30	23	16	9	2	26	MONDAY
31	24	17	10	W	27	TUESDAY
فس	25	18	1	4	28	WEDNESDAY
CA.	26	19	12	IJ	29	THURSDAY
CA.	27	20	13	6	30	FRIDAY
4	28	21	14	7	31	SATURDAY
OT	29	22	J	O		SUNDAY

JANUARY PLAN

GOAL #1
GOAL #2
GOAL #3
TO DO
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