## 2023 Daily Planner

<u>Jan</u>

**Feb** 

<u>Mar</u>

<u>Apr</u>

<u>May</u>

<u>Jun</u>

<u>Jul</u>

**Aug** 

<u>Sep</u>

**Oct** 

**Nov** 

**Dec** 

Work to do list

Personal to do list

#### <u>Personal</u>

#### **Work To Do List**

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#### <u>Work</u>

#### **Personal To Do List**

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
						<u>01</u>
<u>02</u>	<u>03</u>	<u>04</u>	<u>05</u>	<u>06</u>	<u>07</u>	<u>08</u>
<u>09</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>
<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>
<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>
<u>30</u>	<u>31</u>					

Month notes:		

Tue	Wed	Thu	Fri	Sat	Sun
	<u>01</u>	<u>02</u>	<u>03</u>	<u>04</u>	<u>05</u>
<u>07</u>	<u>80</u>	<u>09</u>	<u>10</u>	<u>11</u>	<u>12</u>
<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
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<u>28</u>					
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Mon	Tue	Wed	Thu	Fri	Sat	Sun
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<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>
<b>27</b>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>		

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>
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<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>
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<u>29</u>	<u>30</u>	<u>31</u>				

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<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>
<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>
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Mon	Tue	Wed	Thu	Fri	Sat	Sun
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<u>03</u>	<u>04</u>	<u>05</u>	<u>06</u>	<u>07</u>	<u>08</u>	<u>09</u>
<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>
<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>
<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>
<u>31</u>						

Month notes:		

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<u>01</u>	<u>02</u>	<u>03</u>	<u>04</u>	<u>05</u>	<u>06</u>
<u>07</u>	<u>80</u>	<u>09</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>
<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>
<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>
<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>			
Month note	es:					

Mon	Tue	Wed	Thu	Fri	Sat	Sun	
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<u>04</u>	<u>05</u>	<u>06</u>	<u>07</u>	<u>08</u>	<u>09</u>	<u>10</u>	
<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	
<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	
<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>		
Month note	es:						

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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<u>02</u>	<u>03</u>	<u>04</u>	<u>05</u>	<u>06</u>	<u>07</u>	<u>80</u>
<u>09</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>
<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>
<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>
<u>30</u>	<u>31</u>					

Month notes:

Tue	Wed	Thu	Fri	Sat	Sun
	<u>01</u>	<u>02</u>	<u>03</u>	<u>04</u>	<u>05</u>
<u>07</u>	<u>08</u>	<u>09</u>	<u>10</u>	<u>11</u>	<u>12</u>
<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>
<u>28</u>	<u>29</u>	<u>30</u>			
	<u>07</u> <u>14</u> <u>21</u>	01       07     08       14     15       21     22	01     02       07     08     09       14     15     16       21     22     23	01     02     03       07     08     09     10       14     15     16     17       21     22     23     24	01     02     03     04       07     08     09     10     11       14     15     16     17     18       21     22     23     24     25

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
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<u>04</u>	<u>05</u>	<u>06</u>	<u>07</u>	<u>08</u>	<u>09</u>	<u>10</u>
<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>
<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>
<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>
Month note	es:					

# Sunday 1st January 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Sunday 1st January 2023 Continued..**

Notes	

## **Monday 2nd January 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Monday 2nd January 2023 Continued..

Notes	

## **Tuesday 3rd January 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 3rd January 2023 Continued..**

Notes	

# Wednesday 4th January 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Wednesday 4th January 2023 Continued..

Notes

## **Thursday 5th January 2023**

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

## Thursday 5th January 2023 Continued..

Notes	

## Friday 6th January 2023

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

## Friday 6th January 2023 Continued...

Notes

## Saturday 7th January 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Saturday 7th January 2023 Continued..

Notes	

## **Sunday 8th January 2023**

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Sunday 8th January 2023 Continued..**

Notes	

## **Monday 9th January 2023**

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Monday 9th January 2023 Continued...

Notes	

## **Tuesday 10th January 2023**

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 10th January 2023 Continued..**

Notes	

## Wednesday 11th January 2023

Notes		
Notes		
Other	11ab:4a/\A/a	. IIIb. a. i. a. a.
Other	Habits/Wellbeing	
	Water:	
	Dooding	
	Reading:	
	Pushups:	
	Exercise:	
	Ctrotobing	
	Stretching:	
	Patterns:	
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## Wednesday 11th January 2023 Continued...

Notes	

## **Thursday 12th January 2023**

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Thursday 12th January 2023 Continued..**

Notes

## Friday 13th January 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 13th January 2023 Continued..

Notes	

## Saturday 14th January 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Saturday 14th January 2023 Continued...

Notes	

## Sunday 15th January 2023

Notes			
Other	Habits/We	ellbeing	
	Water:		
	Reading:		
	Pushups:		
	Exercise:		
	Stretching:		
	Patterns:		

## **Sunday 15th January 2023 Continued..**

Notes	

## **Monday 16th January 2023**

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

## Monday 16th January 2023 Continued...

Notes	

## **Tuesday 17th January 2023**

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 17th January 2023 Continued..**

Notes	

## Wednesday 18th January 2023

Notes		
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Other	Habits/We	ellbeing
Other	Habits/We	ellbeing
Other		ellbeing
Other	Water:	ellbeing
Other	Water: Reading:	ellbeing
	Water: Reading: Pushups:	ellbeing
	Water: Reading: Pushups: Exercise:	

## Wednesday 18th January 2023 Continued...

Notes	

## **Thursday 19th January 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Thursday 19th January 2023 Continued..**

Notes	

## Friday 20th January 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 20th January 2023 Continued..

Notes	

## Saturday 21st January 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Saturday 21st January 2023 Continued..

Notes	

## **Sunday 22nd January 2023**

Notes		
Other	Habits/Wo	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Sunday 22nd January 2023 Continued..**

Notes	

## Monday 23rd January 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 23rd January 2023 Continued..

Notes	

## **Tuesday 24th January 2023**

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 24th January 2023 Continued..**

Notes	

## Wednesday 25th January 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Wednesday 25th January 2023 Continued...

Notes

## **Thursday 26th January 2023**

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

## Thursday 26th January 2023 Continued..

Notes	

## Friday 27th January 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 27th January 2023 Continued..

Notes	

## Saturday 28th January 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Saturday 28th January 2023 Continued...

Notes

## **Sunday 29th January 2023**

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### **Sunday 29th January 2023 Continued..**

Notes	

### Monday 30th January 2023

<u>January</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Monday 30th January 2023 Continued...

Notes	

## **Tuesday 31st January 2023**

<u>January</u>

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

# **Tuesday 31st January 2023 Continued..**

Notes	

### Wednesday 1st February 2023

Notes		
Notes		
Other	11ab:4a/\A/a	. IIIb. a. i. a. a.
Other	Habits/We	emeing
	Water:	
	Dooding	
	Reading:	
	Pushups:	
	Exercise:	
	Ctrotobing	
	Stretching:	
	Patterns:	
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### Wednesday 1st February 2023 Continued..

Notes	

### Thursday 2nd February 2023

Notes		
Other	Habits/We	ellbeina
	Water:	<b>g</b>
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Thursday 2nd February 2023 Continued..

Notes	

### Friday 3rd February 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Friday 3rd February 2023 Continued..

Notes	

### Saturday 4th February 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Saturday 4th February 2023 Continued...

Notes	

### Sunday 5th February 2023

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

### **Sunday 5th February 2023 Continued..**

Notes	

### Monday 6th February 2023

Notes			
Other	Habits/We	allhaina	
Other	Water:	enbenig .	
	Reading:		
	Pushups:		
	Exercise:		
	Stretching:		
	Patterns:		

### Monday 6th February 2023 Continued..

Notes	
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### Tuesday 7th February 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### **Tuesday 7th February 2023 Continued..**

Notes	

### Wednesday 8th February 2023

Notes		
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Other	Habits/We	allhoing
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	Water:	
	Pooding:	
	Reading:	
	Pushups:	
	Exercise:	
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	Stretching:	
	Patterns:	
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### Wednesday 8th February 2023 Continued...

Notes

# Thursday 9th February 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Thursday 9th February 2023 Continued..

Notes	

### Friday 10th February 2023

Notes		
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Other	Habits/We	elibeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Friday 10th February 2023 Continued..

Notes	

### Saturday 11th February 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### **Saturday 11th February 2023 Continued..**

Notes	

### Sunday 12th February 2023

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

### **Sunday 12th February 2023 Continued..**

Notes	

### Monday 13th February 2023

Notes	
Other	Habits/Wellbeing
Ottier	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

### Monday 13th February 2023 Continued...

Notes

### **Tuesday 14th February 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### **Tuesday 14th February 2023 Continued..**

Notes	
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### Wednesday 15th February 2023 February

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Wednesday 15th February 2023 Continued...

Notes	

### Thursday 16th February 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Thursday 16th February 2023 Continued..**

Notes	

# Friday 17th February 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 17th February 2023 Continued..

Notes

#### Saturday 18th February 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Saturday 18th February 2023 Continued...

Notes	

# Sunday 19th February 2023

Notes		
Notes		
Other	11ab:4a/\A/a	. IIIb. a. i. a. a.
Other	Habits/We	emeing
	Water:	
	Dooding	
	Reading:	
	Pushups:	
	Exercise:	
	Ctrotobing	
	Stretching:	
	Patterns:	
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# **Sunday 19th February 2023 Continued..**

Notes

# Monday 20th February 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 20th February 2023 Continued..

Notes

# Tuesday 21st February 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Tuesday 21st February 2023 Continued..**

Notes	

# Wednesday 22nd February 2023 February

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Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Wednesday 22nd February 2023 Continued..

Notes

# Thursday 23rd February 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Thursday 23rd February 2023 Continued..

Notes	

# Friday 24th February 2023

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

# Friday 24th February 2023 Continued..

Notes	

# Saturday 25th February 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Saturday 25th February 2023 Continued...

Notes	

# Sunday 26th February 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 26th February 2023 Continued..**

Notes	

# Monday 27th February 2023

Notes		
Other	Habits/We	ellbeina
	Water:	<b>g</b>
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 27th February 2023 Continued..

Notes

# Tuesday 28th February 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Tuesday 28th February 2023 Continued..**

Notes	

#### Wednesday 1st March 2023

<u>March</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Wednesday 1st March 2023 Continued..

Notes	

# Thursday 2nd March 2023

<u>March</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Thursday 2nd March 2023 Continued..

Notes	

# Friday 3rd March 2023

<u>March</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Friday 3rd March 2023 Continued..

Notes

# Saturday 4th March 2023

<u>March</u>

Notes		
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Other	Habits/We	allhoing
Other		Filberrig
	Water:	
	Pooding:	
	Reading:	
	Pushups:	
	Exercise:	
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	Stretching:	
	Patterns:	
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#### Saturday 4th March 2023 Continued..

Notes

# Sunday 5th March 2023

<u>March</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 5th March 2023 Continued..**

N	otes		

# Monday 6th March 2023

<u>March</u>

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 6th March 2023 Continued..

Notes

# **Tuesday 7th March 2023**

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Tuesday 7th March 2023 Continued..**

Notes	
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# Wednesday 8th March 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Wednesday 8th March 2023 Continued..

Notes	

# Thursday 9th March 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Thursday 9th March 2023 Continued..

Notes	

# Friday 10th March 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 10th March 2023 Continued..

Notes

# Saturday 11th March 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Saturday 11th March 2023 Continued..**

Notes

# Sunday 12th March 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 12th March 2023 Continued..**

Notes

# Monday 13th March 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Monday 13th March 2023 Continued..

Notes

# **Tuesday 14th March 2023**

Notes		
	11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
Other	Habits/We	elibeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Tuesday 14th March 2023 Continued..**

Notes	

# Wednesday 15th March 2023

Notes		
110100		
Other	Habits/We	allhoing
Other		Filberrig
	Water:	
	Pooding:	
	Reading:	
	Pushups:	
	Exercise:	
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	Stretching:	
	Patterns:	
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### Wednesday 15th March 2023 Continued..

Notes

# Thursday 16th March 2023

Notes		
Notes		
Other	11ab:4a/\A/a	. IIIb. a. i. a. a.
Other	Habits/We	emeing
	Water:	
	Dooding	
	Reading:	
	Pushups:	
	Exercise:	
	Ctrotobing	
	Stretching:	
	Patterns:	
	. 5.1.511101	

### **Thursday 16th March 2023 Continued..**

Notes

# Friday 17th March 2023

Notes		
	11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
Other	Habits/We	elibeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 17th March 2023 Continued..

Notes

# Saturday 18th March 2023

Notes		
Othor	Uahita/\/	allhaina
Other	Habits/We	enbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Saturday 18th March 2023 Continued..

Notes	

# Sunday 19th March 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 19th March 2023 Continued..**

Notes	

# Monday 20th March 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Monday 20th March 2023 Continued..

Notes

# **Tuesday 21st March 2023**

Notes		
Notes		
Other	11ab:4a/\A/a	. IIIb. a. i. a. a.
Other	Habits/Wellbeing	
	Water:	
	Dooding	
	Reading:	
	Pushups:	
	Exercise:	
	Ctrotobing	
	Stretching:	
	Patterns:	
	. 5.1.511101	

# **Tuesday 21st March 2023 Continued..**

Notes	

# Wednesday 22nd March 2023

Notes		
Notes		
Other	Habits/We	ellbeing
	Water:	
	vvalei.	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Wednesday 22nd March 2023 Continued..

Notes

# Thursday 23rd March 2023

Notes		
Notes		
Other	Habits/We	ellbeing
	Water:	
	vvalei.	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Thursday 23rd March 2023 Continued..

Notes	

# Friday 24th March 2023

Notes			
Other	Habits/We	Habits/Wellbeing	
	Water:		
	Reading:		
	Pushups:		
	Exercise:		
	Stretching:		
	Patterns:		

#### Friday 24th March 2023 Continued..

Notes	

#### Saturday 25th March 2023

<u>March</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Saturday 25th March 2023 Continued..

Notes	

#### Sunday 26th March 2023

<u>March</u>

Notes		
Othor	Uahita/\/	allhaina
Other	Habits/We	enbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### **Sunday 26th March 2023 Continued..**

Notes

#### Monday 27th March 2023

<u>March</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Monday 27th March 2023 Continued..

Notes

#### Tuesday 28th March 2023

<u>March</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Tuesday 28th March 2023 Continued..**

Notes		

#### Wednesday 29th March 2023

<u>March</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Wednesday 29th March 2023 Continued..

Notes	

#### Thursday 30th March 2023

<u>March</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Thursday 30th March 2023 Continued..

Notes	
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#### Friday 31st March 2023

<u>March</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 31st March 2023 Continued..

Notes			

#### **Saturday 1st April 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Saturday 1st April 2023 Continued..

Notes

### **Sunday 2nd April 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### **Sunday 2nd April 2023 Continued..**

Notes

#### Monday 3rd April 2023

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

### Monday 3rd April 2023 Continued..

Notes

#### **Tuesday 4th April 2023**

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

#### **Tuesday 4th April 2023 Continued..**

Notes	

#### Wednesday 5th April 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Wednesday 5th April 2023 Continued..

Notes

### **Thursday 6th April 2023**

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Thursday 6th April 2023 Continued..

Notes	

### Friday 7th April 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Friday 7th April 2023 Continued...

Notes

#### Saturday 8th April 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Saturday 8th April 2023 Continued..

Notes

#### **Sunday 9th April 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 9th April 2023 Continued..**

Notes

### Monday 10th April 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 10th April 2023 Continued..

Notes

### **Tuesday 11th April 2023**

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 11th April 2023 Continued..**

Notes		

## Wednesday 12th April 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Wednesday 12th April 2023 Continued..

Notes	

## **Thursday 13th April 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 13th April 2023 Continued...

Notes

## Friday 14th April 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Friday 14th April 2023 Continued...

Notes

## Saturday 15th April 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Saturday 15th April 2023 Continued..

Notes		

## Sunday 16th April 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Sunday 16th April 2023 Continued..**

Notes		

## Monday 17th April 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 17th April 2023 Continued..

Notes			

## **Tuesday 18th April 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 18th April 2023 Continued..**

Notes	

## Wednesday 19th April 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Wednesday 19th April 2023 Continued..

Notes		

## **Thursday 20th April 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 20th April 2023 Continued..

Notes

## Friday 21st April 2023

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

## Friday 21st April 2023 Continued..

Notes

## Saturday 22nd April 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Saturday 22nd April 2023 Continued..

Notes	

## Sunday 23rd April 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 23rd April 2023 Continued..**

Notes	
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## Monday 24th April 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Monday 24th April 2023 Continued..

Notes	

## **Tuesday 25th April 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 25th April 2023 Continued..**

Notes	

## Wednesday 26th April 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Wednesday 26th April 2023 Continued..

Notes	

## Thursday 27th April 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 27th April 2023 Continued..

Notes

## Friday 28th April 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 28th April 2023 Continued..

Notes

## Saturday 29th April 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Saturday 29th April 2023 Continued..

Notes			

## Sunday 30th April 2023

<u>April</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### **Sunday 30th April 2023 Continued..**

Notes

## Monday 1st May 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Monday 1st May 2023 Continued...

Notes	

## **Tuesday 2nd May 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 2nd May 2023 Continued..**

Notes			

## Wednesday 3rd May 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Wednesday 3rd May 2023 Continued..

Notes

## **Thursday 4th May 2023**

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Thursday 4th May 2023 Continued..

Notes	
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## Friday 5th May 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Friday 5th May 2023 Continued..

Notes

## Saturday 6th May 2023

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Notes		
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Other	Habits/We	elibeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Saturday 6th May 2023 Continued...

Notes

## Sunday 7th May 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Sunday 7th May 2023 Continued...

Notes

## Monday 8th May 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Monday 8th May 2023 Continued..

N	otes		

## **Tuesday 9th May 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 9th May 2023 Continued..**

Notes	
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# Wednesday 10th May 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Wednesday 10th May 2023 Continued...

Notes	

## **Thursday 11th May 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 11th May 2023 Continued...

Notes	

## Friday 12th May 2023

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

## Friday 12th May 2023 Continued..

Notes	

## Saturday 13th May 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Saturday 13th May 2023 Continued...

Notes		

## Sunday 14th May 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### **Sunday 14th May 2023 Continued..**

Notes	

## Monday 15th May 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Monday 15th May 2023 Continued...

Notes		

## **Tuesday 16th May 2023**

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 16th May 2023 Continued..**

Notes

## Wednesday 17th May 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Wednesday 17th May 2023 Continued...

Notes

## Thursday 18th May 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 18th May 2023 Continued...

Notes	

## Friday 19th May 2023

<u>May</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Friday 19th May 2023 Continued..

Notes			

## Saturday 20th May 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Saturday 20th May 2023 Continued...

Notes	

## Sunday 21st May 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Sunday 21st May 2023 Continued...**

Notes	

## Monday 22nd May 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Monday 22nd May 2023 Continued...

Notes

## **Tuesday 23rd May 2023**

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 23rd May 2023 Continued..**

Notes			

## Wednesday 24th May 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Wednesday 24th May 2023 Continued..

Notes	

## Thursday 25th May 2023

M	av	
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Notes		
Other	Habits/Wo	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 25th May 2023 Continued...

Notes

#### Friday 26th May 2023

<u>May</u>

Notes		
Notes		
Other	Habits/We	ellbeing
	Water:	
	vvalei.	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Friday 26th May 2023 Continued..

Notes

#### Saturday 27th May 2023

<u>May</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Saturday 27th May 2023 Continued...

Notes	
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## Sunday 28th May 2023

M	av	
	u,	

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Sunday 28th May 2023 Continued..**

Notes

## Monday 29th May 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Monday 29th May 2023 Continued..

Notes

## **Tuesday 30th May 2023**

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 30th May 2023 Continued..**

N	otes		

## Wednesday 31st May 2023

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	u v

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Wednesday 31st May 2023 Continued..

Notes	

## **Thursday 1st June 2023**

<u>June</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 1st June 2023 Continued..

Notes	

#### Friday 2nd June 2023

<u>June</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Friday 2nd June 2023 Continued..

Notes	

#### Saturday 3rd June 2023

<u>June</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Saturday 3rd June 2023 Continued..**

Notes			

#### **Sunday 4th June 2023**

<u>June</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### **Sunday 4th June 2023 Continued..**

Notes	

### Monday 5th June 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Monday 5th June 2023 Continued..

Notes	

### **Tuesday 6th June 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### **Tuesday 6th June 2023 Continued..**

Notes	

### Wednesday 7th June 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Wednesday 7th June 2023 Continued...

Notes

### **Thursday 8th June 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 8th June 2023 Continued..

Notes	
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### Friday 9th June 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Friday 9th June 2023 Continued..

	Notes
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### Saturday 10th June 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Saturday 10th June 2023 Continued..

Notes	

### **Sunday 11th June 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 11th June 2023 Continued..**

Notes			

### Monday 12th June 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 12th June 2023 Continued..

Notes

### **Tuesday 13th June 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### **Tuesday 13th June 2023 Continued..**

Notes

### Wednesday 14th June 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Wednesday 14th June 2023 Continued..

Notes		

### Thursday 15th June 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 15th June 2023 Continued..

Notes	

### Friday 16th June 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 16th June 2023 Continued..

Notes			

### Saturday 17th June 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Saturday 17th June 2023 Continued..

Notes	

### Sunday 18th June 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### **Sunday 18th June 2023 Continued..**

Notes	
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### Monday 19th June 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 19th June 2023 Continued..

Notes

### **Tuesday 20th June 2023**

Notes		
Other	Habits/We	allheing
	Water:	Jiibeiiig
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### **Tuesday 20th June 2023 Continued..**

Notes	
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### Wednesday 21st June 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Wednesday 21st June 2023 Continued..

Notes		

### Thursday 22nd June 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Thursday 22nd June 2023 Continued..

Notes		

## Friday 23rd June 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Friday 23rd June 2023 Continued..

Notes

## Saturday 24th June 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Saturday 24th June 2023 Continued...

Notes	
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## Sunday 25th June 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Sunday 25th June 2023 Continued..**

Notes

## Monday 26th June 2023

Notes		
Othor		
Other	Habits/We Water:	enbeing
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 26th June 2023 Continued..

Notes

## **Tuesday 27th June 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Tuesday 27th June 2023 Continued..**

Notes	
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## Wednesday 28th June 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Wednesday 28th June 2023 Continued..

Notes		

## Thursday 29th June 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 29th June 2023 Continued..

Notes

## Friday 30th June 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Friday 30th June 2023 Continued..

Notes

# Saturday 1st July 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Saturday 1st July 2023 Continued...

Notes

# **Sunday 2nd July 2023**

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Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

# Sunday 2nd July 2023 Continued...

N	otes		

# Monday 3rd July 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 3rd July 2023 Continued...

Notes

# **Tuesday 4th July 2023**

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Tuesday 4th July 2023 Continued..**

Notes

# Wednesday 5th July 2023

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J	u	IV

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Wednesday 5th July 2023 Continued..

Notes		

# **Thursday 6th July 2023**

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Notes		
Other	Habits/Wo	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Thursday 6th July 2023 Continued...

Notes		

# Friday 7th July 2023

<u>July</u>

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

# Friday 7th July 2023 Continued...

Notes			

# Saturday 8th July 2023

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J	u	IV

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Saturday 8th July 2023 Continued...

Notes

# **Sunday 9th July 2023**

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Sunday 9th July 2023 Continued...

Notes	

# Monday 10th July 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Monday 10th July 2023 Continued...

Notes

# **Tuesday 11th July 2023**

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 11th July 2023 Continued..**

Notes		

## Wednesday 12th July 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Wednesday 12th July 2023 Continued...

Notes	

## **Thursday 13th July 2023**

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 13th July 2023 Continued..

Notes		

## Friday 14th July 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Friday 14th July 2023 Continued...

Notes	

# Saturday 15th July 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Saturday 15th July 2023 Continued...

Notes

# **Sunday 16th July 2023**

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Sunday 16th July 2023 Continued..**

Notes			

## Monday 17th July 2023

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Notes		
Other	Habits/Wo	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Monday 17th July 2023 Continued...

Notes

# **Tuesday 18th July 2023**

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Notes		
Other	Habits/Wo	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 18th July 2023 Continued..**

Notes	

## Wednesday 19th July 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Wednesday 19th July 2023 Continued...

Notes	
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## **Thursday 20th July 2023**

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J	u	IV

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 20th July 2023 Continued..

Notes	

# Friday 21st July 2023

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Notes		
Other	Habits/Wo	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 21st July 2023 Continued..

Notes	

## Saturday 22nd July 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Saturday 22nd July 2023 Continued..

Notes

## Sunday 23rd July 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Sunday 23rd July 2023 Continued...

Notes

## Monday 24th July 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 24th July 2023 Continued...

Notes	
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# **Tuesday 25th July 2023**

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 25th July 2023 Continued..**

Notes

## Wednesday 26th July 2023

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Notes		
Other	Habits/Wo	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Wednesday 26th July 2023 Continued...

Notes	

## **Thursday 27th July 2023**

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Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 27th July 2023 Continued..

Notes	

## Friday 28th July 2023

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Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 28th July 2023 Continued...

Notes			

# Saturday 29th July 2023

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Saturday 29th July 2023 Continued...

Notes		

# Sunday 30th July 2023

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J	u	IV

Notes		
Other	Habits/Wo	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Sunday 30th July 2023 Continued...

Notes			

# Monday 31st July 2023

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Notes		
Other	Habits/Wo	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 31st July 2023 Continued...

Notes	

# **Tuesday 1st August 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 1st August 2023 Continued..**

Notes		

# Wednesday 2nd August 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Wednesday 2nd August 2023 Continued..

Notes

# Thursday 3rd August 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 3rd August 2023 Continued..

Notes

## Friday 4th August 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 4th August 2023 Continued..

	Notes
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## Saturday 5th August 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Saturday 5th August 2023 Continued...

Notes		

## **Sunday 6th August 2023**

Notes		
Other	Habits/We	allheina
- Curior	Water:	ombonig
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 6th August 2023 Continued..**

Notes

## **Monday 7th August 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Monday 7th August 2023 Continued...

Notes

## **Tuesday 8th August 2023**

Notes		
Other	Habits/We	Mhoing
Other	Water:	endenig
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 8th August 2023 Continued..**

Notes		

# Wednesday 9th August 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Wednesday 9th August 2023 Continued..

Notes	

# **Thursday 10th August 2023**

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 10th August 2023 Continued...

Notes	

# Friday 11th August 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 11th August 2023 Continued..

Notes

## Saturday 12th August 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Saturday 12th August 2023 Continued..

Notes	
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## Sunday 13th August 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 13th August 2023 Continued..**

Notes	

## Monday 14th August 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Monday 14th August 2023 Continued..

Notes	

## Tuesday 15th August 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Tuesday 15th August 2023 Continued..**

Notes

# Wednesday 16th August 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Wednesday 16th August 2023 Continued..

Notes

# Thursday 17th August 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 17th August 2023 Continued...

Notes	

# Friday 18th August 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Friday 18th August 2023 Continued..

Notes		

## Saturday 19th August 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Saturday 19th August 2023 Continued..

Notes	

## Sunday 20th August 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 20th August 2023 Continued..**

Notes

## Monday 21st August 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Monday 21st August 2023 Continued..

Notes		

## **Tuesday 22nd August 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 22nd August 2023 Continued..**

Notes		

## Wednesday 23rd August 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Wednesday 23rd August 2023 Continued..

Notes

## Thursday 24th August 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 24th August 2023 Continued...

Notes		

## Friday 25th August 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 25th August 2023 Continued..

Notes

## Saturday 26th August 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Saturday 26th August 2023 Continued..

Notes	

## Sunday 27th August 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 27th August 2023 Continued..**

Notes

## Monday 28th August 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 28th August 2023 Continued..

Notes	
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## Tuesday 29th August 2023

Notes		
Notes		
Other	Habits/We	ellbeing
	Water:	
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	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Tuesday 29th August 2023 Continued..**

Notes		

# Wednesday 30th August 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Wednesday 30th August 2023 Continued..

Notes	

# **Thursday 31st August 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 31st August 2023 Continued..

Notes		

## Friday 1st September 2023

<u>September</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Friday 1st September 2023 Continued..

Notes	

## **Saturday 2nd September 2023**

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Saturday 2nd September 2023 Continued..

Notes

## Sunday 3rd September 2023

September

Notes		
Notes		
Other	11ab:4a/\A/a	. IIIb. a. i. a. a.
Other	Habits/We	emeing
	Water:	
	Dooding	
	Reading:	
	Pushups:	
	Exercise:	
	Ctrotobing	
	Stretching:	
	Patterns:	
	. 5.1.511101	

## **Sunday 3rd September 2023 Continued..**

Notes	

## Monday 4th September 2023

September

Notes		
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Other	Habits/We	allhoing
Other		Filberrig
	Water:	
	Pooding:	
	Reading:	
	Pushups:	
	Exercise:	
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	Stretching:	
	Patterns:	
	rau <del>c</del> ins.	

## Monday 4th September 2023 Continued..

Notes	
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## Tuesday 5th September 2023 September

Notes		
	11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
Other	Habits/We	elibeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### **Tuesday 5th September 2023 Continued..**

Notes	
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### **To do** Wednesday 6th September 2023 September

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Wednesday 6th September 2023 Continued..

Notes	

## Thursday 7th September 2023 September

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 7th September 2023 Continued..

Notes		

## Friday 8th September 2023

<u>September</u>

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

### Friday 8th September 2023 Continued..

Notes

## Saturday 9th September 2023 <u>September</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Saturday 9th September 2023 Continued..

Notes		

## Sunday 10th September 2023 <u>September</u>

Notes		
Notes		
Other	11ab:4a/\A/a	. IIIb. a. i. a. a.
Other	Habits/We	emeing
	Water:	
	Dooding	
	Reading:	
	Pushups:	
	Exercise:	
	Ctrotobing	
	Stretching:	
	Patterns:	
	. 5.1.511101	

# **Sunday 10th September 2023 Continued..**

Notes		

## Monday 11th September 2023 <u>September</u>

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

## Monday 11th September 2023 Continued..

Notes

## Tuesday 12th September 2023 September

Notes		
	11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
Other	Habits/We	elibeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 12th September 2023 Continued..**

Notes	

### **To do** Wednesday 13th September 2023 September

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Wednesday 13th September 2023 Continued..

Notes

## To do Thursday 14th September 2023 September

Notes		
Other	Habits/Wellbeing	g
	Water:	
	Do odino.	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	
	. 41311131	

### Thursday 14th September 2023 Continued..

Notes	

## Friday 15th September 2023

<u>September</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Friday 15th September 2023 Continued..

Notes	
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### Saturday 16th September 2023 September

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Saturday 16th September 2023 Continued..

Notes	

## Sunday 17th September 2023 <u>September</u>

Notes		
Other	Habita/M/	llhaina
Other	Habits/We Water:	ansemg
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Sunday 17th September 2023 Continued..**

Notes

## Monday 18th September 2023 September

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Monday 18th September 2023 Continued..

Notes	
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## Tuesday 19th September 2023 September

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Tuesday 19th September 2023 Continued..**

Notes	
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### **To do** Wednesday 20th September 2023 September

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Wednesday 20th September 2023 Continued..

Notes

# Thursday 21st September 2023 September

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Thursday 21st September 2023 Continued..

Notes

# Friday 22nd September 2023 September

Notes		
Other	Habits/Wo	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 22nd September 2023 Continued..

Notes	

# Saturday 23rd September 2023

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Notes		
041	11-1-14- 887	. 111
Other	Habits/We	elibeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Saturday 23rd September 2023 Continued..

Notes

# Sunday 24th September 2023 <u>September</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 24th September 2023 Continued..**

Notes

# Monday 25th September 2023 <u>September</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Monday 25th September 2023 Continued..

Notes	

# Tuesday 26th September 2023 September

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### **Tuesday 26th September 2023 Continued..**

Notes		

#### **To do** Wednesday 27th September 2023 September

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Wednesday 27th September 2023 Continued..

Notes

# Thursday 28th September 2023 September

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Notes		
Other	Habits/Wo	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Thursday 28th September 2023 Continued..

Notes

# Friday 29th September 2023

<u>September</u>

Notes		
Oth an		
Other	Habits/Wellbe	eing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Friday 29th September 2023 Continued..

Notes

# **Saturday 30th September 2023**

Se	pt	en	nb	er

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Saturday 30th September 2023 Continued..

Notes	

# Sunday 1st October 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### **Sunday 1st October 2023 Continued..**

Notes	

# **Monday 2nd October 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 2nd October 2023 Continued..

Notes	

# **Tuesday 3rd October 2023**

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Tuesday 3rd October 2023 Continued..**

Notes	

# Wednesday 4th October 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Wednesday 4th October 2023 Continued..

Notes

# **Thursday 5th October 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Thursday 5th October 2023 Continued..

Notes	
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# Friday 6th October 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 6th October 2023 Continued..

Notes	

# Saturday 7th October 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Saturday 7th October 2023 Continued..

Notes	

# Sunday 8th October 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### **Sunday 8th October 2023 Continued..**

Notes		

# **Monday 9th October 2023**

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

### Monday 9th October 2023 Continued..

Notes

# **Tuesday 10th October 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Tuesday 10th October 2023 Continued..**

Notes		

# Wednesday 11th October 2023

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

# Wednesday 11th October 2023 Continued..

Notes	

# **Thursday 12th October 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Thursday 12th October 2023 Continued..

Notes	

# Friday 13th October 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 13th October 2023 Continued..

Notes	

# Saturday 14th October 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Saturday 14th October 2023 Continued..

Notes	
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### Sunday 15th October 2023

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

### **Sunday 15th October 2023 Continued..**

Notes		

### Monday 16th October 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 16th October 2023 Continued..

Notes	

# **Tuesday 17th October 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Tuesday 17th October 2023 Continued..**

Notes		

# Wednesday 18th October 2023

Notes		
041	11-1-14- 887	. 111
Other	Habits/We	elibeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Wednesday 18th October 2023 Continued..

Notes

# **Thursday 19th October 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Thursday 19th October 2023 Continued..

Notes	
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# Friday 20th October 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 20th October 2023 Continued..

Notes

# Saturday 21st October 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### Saturday 21st October 2023 Continued..

Notes		

# Sunday 22nd October 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 22nd October 2023 Continued..**

Notes	
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### **Monday 23rd October 2023**

Notes		
041	11-1-14- 887	. 111
Other	Habits/We	elibeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 23rd October 2023 Continued..

Notes

# **Tuesday 24th October 2023**

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

### **Tuesday 24th October 2023 Continued..**

Notes	

# Wednesday 25th October 2023

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

### Wednesday 25th October 2023 Continued..

Notes		

# **Thursday 26th October 2023**

Notes		
041	11-1-14-04/-	111
Other	Habits/We	libeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Thursday 26th October 2023 Continued..

Notes	
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## Friday 27th October 2023

<u>October</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Friday 27th October 2023 Continued..

Notes	

#### Saturday 28th October 2023

<u>October</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Saturday 28th October 2023 Continued..

Notes

#### Sunday 29th October 2023

<u>October</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 29th October 2023 Continued..**

Notes		

#### Monday 30th October 2023

<u>October</u>

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

# Monday 30th October 2023 Continued..

Notes	

## **Tuesday 31st October 2023**

<u>October</u>

Notes		
041	11-1-14- 887	. 111
Other	Habits/We	elibeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Tuesday 31st October 2023 Continued..**

Notes		

## Wednesday 1st November 2023 November

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Wednesday 1st November 2023 Continued..

Notes	

## Thursday 2nd November 2023 November

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Thursday 2nd November 2023 Continued..

Notes	

## Friday 3rd November 2023

Notes		
Other	Habits/We	allheina
	Water:	, in soming
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Friday 3rd November 2023 Continued..

Notes		

## Saturday 4th November 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Saturday 4th November 2023 Continued..

Notes		

#### Sunday 5th November 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## **Sunday 5th November 2023 Continued..**

Notes	
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## Monday 6th November 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 6th November 2023 Continued..

Notes

## **Tuesday 7th November 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Tuesday 7th November 2023 Continued..**

Notes

## Wednesday 8th November 2023 November

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Wednesday 8th November 2023 Continued..

Notes		

## Thursday 9th November 2023 November

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 9th November 2023 Continued..

Notes		

## Friday 10th November 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 10th November 2023 Continued..

Notes	

## Saturday 11th November 2023 November

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Saturday 11th November 2023 Continued..

Notes		

## Sunday 12th November 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 12th November 2023 Continued..**

Notes	

#### Monday 13th November 2023

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 13th November 2023 Continued..

Notes	
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# **Tuesday 14th November 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Tuesday 14th November 2023 Continued..**

Notes

### **To do** Wednesday 15th November 2023 November

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Wednesday 15th November 2023 Continued..

Notes

# Thursday 16th November 2023 November

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
5	Stretching:	
	Patterns:	

# Thursday 16th November 2023 Continued..

Notes	

### Friday 17th November 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 17th November 2023 Continued..

Notes		

# Saturday 18th November 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Saturday 18th November 2023 Continued..

Notes	

# Sunday 19th November 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 19th November 2023 Continued..**

Notes		

# Monday 20th November 2023

Notes		
Othor	11ab:4a/\A/	
Other	Habits/Wo	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 20th November 2023 Continued..

Notes		

# **Tuesday 21st November 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

### **Tuesday 21st November 2023 Continued..**

Notes

# **To do** Wednesday 22nd November 2023 November

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Duchung	
	Pushups:	
	Exercise:	
	Stretching:	
	J	
	Patterns:	

# Wednesday 22nd November 2023 Continued..

Notes		

### Thursday 23rd November 2023 November

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	i veauii ig.	
	Pushups:	
	Pushups: Exercise:	
	Exercise:	

# Thursday 23rd November 2023 Continued..

Notes	

### Friday 24th November 2023

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

# Friday 24th November 2023 Continued..

Notes		

### Saturday 25th November 2023 November

Notes		
Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	r ushups.	
	Exercise:	
	Stretching:	
	Patterns:	
	1 aucilis.	

# Saturday 25th November 2023 Continued..

Notes		

# Sunday 26th November 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 26th November 2023 Continued..**

Notes	
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### Monday 27th November 2023

Notes		
Other	Habits/Wo	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 27th November 2023 Continued..

Notes		

# **Tuesday 28th November 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Tuesday 28th November 2023 Continued..**

Notes	

# **To do** Wednesday 29th November 2023 November

Notes		
Other	Habits/We	allheina
	Water:	JJoinig
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Wednesday 29th November 2023 Continued..

Notes

# Thursday 30th November 2023 November

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Thursday 30th November 2023 Continued..

Notes

# Friday 1st December 2023

<u>December</u>

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Friday 1st December 2023 Continued..

Notes		

# Saturday 2nd December 2023 December

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Saturday 2nd December 2023 Continued..

Notes

# Sunday 3rd December 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 3rd December 2023 Continued..**

Notes		

# Monday 4th December 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 4th December 2023 Continued..

Notes	

# **Tuesday 5th December 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Tuesday 5th December 2023 Continued..**

Notes	

# Wednesday 6th December 2023 December

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Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Wednesday 6th December 2023 Continued..

Notes	

# Thursday 7th December 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### Thursday 7th December 2023 Continued..

Notes

# Friday 8th December 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 8th December 2023 Continued..

Notes		

# Saturday 9th December 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Saturday 9th December 2023 Continued..

Notes	

# Sunday 10th December 2023

Notes		
Other	Habits/Wo	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 10th December 2023 Continued..**

Notes	

# Monday 11th December 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 11th December 2023 Continued..

Notes		

# **Tuesday 12th December 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Tuesday 12th December 2023 Continued..**

Notes	

# **To do** Wednesday 13th December 2023 December

Notes		
Other	Habits/We	ellheina
	Water:	<u>,</u>
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Wednesday 13th December 2023 Continued..

Notes	

#### Thursday 14th December 2023 December

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Thursday 14th December 2023 Continued...

Notes		

#### Friday 15th December 2023

**December** 

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Friday 15th December 2023 Continued..

Notes		

# Saturday 16th December 2023 December

Notes		
Other	Habits/Wel	lhoina
Other	Water:	ibenig
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Saturday 16th December 2023 Continued..

Notes	

# Sunday 17th December 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 17th December 2023 Continued..**

Notes	

#### Monday 18th December 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 18th December 2023 Continued..

Notes	

# **Tuesday 19th December 2023**

Notes		
Other	Habits/Wellbeing	
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Tuesday 19th December 2023 Continued..**

Notes	

## **To do** Wednesday 20th December 2023 December

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Wednesday 20th December 2023 Continued..

Notes

## Thursday 21st December 2023

Notes		
Othor	Habita/Mallb	oina
Other	Habits/Wellb	emg
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
5	Stretching:	
	Patterns:	

#### Thursday 21st December 2023 Continued..

Notes	

## Friday 22nd December 2023

Notes		
Other	Habits/Wo	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Friday 22nd December 2023 Continued..

Notes		

#### Saturday 23rd December 2023 December

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Saturday 23rd December 2023 Continued..

Notes		

#### Sunday 24th December 2023

Notes		
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Other	Habits/We	allhoing
Other		Filberrig
	Water:	
	Pooding:	
	Reading:	
	Pushups:	
	Exercise:	
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	Stretching:	
	Patterns:	
	rau <del>c</del> ins.	

# **Sunday 24th December 2023 Continued..**

Notes		

#### Monday 25th December 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Monday 25th December 2023 Continued..

Notes	
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## **Tuesday 26th December 2023**

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

#### **Tuesday 26th December 2023 Continued..**

Notes

## **To do** Wednesday 27th December 2023 December

Notes		
Other	Habits/We	ellheina
	Water:	<u>,</u>
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Wednesday 27th December 2023 Continued..

Notes

## Thursday 28th December 2023 December

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

## Thursday 28th December 2023 Continued..

Notes	

#### Friday 29th December 2023

**December** 

Notes	
Other	Habits/Wellbeing
	Water:
	Reading:
	Pushups:
	Exercise:
	Stretching:
	Patterns:

# Friday 29th December 2023 Continued..

Notes		

## Saturday 30th December 2023 December

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# Saturday 30th December 2023 Continued..

Notes	

## Sunday 31st December 2023

Notes		
Other	Habits/We	ellbeing
	Water:	
	Reading:	
	Pushups:	
	Exercise:	
	Stretching:	
	Patterns:	

# **Sunday 31st December 2023 Continued..**

Notes	