W	T	F	S	S	Remarks				
		14AUG23 24SEP23										Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S															
	34	14	15	16	17	18	19	20															
◆	35	21	22	23	24	25	26	27															
	36	28	29	30	31	01	02	03															
	37	04	05	06	07	08	09	10															
	38	11	12	13	14	15	16	17															
	39	18	19	20	21	22	23	24															
Notes:																							


<div><div></div><div></div></div>		FR 35	Week 36							28AUG23 - 03SEP23										
✓	e	ACTIVITY							M	T	W	T	F	S	S	Remarks				
		21AUG23 01OCT23							Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S												
	35	21	22	23	24	25	26	27												
◆	36	28	29	30	31	01	02	03												
	37	04	05	06	07	08	09	10												
	38	11	12	13	14	15	16	17												
	39	18	19	20	21	22	23	24												
	40	25	26	27	28	29	30	01												
Notes:																				


<div><div></div><div></div></div>		FR 36	Week 37							04SEP23 - 10SEP23								
✓	e	ACTIVITY					M	T	W	T	F	S	S	Remarks				
		28AUG23 08OCT23					Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S										
36		28	29	30	31	01	02	03										
37		04	05	06	07	08	09	10										
38		11	12	13	14	15	16	17										
39		18	19	20	21	22	23	24										
40		25	26	27	28	29	30	01										
41		02	03	04	05	06	07	08										
Notes:																		


		FR 37	Week 38							11SEP23 - 17SEP23										
✓	e	ACTIVITY							M	T	W	T	F	S	S	Remarks				
		04SEP23 15OCT23							Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S												
	37	04	05	06	07	08	09	10												
◆	38	11	12	13	14	15	16	17												
	39	18	19	20	21	22	23	24												
	40	25	26	27	28	29	30	01												
	41	02	03	04	05	06	07	08												
	42	09	10	11	12	13	14	15												
Notes:																				




		FR 38		Week 39							18SEP23 - 24SEP23						
✓	e	ACTIVITY						M	T	W	T	F	S	S	Remarks		
		11SEP23 22OCT23				Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S									
38	11	12	13	14	15	16	17										
39	18	19	20	21	22	23	24										
40	25	26	27	28	29	30	01										
41	02	03	04	05	06	07	08										
42	09	10	11	12	13	14	15										
43	16	17	18	19	20	21	22										
Notes:																	

		FR 39	Week 40							25SEP23 - 01OCT23								
✓	e	ACTIVITY					M	T	W	T	F	S	S	Remarks				
		18SEP23 29OCT23					Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S										
	39	18	19	20	21	22	23	24										
◆	40	25	26	27	28	29	30	01										
	41	02	03	04	05	06	07	08										
	42	09	10	11	12	13	14	15										
	43	16	17	18	19	20	21	22										
	44	23	24	25	26	27	28	29										
Notes:																		

		FR 40	Week 41							02OCT23 - 08OCT23						
✓	e	ACTIVITY					M	T	W	T	F	S	S	Remarks		
		25SEP23 05NOV23					Where	Time	M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S								
	40	25	26	27	28	29	30	01								
◆	41	02	03	04	05	06	07	08								
	42	09	10	11	12	13	14	15								
	43	16	17	18	19	20	21	22								
	44	23	24	25	26	27	28	29								
	45	30	31	01	02	03	04	05								
Notes:																

		FR 41	Week 42							09OCT23 - 15OCT23									
✓	e	ACTIVITY						M	T	W	T	F	S	S	Remarks				
		02OCT23 12NOV23						Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S											
◆		41	02	03	04	05	06	07	08										
		42	09	10	11	12	13	14	15										
		43	16	17	18	19	20	21	22										
		44	23	24	25	26	27	28	29										
		45	30	31	01	02	03	04	05										
		46	06	07	08	09	10	11	12										
Notes:																			

		FR 42	Week 43							16OCT23 - 22OCT23									
✓	e	ACTIVITY										M	T	W	T	F	S	S	Remarks
		09OCT23 19NOV23				Where		Time		M	T	W	T	F	S	S	Remarks		
		M	T	W	T	F	S	S											
◆	42	09	10	11	12	13	14	15											
	43	16	17	18	19	20	21	22											
	44	23	24	25	26	27	28	29											
	45	30	31	01	02	03	04	05											
	46	06	07	08	09	10	11	12											
	47	13	14	15	16	17	18	19											
Notes:																			

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**Notes:**

[illegible][illegible]

**Notes:**


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		30OCT23				Where		Time		M	T	W	T	F	S	S	Remarks	
		10DEC23																
		M	T	W	T	F	S	S										
◆	45	30	31	01	02	03	04	05										
	46	06	07	08	09	10	11	12										
	47	13	14	15	16	17	18	19										
	48	20	21	22	23	24	25	26										
	49	27	28	29	30	01	02	03										
	50	04	05	06	07	08	09	10										

**Notes:**



<div><div></div><div></div></div>		FR 46	Week 47							13NOV23 - 19NOV23													
✓	e	ACTIVITY										M	T	W	T	F	S	S	Remarks				
		06NOV23 17DEC23										Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S															
◆		46	06	07	08	09	10	11	12														
		47	13	14	15	16	17	18	19														
		48	20	21	22	23	24	25	26														
		49	27	28	29	30	01	02	03														
		50	04	05	06	07	08	09	10														
		51	11	12	13	14	15	16	17														
Notes:																							


		FR 47	Week 48							20NOV23 - 26NOV23								
✓	e	ACTIVITY					M	T	W	T	F	S	S	Remarks				
		13NOV23 24DEC23					Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S										
47		13	14	15	16	17	18	19										
48		20	21	22	23	24	25	26										
49		27	28	29	30	01	02	03										
50		04	05	06	07	08	09	10										
51		11	12	13	14	15	16	17										
52		18	19	20	21	22	23	24										
Notes:																		

<div><div></div><div></div></div>		FR 48	Week 49							27NOV23 - 03DEC23									
✓	e	ACTIVITY						M	T	W	T	F	S	S	Remarks				
		20NOV23 31DEC23						Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S											
48		20	21	22	23	24	25	26											
49		27	28	29	30	01	02	03											
50		04	05	06	07	08	09	10											
51		11	12	13	14	15	16	17											
52		18	19	20	21	22	23	24											
53		25	26	27	28	29	30	31											
Notes:																			

✓	e	ACTIVITY							M	T	W	T	F	S	S	Remarks		
		27NOV23 07JAN24							Where	Time	M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S										
◆	49	27	28	29	30	01	02	03										
	50	04	05	06	07	08	09	10										
	51	11	12	13	14	15	16	17										
	52	18	19	20	21	22	23	24										
	53	25	26	27	28	29	30	31										
	54	01	02	03	04	05	06	07										

**Notes:**

<div><div></div><div></div></div>		FR 50	Week 51							11DEC23 - 17DEC23									
✓	e	ACTIVITY						M	T	W	T	F	S	S	Remarks				
		04DEC23 14JAN24						Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S											
	50	04	05	06	07	08	09	10											
◆	51	11	12	13	14	15	16	17											
	52	18	19	20	21	22	23	24											
	53	25	26	27	28	29	30	31											
	54	01	02	03	04	05	06	07											
	55	08	09	10	11	12	13	14											
Notes:																			

		FR 51	Week 52							18DEC23 - 24DEC23								
✓	e	ACTIVITY					M	T	W	T	F	S	S	Remarks				
		11DEC23 21JAN24					Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S										
51		11	12	13	14	15	16	17										
52		18	19	20	21	22	23	24										
53		25	26	27	28	29	30	31										
54		01	02	03	04	05	06	07										
55		08	09	10	11	12	13	14										
56		15	16	17	18	19	20	21										
Notes:																		

<div><div></div><div></div></div>		FR 52	Week 53							25DEC23 - 31DEC23								
✓	e	ACTIVITY					M	T	W	T	F	S	S	Remarks				
		18DEC23 28JAN24					Where		Time		M	T	W	T	F	S	S	Remarks
		M	T	W	T	F	S	S										
52		18	19	20	21	22	23	24										
53		25	26	27	28	29	30	31										
54		01	02	03	04	05	06	07										
55		08	09	10	11	12	13	14										
56		15	16	17	18	19	20	21										
57		22	23	24	25	26	27	28										
Notes:																		