

WEEK NUMBER: _____

Mon

Tue

Wed

06:00		
07:00		
08:00		
09:00		
10:00		
11:00		
12:00		
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14:00		
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16:00		
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21:00		
22:00		
23:00		
00:00		

PERSONAL - TOP PRIORITY

1		
2		
3		

PERSONAL - OTHERS

[illegible]

FREE SPACE TO GROW

[illegible]

	Thu	Fri	Sat	Sun
06:00				
07:00				
08:00				
09:00				
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23:00				
00:00				

WORK - TOP PRIORITY

WORK - OTHERS

FREE SPACE TO GROW