2030

			Janı	ıary]	Febr	uary	7							Ma	rch			
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4	21	22	23	24	25	26	27	8	18	19	20	21	22	23	24	1	12	18	19	20	21	22	23	24
5	28	29	30	31				9	25	26	27	28				1	13	25	26	27	28	29	30	31
			Ap	ril					May									Ju	ne					
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17	22	23	24	25	26	27	28	21	20	21	22	23	24	25	26	2	25	17	18	19	20	21	22	23
18	29	30						22	27	28	29	30	31			2	26	24	25	26	27	28	29	30
	July										Aug	gust							S	epte	mbe	er		
W	M	Т	W	Т	F	S	S	W	М	Т	W	Т	F	S	S	7	W	Μ	Т	W	Т	F	S	S
27	1	2	3	4	5	6	7	31				1	2	3	4	3	35							1
28	8	9	10	11	12	13	14	32	5	6	7	8	9	10	11	3	36	2	3	4	5	6	7	8
29	15	16	17	18	19	20	21	33	12	13	14	15	16	17	18	3	37	9	10	11	12	13	14	15
30	22	23	24	25	26	27	28	34	19	20	21	22	23	24	25	3	38	16	17	18	19	20	21	22
31	29	30	31					35	26	27	28	29	30	31		3	39	23	24	25	26	27	28	29
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			Octo	ober						N	Vove	mbe	er						Ι	Dece	mbe	er		
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42	14	15	16	17	18	19	20	46	11	12	13	14	15	16	17	5	50	9	10	11	12	13	14	15
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30	Q	1	Q2	C) 3	Q4
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April							
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17	22			25			
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25	17	18	19	20	21	22	23
26	24	25	26	27	28	29	30
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20	30	Q	1	Q2	Ç)3	Q4
			Jι	ıly			
W	M	Т	W	Т	F	S	S
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28	8	9	10	11	12	13	14
29	15	16	17	18	19	20	21
30	22	23	24	25	26	27	28
31	29	30	31				
			Aug	gust			
W	Μ	Т	W	Т	F	S	S
31				1	2	3	4
32	5	6	7	8	9	10	11
33	12	13	14	15	16	17	18
34	19	20	21	22	23	24	25
35	26	27	28	29	30	31	
		S	epte	embe	er		
W	M		W		F	S	S
35							1
36	2	3	4	5	6	7	8
37	9	10	11	12	13	14	15
38	16	17	18	19	20	21	22
39	23	24	25	26	27	28	29
40	30						

20	30	Q	1	Q2	Q	23	$\mathbf{Q4}$
October							
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41	7	8	9	10	11	12	13
42	14	15	16	17	18	19	20
43	21	22	23	24	25	26	27
44	28	29	30	31			
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47	18	19	20	21	22	23	24
48	25	26	27	28	29	30	
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51				19			
52			25	26	27	28	29
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2030 Q1 January February

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Week 2	7	8	9	10	11	12	13	
Week 3	14	15	16	17	18	19	20	
Week 4	21	22	23	24	25	26	27	
Week 5	28	29	30	31				
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20	030	Q1 H	February					Janu	ary	March
	Mor	nday	Tuesday	Wednesday	Thu	ırsday	Friday	Saturday	Su	nday
Week 5		-					1	2	3	-
Week 6	4		5	6	7		8	9	10	
Week 7	11		12	13	14		15	16	17	
Week 8	18		19	20	21		22	23	24	
Week 9	25		26	27	28					
Not	tes				•	Notes				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 18			1	2	3	4	5
Week 19	6	7	8	9	10	11	12
Week 20	13	14	15	16	17	18	19
Week 21	20	21	22	23	24	25	26
Week 22	27	28	29	30	31		
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Notes	Notes

Q2June May July Monday Tuesday Wednesday Thursday Friday Saturday Sunday Week 22 Week 24 Week 25 Week 26

Notes	Notes

2	030	Q3	July				Jι	ine	August
	M	Ionday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
Week 27	1		2	3	4	5	6	7	
Week 28	8		9	10	11	12	13	14	
Week 29	15		16	17	18	19	20	21	
Week 30	22		23	24	25	26	27	28	
Week 31	29		30	31					
Not	es				Notes				

20	030	Q3	August					July	September
	M	Ionday	Tuesday	Wednesday	Th	ursday	Friday	Saturday	Sunday
Week 31					1		2	3	4
Week 32	5		6	7	8		9	10	11
Week 33	12		13	14	15		16	17	18
Week 34	19		20	21	22		23	24	25
Week 35	26		27	28	29		30	31	
Not	es					Notes			

2	030	Q3	September				I	August	October
	M	onday	Tuesday	Wednesday	Thurs	day Friday	y Satur		Sunday
Week 35								1	
Week 36	2		3	4	5	6	7	8	
Week 37	9		10	11	12	13	14	15	
Week 38	16		17	18	19	20	21	22	
Week 39	23		24	25	26	27	28	29	
Week 40	30								
Not	tes				No	otes	·		

20	030	Q4	October					September	November
	M	onday	Tuesday	Wednesday	Thu	ırsday	Friday	Saturday	Sunday
Week 40			1	2	3		4	5	6
Week 41	7		8	9	10		11	12	13
Week 42	14		15	16	17		18	19	20
Week 43	21		22	23	24		25	26	27
Week 44	28		29	30	31				
Not	tes					Notes			

20	030	Q4	November					October	December
	M	onday	Tuesday	Wednesday	Thu	ırsday	Friday	Saturday	Sunday
Week 44							1	2	3
Week 45	4		5	6	7		8	9	10
Week 46	11		12	13	14		15	16	17
Week 47	18		19	20	21		22	23	24
Week 48	25		26	27	28		29	30	
Not	es					Notes			

20	030 Q4	December					November
	Monday	Tuesday	Wednesday	Thursd	ay Friday	Saturday	
Week 48							1
Week 49	2	3	4	5	6	7	8
Week 50	9	10	11	12	13	14	15
Week 51	16	17	18	19	20	21	22
Week 52	23	24	25	26	27	28	29
Week 1	30	31					
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3, Thursday	4, Friday	5, Saturday
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6, Sunday	Notes	
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2030 Q1 January	y Week 2	Week 1 Week 3
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10, Thursday	11, Friday	12, Saturday
13, Sunday	Notes	
- Sunday	10005	

2030 Q1 January	l .	Week 2 Week 4
4, Monday	15, Tuesday	16, Wednesday
7, Thursday	18, Friday	19, Saturday
0, Sunday	Notes	

2030 Q1 January		Week 3 Week 5
21, Monday	22, Tuesday	23, Wednesday
24, Thursday	25, Friday	26, Saturday
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27, Sunday	Notes	

8, Monday	29, Tuesday	30, Wednesday
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1, Thursday	1, Friday	2, Saturday
, Sunday	Notes	

2030	Q1	February	Week 6	j		Week 5	Week 7
4, Mond	lay		5, T	uesday	6, Wednesd	ay	
7 Thurs	dor		— — — — — — — — — — — — — — — — — — —	riday	0 Saturday		
7, Thurs	saay		0, FI		 9, Saturday	<u>'</u>	
10, Suno	lay		Note	es			

2030	Q1	February	Week 7	Week 6 Week 8
11, Mon	day		12, Tuesday	13, Wednesday
14, Thui	rsday		15, Friday	16, Saturday
17, Sund	lay		Notes	

2030	Q1	February	Week 8	Week 7 Week 9
18, Mon	day		19, Tuesday	20, Wednesday
21, Thu	rsday		22, Friday	23, Saturday
24, Suno	day		Notes	

	ary / March Week 9	Week 8 Week 10
25, Monday	26, Tuesday	27, Wednesday
28, Thursday	1, Friday	2, Saturday
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3, Sunday	Notes	

2030	Q1	March	Week	10		Week 9	Week 11
4, Mond	lay			5, Tuesday	6, Wednes	day	
7, Thurs	sday			8, Friday	9, Saturda	y	
10, Suno	lay			Notes			

2030	Q1	March	Week	: 11		Week 10	Week 12
11, Mond	ay			12, Tuesday	13, Wed	Inesday	
14, Thurs	day			15, Friday	<u>16, Satu</u>	ırday	
17, Sunda				Notes			
17, Sullua	ıy			1votes			

2030	Q1	March	Week	: 12		Week 11	Week 13
18, Mon	18, Monday		19, Tuesday	20, Wed	lnesday		
21, Thu	reday			22, Friday	23, Satı	ırdəv	
<u>21, 111u</u>	isday			ZZ, Filday		IIday	
24, Suno	lay			Notes			

2030 Q1 March	Week 13	Week 12 Week 14
25, Monday	26, Tuesday	27, Wednesday
28, Thursday	29, Friday	30, Saturday
20, Indisday	20, 111469	90, Saturday
31, Sunday	Notes	

\mid 2030 \mid Q2 \mid April \mid	Week 14	Week 13 Week 15
1, Monday	2, Tuesday	3, Wednesday
4, Thursday	5, Friday	6, Saturday
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7, Sunday	Notes	

2030 Q2 April W	eek 15	Week 14 Week 16
8, Monday	9, Tuesday	10, Wednesday
11 Th	10 F.: l	19 Catanalan
11, Thursday	12, Friday	13, Saturday
14, Sunday	Notes	

2030 Q2 April V		Week 15 Week 17
15, Monday	16, Tuesday	17, Wednesday
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18, Thursday	——————————————————————————————————————	20, Saturday
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21, Sunday	Notes	

	Zeek 17	Week 16 Week 18
22, Monday	23, Tuesday	24, Wednesday
25, Thursday	26, Friday	27, Saturday
25, Thursday	20, Finday	21, Saturday
28, Sunday	Notes	

2030 Q2 April / Ma	y Week 18	Week 17 Week 19
29, Monday	30, Tuesday	1, Wednesday
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2, Thursday	3, Friday	4, Saturday
5, Sunday	Notes	
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2030 Q2 May T	Week 19	Week 18 Week 20
6, Monday	7, Tuesday	8, Wednesday
0 Th	10 Fei l	11 C.t.
9, Thursday	10, Friday	11, Saturday
12, Sunday	Notes	

2030 Q2 May Y	Week 20	Week 19 Week 21
13, Monday	14, Tuesday	15, Wednesday
16, Thursday	17, Friday	18, Saturday
19, Sunday	Notes	

2030 Q2 May W	Veek 21	Week 20 Week 22
20, Monday	21, Tuesday	22, Wednesday
23, Thursday	24, Friday	
25, Thursday	24, Filday	20, Saturday
26, Sunday	Notes	

2030	Q2	May / June	Week 22	Week 21 Week 23
27, Monday		,	28, Tuesday	29, Wednesday
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30, Thu	rsday		31, Friday	1, Saturday
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2, Sunda	ay		Notes	
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2030 Q2 June V	Week 23	Week 22 Week 24
3, Monday	4, Tuesday	5, Wednesday
6, Thursday	7, Friday	8, Saturday
9, Sunday	Notes	

2030 Q2 June We	ek 24	Week 23 Week 25
10, Monday	11, Tuesday	12, Wednesday
13, Thursday		
13, Thursday	14, Filday	15, Saturday
16, Sunday	Notes	

2030	Q2	June	Week	25		Week 24	Week 26
17, Monday		18, Tuesday	19, Wed	19, Wednesday			
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20, Thui	rsday			21, Friday	22, Satı	ırday	
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23, Suno	lay			Notes			
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2030 Q2 June W	Veek 26	Week 25 Week 27
24, Monday	25, Tuesday	26, Wednesday
27, Thursday	28, Friday	29, Saturday
30, Sunday	Notes	

2030 Q3 July W	eek 27	Week 26 Week 28
1, Monday	2, Tuesday	3, Wednesday
4, Thursday	5, Friday	6, Saturday
7, Sunday	Notes	
		

2030 Q	3 Ju	ly	Week 2	28		Week 27	Week 29
8, Monday		9, Tuesday	10, We	ednesday			
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11, Thursday	7			12, Friday	<u>13, Sa</u>	turday	
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14, Sunday				Notes			
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2030 Q3 July W	eek 29	Week 28 Week 30
15, Monday	16, Tuesday	17, Wednesday
18, Thursday	19, Friday	20, Saturday
21, Sunday	Notes	

2030 Q3 July W		Week 29 Week 31
22, Monday	23, Tuesday	24, Wednesday
25, Thursday	26, Friday	27, Saturday
00 C l	Notes	
28, Sunday		

2030 Q3 July /	August Week 31	Week 30 Week 32
29, Monday	30, Tuesday	31, Wednesday
1, Thursday	2, Friday	3, Saturday
4, Sunday	Notes	
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2030	Q3	August	Week 32	Week 31 Week 33
5, Mond	ay		6, Tuesday	7, Wednesday
8, Thurs	day		9, Friday	10, Saturday
11, Suno	lay		Notes	

2030 Q3 August	Week 33	Week 32 Week 34
12, Monday	13, Tuesday	14, Wednesday
15, Thursday	16, Friday	17, Saturday
18, Sunday	Notes	

2030	Q3	August	Week 34			Week 33	Week 35
19, Mon	day		20, Tueso	day	21,	, Wednesday	
22, Thu	rsday		23, Frida	y	24,	, Saturday	
25, Suno	lav		Notes				
20, 54							

26, Monday	27, Tuesday	28, Wednesday
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9, Thursday	30, Friday	31, Saturday
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Cundav	Notes	
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2030	Q3	September	Week 36	Week 35 Week 37
2, Mond	lay		3, Tuesday	4, Wednesday
5, Thurs	sday		6, Friday	7, Saturday
8, Sunda	ay		Notes	

2030 Q3 Septemb	er Week 37	Week 36 Week 38
9, Monday	10, Tuesday	11, Wednesday
10 m)		
12, Thursday	13, Friday	14, Saturday
15, Sunday	Notes	

2030 Q3 Septe	mber Week 38	Week 37 Week 39
16, Monday	17, Tuesday	18, Wednesday
19, Thursday	20, Friday	21, Saturday
22, Sunday	Notes	

2030 Q3 S	September	Week 39	Week 38 Week 40
23, Monday		24, Tuesday	25, Wednesday
26, Thursday		27, Friday	28, Saturday
29, Sunday		Notes	
29, Sunday		110105	

2030	Q3 / Q4	September / October	Week 40	Week 39	Week 41
30, Mon	day	1, Tuesday		2, Wednesday	
3, Thurs	sday	4, Friday		5, Saturday	
6, Sunda	av	Notes			
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2030 Q4 Octo	ober Week 41	Week 40 Week 42
7, Monday	8, Tuesday	9, Wednesday
10, Thursday	 11, Friday	
13, Sunday	Notes	

2030 Q4 October We			Week 42	Week 41 Week 43
14, Monday			15, Tuesday	16, Wednesday
17, Thur	sday		18, Friday	19, Saturday
20, Sund	lay		Notes	

2030 Q4 October	Week 43	Week 42 Week 44
21, Monday	22, Tuesday	23, Wednesday
24, Thursday	25, Friday	26, Saturday
27, Sunday	Notes	

	per / November Week 44	Week 43 Week 45
28, Monday	29, Tuesday	30, Wednesday
31, Thursday	1, Friday	2, Saturday
3, Sunday	Notes	

2030	Q4	November	Week 45	Week 44 Week 46
4, Mond	lay		5, Tuesday	6, Wednesday
7, Thurs	sday		8, Friday	9, Saturday
10, Suno	day		Notes	

2030	Q4	November	Week 46	Week 45 Week 47
11, Mon	ıday		12, Tuesday	13, Wednesday
14, Thu	rsday		15, Friday	16, Saturday
17, Suno	day		Notes	

2030 Q4 Nove	mber Week 47	Week 46 Week 48
18, Monday	19, Tuesday	20, Wednesday
21, Thursday	22, Friday	23, Saturday
24, Sunday	Notes	

25, Monday	26, Tuesday	27, Wednesday
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28, Thursday	29, Friday	30, Saturday
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1, Sunday	Notes	
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2030 Q4 Decem	ber Week 49	Week 48 Week 50
2, Monday	3, Tuesday	4, Wednesday
5, Thursday	6, Friday	7, Saturday
8, Sunday	Notes	

2030 Q4 Decem	ber Week 50	Week 49 Week 51
9, Monday	10, Tuesday	11, Wednesday
12, Thursday	13, Friday	14, Saturday
15, Sunday	Notes	

2030 Q4 December	er Week 51	Week 50 Week 52
16, Monday	17, Tuesday	18, Wednesday
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19, Thursday	20, Friday	21, Saturday
22, Sunday	Notes	

2030	Q4	December	Week 52	Week 51 Week 1
23, Mone	day		24, Tuesday	25, Wednesday
26, Thur	sday		27, Friday	28, Saturday
29, Sund	lay		Notes	

2030 Q4 December			Week 1	Week 52
30, Mon	day		31, Tuesday	1, Wednesday
2, Thurs	sdav		3, Friday	4, Saturday
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5, Sunda	ay		Notes	

2030	Q1	January	Week 1	Tuesday, 1		Wed, 2
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	Notes More	

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Schedule			Top	priorities			
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2030 Q1 January W	Veek 1 Saturday, 5		Fri, 4 Sun, 6
Schedule	Top priorities		
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	Notes More	Reflect	All notes
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2030	Q1	January	Week 1	Sunday, 6		Sat, 5 Mon, 7
Schedule	9		Тор	priorities		
07						
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			Note	es More	Reflect	All notes
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2030 Q1 January V	Veek 2 Monday, 7		Sun, 6 Tue, 8
Schedule	Top priorities		
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2030 Q1	January	Week 2	Tuesday, 8		Mon, 7	Wed, 9
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2030 Q1 January 1	Week 2 Wednesday, 9	,	Tue, 8 Thu, 10
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2030	Q1	January	Week 2	Thursday, 10		Wed, 9	Fri, 11
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2030 Q1 January	Week 2 Saturday, 12	1	Fri, 11 Sun, 13
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2030 Q1 January W	Veek 2 Sunday, 13		Sat, 12	Mon, 14
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2030	Q1	January	Week 3	Thursday, 17		Wed, 16	Fri, 18
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2030 Q3 August	Week 35 Monday, 26	S	un, 25 Tue, 27
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2030	Q3	August	Week 35	Tuesday, 27		Mon, 26	Wed, 28
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2030 Q3 A	August Week	Wednesday,	28	Tue, 27 Thu, 29
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2030 Q3	August	Week 35	Saturday, 31		Fri, 30 Sun, 1
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2030	Q3	September	Week 36	Monday, 2		Sun, 1	Tue, 3
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2030 Q3	September	Week 36	Tuesday, 3		Mon, 2	Wed, 4
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2030	Q3	September	Week 36	Thursday, 5		Wed, 4	Fri, 6
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2030	Q3	September	Week 36	Saturday, 7		Fri, 6	Sun, 8
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2030	Q3	September	Week 36	Sunday, 8		Sat, 7	Mon, 9
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2030	Q3	September	Week 37	Friday, 13		Thu, 12	Sat, 14
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2030 Q3 September	Week 38	Monday, 16		Sun, 15	Tue, 17
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2030	Q3	September	Week 38	Tuesday, 17		Mon, 16	Wed, 18
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2030	Q3	September	Week 38	Wednesday, 18		Tue, 17	Thu, 19
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2030	Q3	September	Week 38	Sunday, 22		Sat, 21	Mon, 23
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2030	Q4	October	Week 41	Saturday, 12		Fri, 11	Sun, 13
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2030 Q4 October	Week 41 Sunday, 13	Sa	it, 12 Mon, 14
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2030 Q4 October	Week 42 Saturday, 19		Fri, 18	Sun, 20
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2030	Q4	October	Week 43	Thursday, 24	·	Wed, 23	Fri, 25
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2030	Q4	October	Week 43	Friday, 25		Thu, 24	Sat, 26
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Schedule Top priorities 07	2030	Q4	October	Week 43	Saturday, 26		Fri, 25	Sun, 27
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2030	Q4	October	Week 44	Monday, 28		Sun, 27	Tue, 29
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2030	Q4	October	Week 44	Wednesday, 3	30	Tue, 29	Thu, 31
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2030	Q4	October	Week 44	Thursday, 31		Wed, 30	Fri, 1
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2030	Q4	November	Week 44	Friday, 1		Thu, 31 Sat,	, 2
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2030 Q4 November	Week 45 Wednesday	r, 6	Tue, 5 Thu, 7
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2030	Q4	November	Week 48	Tuesday, 26		Mon, 25	Wed, 27
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2030	Q4	November	Week 48	Wednesday, 27		Tue, 26	Thu, 28
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2030	Q4	November	Week 48	Friday, 29		Thu, 28	Sat, 30
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2030	Q4	December	Week 49	Thursday, 5		Wed, 4	Fri, 6
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2030 Q4 Dece	ember Week 50 Monday, 9	5	Sun, 8 Tue, 10
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2030 Q4 December	r Week 50 Tuesday, 10	M	ton, 9 Wed, 11
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2030	Q4	December	Week 51	Monday, 16		Sun, 15	Tue, 17
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2030	Q4	December	Week 51	Saturday, 21		Fri, 20	Sun, 22
Schedule	e		Top price	orities			
07							
08							
09							
10							
11							
			Notes	More	Reflect		All notes
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							

2030 Q4 December	Week 51 Sunday, 22	Sa	at, 21 Mon, 23
Schedule	Top priorities		
07			
08			
09			
10			
11			
	Notes More	Reflect	All notes
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			

2030	Q4	December	Week 52	Monday, 23		Sun, 22	Tue, 24
Schedul	e		Top pric	orities			
07							
08							
09							
10							
11			Notes	More	Reflect		All notes
12							
13							
14							
15							
16							
17							
11							
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19							
20							
21							
22							
22							
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23							

2030	Q4	December	Week 52	Tuesday, 24		Mon, 23	Wed, 25
Schedule	9	'	Top pric	orities			'
07							
08							
09							
10							
11			Notes	More	Reflect		All notes
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							

2030	Q4	December	Week 52	Wednesday, 25		Tue, 24	Thu, 26
Schedule	э		Top pric	orities			
07							
08							
09							
10							
11			Notes	More	Reflect		All notes
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							

2030	Q4	December	Week 52 Thursday	y, 26	Wed, 25 Fri, 27
Schedule			Top priorities		
07					
08					
09					
10					
11					
			Notes More	Reflect	All notes
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					

2030 Q4 December	Week 52 Friday, 27	ר	Thu, 26 Sat, 28
Schedule	Top priorities		
07			
08			
09			
10			
11			
	Notes More	Reflect	All notes
12			
13			
14			
15			
16			
17			
18			
10			
19			
20			
20			
21			
22			
			
23			

2030	Q4	December	Week 52	Saturday, 28		Fri, 27	Sun, 29
Schedule)		Top pric	orities			
07							
08							
09							
10							
11							
			Notes	More	Reflect		All notes
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							

2030	Q4	December	Week 52	Sunday, 29		Sat, 28	Mon, 30
Schedule			Top pric	orities			'
07							
08							
9							
10							
11							
			Notes 1	More	Reflect		All notes
12							
13							
14							
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16							
10							
17							
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18							
19							
20							
21							
22							
23							

2030 Q4 December	Week 1 Monday, 30	Sun	, 29 Tue, 31
Schedule	Top priorities		
07			
08			
09			
10			
11			
	Notes More	Reflect	All notes
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			

2030	Q4	December	Week 1	Tuesday, 31		Mon, 30
Schedule)		Top pr	riorities		
07						
08						
09						
10						
11						
			Notes	More	Reflect	All notes
12						
10						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						

2030	Q1	January	Week 1	Tuesday, 1	Reflect	Wed, 2
Things I	'm gra	teful for				
(T) 1 4	.1.	.1 . 1	1 . 1			
The best	thing	that happen	ied today			
Daily log	S					

2030	Q1	January	Week 1	Wednesday, 2	Reflect	Tue, 1	Thu, 3
Things I	'm gra	teful for					
The best	thing	that happen	ed today				
	. 8						
Daily log	5						

2030	Q1	January	Week 1	Thursday, 3	Reflect	Wed, 2	Fri, 4
Things I	'm gra	teful for					
(T) 1		.1 . 1	1 . 1				
The best	thing	that happen	ied today				
Daily log	g						

2030	Q1	January	Week 1	Friday, 4	Reflect	Thu, 3	Sat, 5
Things 1	'm gra	teful for					
The bes	thing	that happen	ed today				
Daily lo							

2030	Q1	January	Week 1	Saturday, 5	Reflect	 Fri, 4	Sun, 6
Things I	'm gra	teful for					
The best	+ + b : m m	that hamman	and to dow				
The besi	tining	that happen	led today				
Daily log	g						

2030	Q1	January	Week 1	Sunday, 6	Reflect	Sat, 5	Mon, 7
Things I	'm gra	teful for					
The best	thing	that happen	ed today				
Daily log							
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2030	Q1	January	Week 2	Monday, 7	Reflect	Sun, 6	Tue, 8
Things I	'm gra	teful for					
T) 1	1.	41 4 1	1 / 1				
The best	tning	that happen	ied today				
Daily lo	S						

2030	Q1	January	Week 2	Tuesday, 8	Reflect	Mon, 7	Wed, 9
Things 1	'm gra	teful for					
The bes	t thing	that happen	ed today				
Daily lo	or.						
<u>Dany</u> 10,	5						

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2030	Q1	January	Week 2	Wednesday, 9	Reflect	Tue, 8	Thu, 10
Γhings I	'm gra	teful for					
The best	thing	that happen	ed today				
Daily log	r						
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2030	Q1	January	Week 2	Thursday, 10	Reflect	Wed, 9	Fri, 11
Things 1	'm gra	teful for					
The bes	t thing	that happen	ied today				
Daily lo	g						

2030	Q1	January	Week 2	Friday, 11	Reflect	Thu, 10	Sat, 12
		teful for	WCCK 2	Tilday, 11	Teneco	- Ina, 10	540, 12
11111150 1							
The best	t thing	that happen	ed todav				
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Daily log	g						

2030	Q1	January	Week 2	Saturday, 12	Reflect	Fri, 11	Sun, 13
Things 1	'm gra	teful for					
		.1 . 1	1 . 1				
The bes	t thing	that happen	ied today				
Daily log	g						

2030	Q1	January	Week 2	Sunday, 13	Reflect	Sat, 12	Mon, 14
Things I	'm gra	teful for				 	
The best	t thing	that happen	ed today				
Daily log	g S						

2030 Q1 January Week 3 Monday, 14 Reflect Sun, 13 Tue, 2 Things I'm grateful for The best thing that happened today Daily log	0000	01		W lo	M 1 14	D. a	C 19	m 15
The best thing that happened today				week 3	Monday, 14	Кепест	Sun, 13	Tue, 15
	hings I	'm gra	tetul for					
Daily log	The best	thing	that happen	ed today				
Daily log								
Daily log								
Daily log								
	Daily log	g						

2030	Q1	January	Week 3	Tuesday, 15	Reflect	Mon, 14	Wed, 16
Things I	'm gra	teful for					
The best	thing	that happen	ed today				
Daily log	3						

Things I'm grateful for The best thing that happened today Daily log	2030	Q1	January	Week 3	Wednesday, 16	Reflect	Tue, 15	Thu, 17
The best thing that happened today	Things I	'm gra	teful for					
Daily log	The best	thing	that happen	ed today				
Daily log								
Daily log								
Daily log								
Daily log	D :1 1							
	Daily log	5						

2030	Q1	January	Week 3	Thursday, 17	Reflect	Wed, 1	6 Fri, 18
Things I	'm gra	teful for					
The best	t thing	that happen	ed today				
Daily lo	g.						

2030 Q1	January	Week 3	Friday, 18	Reflect	Thu, 17	Sat, 19
Things I'm gra	teful for					
The best thing	that happon	od today				
The best thing	that happen	ed today				
Daily log						

2030	Q1	January	Week 3	Saturday, 19	Reflect	Fri, 18	Sun, 20
Things I	'm gra	teful for					
The best	thing	that happen	ed today				
Daily log	y.						
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2030	Q1	January	Week 3	Sunday, 20	Reflect	Sat, 19	Mon, 21
Things I	'm gra	teful for					
The best	thing	that happen	ed today				
Dailer la	·						
Daily log	3						

2030	Q1	January	Week 4	Monday, 21	Reflect	Sun, 20	Tue, 22
Things I	'm gra	teful for					
The best	thing	that happen	ed today				
Daily log	<u> </u>						
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2030	Q1	January	Week 4	Tuesday, 22	Reflect	Mon, 21	Wed, 23
Things 1	'm gra	teful for		•			
The bes	t thing	that happen	ed today				
		11					
Doily lo	or.						
Daily lo	<u> </u>						

Things I'm grateful for The best thing that happened today Daily log	2030	Q1	January	Week 4	Wednesday, 23	Reflect	Tue, 22	Thu, 24
The best thing that happened today	Things I	'm gra	teful for					
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Daily log	The best	thing	that happen	ed today				
Daily log								
Daily log								
Daily log								
Daily log	D :1 1							
	Daily log	<u> </u>						

2030	Q1	January	Week 4	Thursday, 24	Reflect	Wed, 23	Fri, 25
Things I	'm gra	teful for					
The best	thing	that happen	ed today				
Daily log	g						

2030	Q1	January	Week 4	Friday, 25	Reflect	Thu, 24	Sat, 26
Things l	'm gra	teful for					
The bes	t thing	that happen	ed today				
Daily log	<u> </u>						
	<u> </u>						

2030	Q1	January	Week 4	Saturday, 26	Reflect	Fri, 25	Sun, 27
Things 1	'm gra	teful for					
The bes	t thing	that happen	ed today				
Daily lo	g						

Things I'm grateful for The best thing that happened today Daily log	2030	Q1	January	Week 4	Sunday, 27	Reflect	Sat,	26	Mon, 28
	Things 1	'm gra	teful for						
	The bes	thing	that happen	ed today					
Daily log									
Daily log									
Daily log									
	Daily lo	r							
	Daily 10	5							

2030	Q1	January	Week 5	Monday, 28	Reflect	Sun, 27	Tue, 29
Things I	m gra	teful for					
The best	thing	that happen	led today				
Daily log	r S						

2030	Q1	January	Week 5	Tuesday, 29	Reflect	Mon, 28	Wed, 30
Things 1	'm gra	teful for					
The bes	t thing	that happen	ed today				
Daily lo	<u> </u>						
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2030	Q1	January	Week 5	Wednesday, 30	Reflect	Tue, 29	Thu, 31
Things 1	'm gra	teful for					
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The bes	t thing	that happen	ed today				
Deiler le	···						
Daily lo	<u> </u>						

2030	Q1	January	Week 5	Thursday, 31	Reflect	Wed, 30 Fri, 1
Things 1	'm gra	teful for				
The hes	t thing	that happen	ed today			
1110 003	t tilling	тнат парреп	ed today			
Daily lo	g					

2030	Q1	February	Week 5	Friday, 1	Reflect	Thu, 31	Sat, 2
Things 1	'm gra	teful for					'
The bes	t thing	that happene	d today				
D-:1 1-							
Daily lo	<u> </u>						

2030	Q1	February	Week 5	Saturday, 2	Reflect	Fri, 1	Sun, 3
Things 1	'm gra	teful for					
		.1 1	11				
The bes	t thing	that happene	d today				
Daily log	g						

2030	Q1	February	Week 5	Sunday, 3	Reflect	Sat, 2	Mon, 4
Things 1	'm gra	teful for					
The bes	t thing	that happene	d today				
	8	- mar nappene	a roday				
Daily log	5						

2030	Q1	February	Week 6	Monday, 4	Reflect	Sun, 3	Tue, 5
Things I	m gra	teful for					
The best	thing	that happene	ed today				
THE DESI	tilling	тпат паррепе					
Daily log	5						

2030	Q1	February	Week 6	Tuesday, 5	Reflect	Mon, 4	Wed, 6
Things I	'm gra	teful for					
The best	thing	that happene	d today				
Daily log	r S						
	_						

2030	Q1	February	Week 6	Wednesday, 6	Reflect	Tue, 5	Thu, 7
Things 1	'm gra	teful for					
The bes	thing	that happene	d today				
Daily lo	~						
Daily 10;	3						

2030	Q1	February	Week 6	Thursday, 7	Reflect	Wed, 6	Fri, 8
Things 1	'm gra	teful for					
The bes	t thing	that happene	ed today				
Daily lo	o.						

2030	Q1	February	Week 6	Friday, 8	Reflect	Thu, 7	Sat, 9
Things 1	I'm gra	teful for					
The bes	t thing	that happene	ed today				
Daily lo	or.						
Daily 10	8						

2030	Q1	February	Week 6	Saturday, 9	Reflect	Fri, 8	Sun, 10
Things 1	'm gra	teful for					
The bes	t thing	that happene	ed today				
Daily lo	or						
<u> </u>	5						

2030	Q1	February	Week 6	Sunday, 10	Reflect	Sat,	, 9	Mon, 11
Things 1	'm gra	teful for						
The bes	t thing	that happene	d today					
Daily lo	g							

2030	Q1	February	Week 7	Monday, 11	Reflect	Sun, 10	Tue, 12
Things 1	'm gra	teful for					
-							
The bes	t thing	that happene	ed today				
Daily lo	or						
	5						

2030	Q1	February	Week 7	Tuesday, 12	Reflect	Mon, 11	Wed, 13
Things 1	'm gra	teful for					
The bes	t thing	that happene	d today				
	* *8						
Daily lo	g						

2030	Q1	February	Week 7	Wednesday, 13	Reflect	Tue, 12	Thu, 14
Things 1	l'm gra	teful for					
The bes	t thing	that happene	d today				
	· • • • • • • • • • • • • • • • • • • •	That happene	a today				
Daily lo	g						

2030	Q1	February	Week 7	Thursday, 14	Reflect	Wed, 13	Fri, 15
Things I	'm gra	teful for					
The best	t thing	that happene	d today				
	8						
Daily log	<u></u>						

Things I'm grateful for The best thing that happened today Daily log	
Daily log	

2030	Q1	February	Week 7	Saturday, 16	Reflect	Fri, 15	Sun, 17
Things 1	'm gra	teful for					
The bes	t thing	that happene	d today				
Daily lo	g						

2030	Q1	February	Week 7	Sunday, 17	Reflect	Sat, 16	Mon, 18
Things 1	'm gra	teful for					
The best	t thing	that happene	d today				
The bes	t tilling	тпат паррепе	u today				
Daily lo	g						

	I	I		1	I		I
2030	Q1	February	Week 8	Monday, 18	Reflect	Sun, 17	Tue, 19
hings l	I'm gra	teful for					
The bes	t thing	that happene	d today				
Daily lo	g [.]						

2030	Q1	February	Week 8	Tuesday, 19	Reflect	Mon, 18	Wed, 20
Things 1	'm gra	teful for					
The bes	t thing	that happene	ed today				
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Daily lo	g						

2030	Q1	February	Week 8	Wednesday, 20	Reflect	Tue, 19 Thu, 2
Things 1	l'm gra	teful for				
		.1 . 1	1 . 1			
The bes	t thing	that happene	ed today			
Daily log	g					

2030	Q1	February	Week 8	Thursday, 21	Reflect	Wed, 20	Fri, 22
Things I	'm gra	teful for					
The best	thing	that happene	d today				
Daily log	<u> </u>						

2030	Q1	February	Week 8	Friday, 22	Reflect	Thu	ı, 21	Sat, 23
Things I	'm gra	teful for						
The best	thing	that happene	d today					
		11						
D-:1 1-								
Daily log	5							

2030	Q1	February	Week 8	Saturday, 23	Reflect	Fri, 22	Sun, 24
Things I	'm gra	teful for					
The best	thing	that happene	ed today				
Dailer la							
Daily log	<u> </u>						

2030	Q1	February	Week 8	Sunday, 24	Reflect	Sat, 23	Mon, 25
Things I	'm gra	teful for					
The hest	thing	that happene	d today				
THE BEST	- tilling	тыс паррене	a today				
Daily log	g						

					1		ı
2030	Q1	February	Week 9	Monday, 25	Reflect	Sun, 24	Tue, 26
hings I	'm gra	teful for					
The best	thing	that happene	d today				
Daily log	e						
ally 10g	5						

2030	Q1	February	Week 9	Tuesday, 26	Reflect	Mon, 25	Wed, 27
Things 1	I'm gra	teful for					
	£ £1.:	41-4 1	1 4 - 1				
The bes	t thing	that happene	d today				
Daily lo	g						

2030	Q1	February	Week 9	Wednesday, 27	Reflect	Tue, 26	Thu, 28
Things 1	'm gra	teful for					
The bes	t thing	that happene	ed today				
Daily log	···						
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2030	Q1	February	Week 9	Thursday, 28	Reflect	Wed, 27	Fri, 1
Things 1	'm gra	teful for					
The bes	t thing	that happene	d today				
	8						
Do:1 1							
Daily lo	<u>.</u>						

2030	Q1	March	Week 9	Friday, 1	Reflect	Thu, 28	Sat, 2
Things 1	I'm gra	teful for					
The bes	t thing	that happe	ened today				
Daily lo	σ						
	<u> </u>						

2030	Q1	March	Week 9	Saturday, 2	Reflect	Fri, 1	Sun, 3
Things 1	'm gra	teful for					
The bes	t thing	that happ	ened today				
Daily lo	or.						
	5						

2030	Q1	March	Week 9	Sunday, 3	Reflect	Sat, 2	Mon, 4
Things I	'm gra	teful for					
-							
The best	thing	that happ	ened today				
D :1 1							
Daily log	<u> </u>						

2030	Q1	March	Week 10	Monday, 4	Reflect	Sun, 3	Tue, 5
Things 1	l'm gra	teful for					
The bes	t thing	that happ	ened today				
Daily lo	g						

2030	Q1	March	Week 10	Tuesday, 5	Reflect	Mon, 4	Wed, 6
Things I	'm gra	teful for					
The best	thing	that happ	ened today				
Daily log	g						

2030	Q1	March	Week 10	Wednesday, 6	Reflect	Tue, 5	Thu, 7
Things I	'm gra	teful for					
The best	thing	that happ	ened today				
D-:1 1-							
Daily log	<u></u>						

2030	Q1	March	Week 10	Thursday, 7	Reflect	Wed, 6	Fri, 8
Things I	'm gra	teful for					
The best	thing	that happe	ened today				
Doiler 1-	r.						
Daily log	3						

2030	Q1	March	Week 10	Friday, 8	Reflect	Thu, 7	Sat, 9
Things 1	I'm gra	teful for					
The bes	t thing	that happ	ened today				
Daily lo	or.						
Daily 10	8						

2030	Q1	March	Week 10	Saturday, 9	Reflect	Fri, 8	Sun, 10
Things 1	I'm gra	teful for					
The bes	t thing	that happ	ened today				
Daily lo	g						

2030	Q1	March	Week 10	Sunday, 10	Reflect	Sat	t, 9	Mon, 11
Things l	m gra	teful for						_
The bes	t thing	that happ	ened today					
Daily lo	g							

2030	Q1	March	Week 11	Monday, 11	Reflect	Sun, 10	Tue, 12
Things 1	'm gra	teful for					
The box	t thing	that hann	ened today				
The bes	t tilling	тпат парр	ened today				
Daily lo	g						

2030	Q1	March	Week 11	Tuesday, 12	Reflect	Mon, 11	Wed, 13
Things 1	'm gra	teful for					
The bes	t thing	that happ	ened today				
Daily lo	···						
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2030	Q1	March	Week 11	Wednesday, 13	Reflect	Tue, 12	Thu, 14
Things 1	'm gra	teful for	•		•		•
The bes	t thing	that happ	ened today				
Dailer la							
Daily lo	<u> </u>						

2030	Q1	March	Week 11	Thursday, 14	Reflect	Wed, 13	Fri, 15
Things 1	I'm gra	teful for					
The bes	t thing	that happ	ened today				
Daily lo	g						

2030	Q1	March	Week 11	Friday, 15	Reflect	r	Гhu, 14	Sat, 16
Things I	'm gra	teful for						
The best	t thing	that happe	ened today					
Daily log	or							
<u> </u>	5							

2030	Q1	March	Week 11	Saturday, 16	Reflect	Fri, 15	Sun, 17
Things I'i			WCCK 11	Saturday, 10	Terreco	111, 10	Dan, 17
	8						
The best	thing	that happe	ened today				
Daily log							

2030 Q1	March	Week 11	Sunday, 17	Reflect	Sat, 16	Mon, 18
hings I'm gr			I			
he best thin	g that happ	ened today				
aily log						

2030	Q1	_{March}	Wools 12	Monday, 18	Poffort	Sun, 17	Tue, 19
Things I'n			Week 12	Wonday, 16	Reffect	5un, 17	1 ue, 19
nings i n	n gra	terur for					
he best t	thing	that happe	ened today				
aily log							

2030	Q1	March	Week 12	Tuesday, 19	Reflect	Mon, 18	Wed, 20
Things 1	'm gra	teful for					
The bes	t thing	that happ	ened today				
Daily lo	or						
	5						

2030	Q1	March	Week 12	Wednesday, 20	Reflect	Tue, 19	Thu, 21
Things 1	'm gra	teful for					
The bes	t thing	that happ	ened today				
Dailer la							
Daily lo	<u> </u>						

2030	Q1	March	Week 12	Thursday, 21	Reflect	Wed, 20	Fri, 22
Things I	'm gra	teful for					
The best	thing	that happ	ened today				
Daily log							

2030	Q1	March	Week 12	Friday, 22	Reflect	Thu, 21	Sat, 23
Things I	m gra	teful for					
The best	thing	that hann	ened today				
THE DESI	tilling	тпат парр	ened today				
Daily log							

2030	Q1	March	Week 12	Saturday, 23	Reflect	Fri, 22	Sun, 24
Things I	m gra		1	1	1		1
The bear	+ + b i n m	that hamn	ened today				
The bes	tilling	тпат парр	ened today				
Daily log	g						

2030	Q1	March	Week 12	Sunday, 24	Reflect	Sat, 23	Mon, 25
Things l	l'm gra	teful for					
The bes	t thing	that happ	ened today				
Daily lo	g						

2030	Q1	March	Week 13	Monday, 25	Reflect	Sun, 24	Tue, 26
Things I	'm gra	teful for					
The best	thing	that happ	ened today				
Daily log	r						
2 411 / 10 8	•						

2030	Q1	March	Week 13	Tuesday, 26	Reflect	Mon, 25	Wed, 27
Things I	'm gra	teful for					•
The best	thing	that happ	ened today				
Doile los							
Daily log	<u> </u>						

2030	Q1	March	Week 13	Wednesday, 27	Reflect	Tue, 26	Thu, 28
Things 1	l'm gra	teful for					
The bes	t thing	that happ	ened today				
Daily lo	σ						
							

2030	Q1	March	Week 13	Thursday, 28	Reflect	Wed, 27	Fri, 29
Things 1	l'm gra	teful for					
The bes	t thing	that happe	ened today				
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Daily lo	g						

2030	Q1	March	Week 13	Friday, 29	Reflect	Thu, 28	Sat, 30
Things I	'm gra	teful for					
The best	t thing	that happe	ened today				
Dailer la	~						
Daily log	3						

2030	Q1	March	Week 13	Saturday, 30	Reflect	Fri, 29	Sun, 31
Things 1	l'm gra	teful for					
The bes	t thing	that happ	ened today				
Doily lo	·						
Daily lo	g						

2030	Q1	March	Week 13	Sunday, 31	Reflect	Sat, 30	Mon, 1
Things I	'm gra	teful for					
The best	thing	that happ	ened today				
		TI					
Daily log	5						

2030	Q2	April	Week 14	Monday, 1	Reflect	Sun, 31	Tue, 2
Things I	'm gra	teful for		•	•		
The bear	+ hin m	that han	manad tadau				
The bes	tning	тпат пар	pened today				
Daily log	g						

2030	Q2	April	Week 14	Tuesday, 2	Reflect	Mon, 1	Wed, 3
Things I	'm gra	teful for					
The best	t thing	that hap	pened today				
Daily log	g						

2030	Q2	April	Week 14	Wednesday, 3	Reflect	Tue, 2	2 Thu, 4
Things 1	'm gra	teful for					
The bes	t thing	that hap	pened today				
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Daily lo	or						
Daily 10;	5						

2030	Q2	April	Week 1	14 Th	ursday, 4	Reflec	t	Wed, 3	Fri, 5
Things 1	I'm grat	eful for							
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The bes	t thing	that hap	pened too	lay					
Daily lo	g								

2030	Q2	April	Week 14	Friday, 5	Reflect	Thu, 4	Sat, 6
Things I	'm gra	teful for					
The best	thing	that hap	pened today				
Daily log							

2030	Q2	April	Week 14	Saturday, 6	Reflect	Fri, 5	Sun, 7
Things 1	'm gra	teful for					
The bes	thing	that hap	pened today				
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Daily lo	S						

2030	Q2	April	Week 14	Sunday, 7	Reflect	 Sat, 6	Mon, 8
Things I	'm gra	teful for					
The best	t thing	that han	pened today				
THE DES	tilling	тпат пар	pened today				
Daily log	g						

2030	Q2	April	Week 15	Monday, 8	Reflect	Sun, 7	Tue, 9
Things I	'm gra	teful for	1	•	1		
The hest	thing	that han	pened today				
The best	· ming	тат пар	pened today				
Daily log	g						

hings I'm grateful for he best thing that happened today aily log	2030	Q2	April	Week 15	Tuesday, 9	Reflect	Mon, 8	Wed, 10
	Things l	l'm gra	teful for					
	The bes	t thing	that hap	pened today				
aily log								
aily log								
aily log								
	Daily lo	<u>o</u>						
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2030	Q2	April	Week 15	Wednesday, 10	Reflect	Tue, 9	Thu, 11
Things 1	I'm gra	teful for					
		.1 . 1	1 . 1				
The bes	t thing	that hap	pened today				
Daily lo	g						

2030	Q2	April	Week 15	Thursday, 11	Reflect	Wed, 10	Fri, 12
Things 1	'm gra	teful for					
The bes	thing	that hap	pened today				
Daily lo	g						

2030	Q2	April	Week 15	Friday, 12	Reflect	Thu, 11	Sat, 13
Things I	'm gra	teful for					
The best	thing	that hap	pened today				
Daily log	ς						

2030 Q2 April	Week 15	Saturday, 13	Reflect	Fri, 12 Sun, 14
Things I'm grateful for		0 /		, , ,
Timigs I in graterur for				
The best thing that hap	pened today			
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Daily log				

2030	Q2	April	Week 15	Sunday, 14	Reflect	Sat, 13	Mon, 15
Things l	'm gra	teful for					
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Daily lo	or .						
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2030	02	Ammil	Wool, 16	Monday, 15	Deflect	C. 14	Tue 16
			week 10	Monday, 15	Кепест	Sun, 14	Tue, 16
hings .	I'm gra	teful for					
he bes	t thing	that hap	pened today				
aily lo	g						
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2030	Q2	April	Week 16	Tuesday, 16	Reflect	Mon, 15	Wed, 17
Things l	'm gra	teful for					
Γhe bes	t thing	that hap	pened today				
Daily lo							

2030	Q2	April	Week 16	Wednesday, 17	Reflect	Tue, 16	Thu, 18
Things 1	'm gra	teful for			'		1
The bes	t thing	that hap	pened today				
Dailer la							
Daily lo	<u>g</u>						

2030	Q2	April	Week 16	Thursday, 18	Reflect	Wed, 17	Fri, 19
Things I	'm gra	teful for					
The best	thing	that hap	pened today				
Daily log	ξ						

2030	Q2	April	Week 16	Friday, 19	Reflect	Tł	nu, 18	Sat, 20
Things I	'm gra	teful for						
he best	thing	that hap	pened today					
aily log	5							

2030	Q2	April	Week 16	Saturday, 20	Reflect]	Fri, 19	Sun, 21
Things 1	'm gra	teful for						
The bes	t thing	that hap	pened today					
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Daily lo	or							
Daily 10;	5							
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2030	Q2	April	Week 16	Sunday, 21	Reflect	Sat, 20	Mon, 22
Things I	'm gra	teful for					
The best	thing	that hap	pened today				
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Daily log	<u> </u>						

2030	Q2	April	Week 17	Monday, 22	Reflect	Sun, 2	1 Tue, 23
Things 1	'm gra	teful for					
The box	thing	that han	pened today				
The bes	tilling	шат пар	pened today				
Daily lo	3						

2030	Q2	April	Week 17	Tuesday, 23	Reflect	Mon, 22	Wed, 24
Things I	'm gra	teful for					
The hest	thing	that han	pened today				
<u> </u>	· ming	тас пар	pened today				
Daily log	S						

2030	Q2	April	Week 17	Wednesday, 24	Reflect	Tue, 23	Thu, 25
Things 1	'm gra	teful for					
The bes	t thing	that hap	pened today				
Dailer la							
Daily lo	<u>g</u>						

Things I'm grateful for The best thing that happened today Paily log	2030	Q2	April	Week 17	Thursday, 25	Reflect	Wed, 24	Fri, 26
	Things 1	'm gra	teful for					
	The bes	t thing	that hap	pened today				
Paily log								
Paily log								
Paily log								
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2030	Q2	April	Week 17	Friday, 26	Reflect	Thu, 25	Sat, 27
Things I	'm gra	teful for					
The best	thing	that hap	pened today				
Daily lo	··						
Daily log	3						

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2030 Q2 April	Week 17	Saturday, 27	Reflect	Fri, 26	Sun, 28
Things I'm grateful for					
The best thing that hap	ppened today				
Daily log					

2030	Q2	April	Week 17	Sunday, 28	Reflect	Sat, 27	Mon, 29
Things 1	'm gra	teful for					
The bes	t thing	that hap	pened today				
Daily lo	g					 	

2030	Q2	April	Week 18	Monday, 29	Reflect	Sun, 2	28 Tue, 30
Things I	m gra	teful for					
The best	thing	that hap	pened today				
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Daily log	5						

2030	Q2	April	Week 18	Tuesday, 30	Reflect	Mon, 29	Wed, 1
Things 1	l'm gra	teful for					
The bee	t thing	that han	pened today				
THC DC3	t tilling	, that hap	pened today				
Daily lo	g						

2030	Q2	May	Week	18	Wednesday, 1	Reflect	Tue, 30	Thu, 2
Things 1	'm gra	teful for						
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The bes	t thing	that hap	ppened t	oday				
Daily lo	or S							

2030	Q2	May	Week 18	Thursday, 2	Reflect	Wed, 1	Fri, 3
Things 1	'm gra	teful for					
The bes	t thing	that ha	ppened today	,			
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Daily lo	g						

2030	Q2	May	Week 18	Friday, 3	Reflect	Thu, 2	2 Sat, 4
Things I	'm gra	teful for					
The best	thing	that hap	ppened today				
Daily log	or .						
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2030	Q2	May	Week 18	Saturday, 4	Reflect	Fri	, 3	Sun, 5
Things 1	'm gra	teful for						
The bes	t thing	that hap	ppened today					
Daily lo	<u> </u>							

2030	Q2	May	Week 18	Sunday, 5	Reflect	Sat, 4	Mon, 6
Things I	'm gra	teful for					
The best	thing	that hap	ppened today	,			
Daily log							

2030	Q2	May	Week 19	Monday, 6	Reflect	Sun, 5	Tue, 7
Things I	'm gra	teful for					
The best	thing	that hap	ppened today				
Daily lo	g						

2030	Q2	May	Week 19	Tuesday, 7	Reflect	Mon, 6	Wed, 8
Things I	'm gra	teful for					_
The best	thing	that ha	ppened today	,			
Daily log	r						
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2030	Q2	May	Week 19	Wednesday, 8	Reflect	Tue, 7	Thu, 9
Things 1	'm gra	teful for					
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The bes	t thing	that ha	ppened today	•			
Daily lo	g						

2030	Q2	May	Week 19	Thursday, 9	Reflect	Wed, 8 Fri, 10
Things 1	I'm gra	teful for				
The bes	t thing	that hap	opened today			
Daily lo	σ					
						

2030	Q2	May	Week 19	Friday, 10	Reflect		Thu, 9	Sat, 11
Things 1	'm gra	teful for						
The best	t thing	that ha	ppened today					
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Daily lo	<u> </u>							

2030 Q2 May	Week 19	Saturday, 11	Reflect	Fri	, 10 Sun, 12
Things I'm grateful fo		<i>J</i> /			<u>, , , , , , , , , , , , , , , , , , , </u>
The best thing that h	nappened today	•			
Daily log					

2030 Q2 May Week 19 Sunday, 12 Reflect	Sat, 11 Mon, 13
Things I'm grateful for	<u> </u>
The best thing that happened today	
ne best thing that happened today	
Paily log	
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2030	Q2	May	Week 20	Monday, 13	Reflect	Sun, 12	Tue, 14
Things I	'm gra	teful for					
The best	thing	that hap	ppened today				
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Daily log	r						
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2030	Q2	May	Week	20	Tuesday,	14	Reflect	Mon, 13	Wed, 15
Things I	'm gra	teful for							
The best	thing	that ha	ppened to	oday					
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Daily log	~								
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2030	Q2	May	Week 20	Wednesday, 15	Reflect	Tue, 14	Thu, 16
Things I	'm gra	teful for					
The best	thing	that has	ppened today	,			
The bes	tilling	mat maj	ppened today				
Daily log	g						

2030	Q2	May	Week 20	Thursday, 16	Reflect	Wed, 15 Fri, 17
Things 1	l'm gra	teful for				
The bes	t thing	that hap	ppened today			
Daily lo	or					
Daily 10	5					

2030	Q2	May	Week 20	Friday, 17	Reflect	Thu, 16	Sat, 18
Things 1	l'm gra	teful for					
The bes	t thing	that hap	ppened today				
Daily lo	or						
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2030 Q2 May Week 20 Saturday, 18 Reflect	Fri, 17 Sun, 19
hings I'm grateful for	-
he best thing that happened today	
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any log	

2030	Q2	May	Week 20	Sunday, 19	Reflect	Sat, 18	Mon, 20
Things I	'm gra	teful for					
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The best	thing	that ha	ppened today	, 			
Daily log	g						

2030	Q2	May	Week 21	Monday, 20	Reflect	Sun, 19	Tue, 21
Things I	'm gra	teful for	<u> </u>		'		
The best	thing	that ha	ppened today	7			
Doile lo							
Daily log	8						

2030	Q2	May	Week 21	Tuesday, 21	Reflect	Mon, 20	Wed, 22
Things I	'm gra	teful for					
The best	thing	that haj	ppened today	7			
Daily log	g						

2030	Q2	May	Week 21	Wednesday, 22	Reflect	Tue,	21	Thu, 23
Things I	'm gra	teful for	•		•			
The best	thing	that ha	ppened today	7				
Daily log								

2030	Q2	May	Week 21	Thursday, 23	Reflect	Wed, 22	Fri, 24
Things I	'm gra	teful for					
The best	thing	that hap	opened today	,			
Daily log	r						
Daily 108	5						

2030	Q2	May	Week 21	Friday, 24	Reflect	 Thu, 23	Sat, 25
Things I	'm gra	teful for					
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ine besi	tning	tnat naj	ppened today	<u></u>			
Daily log	g					 	

2030	Q2	May	Week 21	Saturday, 25	Reflect	Fri, 24	Sun, 26
Things I	'm gra	teful for					
The best	thing	that hap	ppened today	,			
Daily log							

2030	Q2	May	Week 21	Sunday, 26	Reflect	Sat, 25	Mon, 27
Γhings I	'm gra	teful for					
The best	thing	that hap	ppened today	,			
Daily log	<u> </u>						
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2030	Q2	May	Week 22	Monday, 27	Reflect	Sun, 26	Tue, 28
Things I	'm gra	teful for					
The best	thing	that ha	ppened today	·			
Daily lo	r						
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2030	Q2	May	Week 22	Tuesday, 28	Reflect	Mon, 27	Wed, 29
Things 1	'm gra	teful for	•		•		
The bee	t thing	that has	ppened today	,			
The bes	t tilling	tilat ila	ppened today	<u> </u>			
Daily lo	g						

2030	Q2	May	Week 22	Wednesday, 29	Reflect	Tue, 28	Thu, 30
Things 1	'm gra	teful for	1				
The bes	thing	that ha	ppened today	•			
Daily lo							

2030	Q2	May	Week 22	Thursday, 30	Reflect	Wed, 29	Fri, 31
Things 1	'm gra	teful for					
The bes	t thing	that ha	ppened today	•			
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Daily lo	g 						

2030	Q2	May	Week 22	Friday, 31	Reflect	 Thu, 30	Sat, 1
Things l	l'm gra	teful for					
The bes	t thing	that ha	ppened today	,			
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Daily lo	g						

2030	Q2	June	Week 22	Saturday, 1	Reflect	Fri, 31	Sun, 2
Things I	'm gra	teful for	1	1	1		
The best	thing	that hap	opened today				
Doile lo							
Daily log	<u> </u>						

2030	Q2	June	Week 22	Sunday, 2	Reflect	Sat, 1	Mon, 3
Things I	'm gra	teful for					
The best	thing	that hap	pened today				
Daily log	g						

2030	Q2	June	Week 23	Monday, 3	Reflect	Sun, 2	Tue, 4
Things 1	'm gra	teful for					
The bes	thing	that hap	opened today				
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Daily lo	<u> </u>						
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2030	Q2	June	Week 23	Tuesday, 4	Reflect	Mon, 3	Wed, 5
Things 1	I'm gra	teful for					
The bes	t thing	that hap	pened today				
Daily lo	σ						
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2030	Q2	June	Week 23	Wednesday, 5	Reflect	Tue, 4	Thu, 6
Things 1	'm gra	teful for					
The bes	thing	that hap	pened today				
Daily lo	r						
Daily 10	5						

2030	Q2	June	Week 23	Thursday, 6	Reflect	Wed, 5 Fri, 7
		teful for	.,,,,,,,			
The bes	t thing	that hap	opened today			
Daily lo	g					

2030	Q2	June	Week 23	Friday, 7	Reflect	Thu, 6	Sat, 8
Things 1	'm gra	teful for					
The bes	thing	that hap	opened today				
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Daily lo	r						
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2030	Q2	June	Week 23	Saturday, 8	Reflect	Fri, 7	Sun, 9
Things 1	'm gra	teful for					
The bes	thing	that hap	pened today				
Daily lo	g						

2030	Q2	June	Week 23	Sunday, 9	Reflect	Sat, 8	Mon, 10
Γhings I	'm gra	teful for					
Γhe best	thing	that har	opened today				
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Daily log	<u> </u>						

2030	Q2	June	Week 24	Monday, 10	Reflect	Sun, 9	Tue, 11
Things I	'm gra	teful for		1			
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The best	thing	that hap	pened today				
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Daily log	5						
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2030	Q2	June	Week 24	Tuesday, 11	Reflect	Mon, 10	Wed, 12
Things I	'm gra	teful for					
The best	t thing	that hap	ppened today				
Daily log	r						

2030	Q2	June	Week 24	Wednesday, 12	Reflect	Tue, 11	Thu, 13
Things 1	'm gra	teful for					
The best	t thing	that har	opened today				
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Daily lo	gr 						

2030	Q2	June	Week 24	Thursday, 13	Reflect	Wed, 12 Fri, 14
Things 1	'm gra	teful for				
The bes	t thing	that hap	pened today			
Daily lo						

2030	Q2	June	Week 24	Friday, 14	Reflect	Thu, 13	Sat, 15
Things I	'm gra	teful for					
The best	thing	that hap	pened today				
Daily lo	v-						
Daily log	3						

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2030 Q2		Week 24	Saturday, 15	Reflect	Fri, 14	Sun, 16
Things I'm gr	ateful for					
The best thin	g that hap	opened today				
Daily log						

2030 Q2 June	Week 24	Sunday, 16	Reflect	Sat, 15	Mon, 17
Things I'm grateful for				,	<u> </u>
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The best thing that happ	pened today				
Daily log					

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2030		June	Week 25	Monday, 17	Reflect	Sun, 16	Tue, 18
hings l	I'm gra	teful for					
he bes	t thing	that hap	pened today				
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2030	Q2	June	Week 25	Tuesday, 18	Reflect	Mon, 17	Wed, 19
Things 1	'm gra	teful for					
The bes	t thing	that hap	pened today				
Daily lo	g						

2030	Q2	June	Week 25	Wednesday, 19	Reflect	Tue, 18	Thu, 20
Things 1	'm gra	teful for					
The bes	thing	that har	opened today				
Daily log	or						
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2030	Q2	June	Week 25	Thursday, 20	Reflect	Wed, 19	Fri, 21
Things 1	'm gra	teful for					
The bes	t thing	that hap	opened today				
Daily lo	g						

2030	Q2	June	Week 25	Friday, 21	Reflect	Thu, 20	Sat, 22
Things 1	'm gra	teful for					
The bes	t thing	that hap	opened today				
Daily lo	<u> </u>						
Daily 10,	<u> </u>						

2030	Q2	June	Week 25	Saturday, 22	Reflect	Fri, 21	Sun, 23
Things I	'm gra	teful for					
The best	thing	that hap	pened today				
Daily log							

2030	Q2	June	Week 25	Sunday, 23	Reflect	Sat, 22	Mon, 24
Things I	'm gra	teful for					_
The best	thing	that hap	pened today				
Daily log	у.						
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2030	Q2	June	Week 26	Monday, 24	Reflect	Sun, 23	Tue, 25
hings I	'm gra	teful for					
he bes	t thing	that hap	pened today				
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2030	Q2	June	Week 26	Tuesday, 25	Reflect	Mon, 24	Wed, 26
Things 1	'm gra	teful for					
The bes	thing	that hap	pened today				
Daily lo							

Things I'm grateful for The best thing that happened today Daily log	2030	Q2	June	Week 26	Wednesday, 26	Reflect	Т	ue, 25	Thu, 27
The best thing that happened today	Things I	'm gra	teful for						
Daily log	The best	thing	that hap	opened today					
Daily log									
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2030	Q2	June	Week 26	Thursday, 27	Reflect	Wed, 26	Fri, 28
Things 1	l'm gra	teful for					
The bes	t thing	that hap	pened today				
Daily lo	g						

2030	Q2	June	Week 26	Friday, 28	Reflect	Thu, 27	Sat, 29
Things I	'm gra	teful for					
The best	thing	that har	opened today				
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Daily log	<u> </u>						

2030	Q2	June	Week 26	Saturday, 29	Reflect	Fri, 28	Sun, 30
Things 1	'm gra	teful for					
The bes	t thing	that har	opened today				
The bes	t tilling	шас пар	pened today				
Daily lo	g						

2030	Q2	June	Week 26	Sunday, 30	Reflect	Sat, 29	Mon, 1
Things 1	l'm gra	teful for					
The bes	t thing	that hap	pened today				
Daily lo	g						
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2030	Q3	July	Week 27	Monday, 1	Reflect	Sun, 30	Tue, 2
Things I	'm gra	teful for					
The best	thing	that ha	ppened today	y			
Daily log	r						
	3						

2030	Q3	July	Week 27	Tuesday, 2	Reflect	Mon, 1	Wed, 3
Things I	'm gra	teful for					
The best	thing	that hap	ppened today	7			
Daily log	g						

2030	Q3	July	Week 27	Wednesday, 3	Reflect	Tue, 2	Thu, 4
Things I	'm gra	teful for					
The best	thing	that hap	ppened today	,			
Daily lo	g						

2030	Q3	July	Week 27	Thursday, 4	Reflect	Wed, 3	Fri, 5
Things l	'm gra	teful for					
The bes	t thing	that ha	ppened today	7			
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Daily lo	or						
Daily 10,	5						

2030	Q3	July	Week 27	Friday, 5	Reflect	Thu, 4	Sat, 6
Things I	m gra	teful for					
The best	thing	that hap	ppened today	,			
Daily log							
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2030	Q3	July	Week 27	Saturday, 6	Reflect	Fri, 5	Sun, 7
Things 1	'm gra	teful for					
The bes	t thing	that hap	ppened today	,			
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Daily lo	or.						
Daily 10	5						

2030	Q3	July	Week 27	Sunday, 7	Reflect	Sat, 6	Mon, 8
Things I	m gra	teful for					
The best	thing	that has	ppened today	7			
The best	tilling	mat naj	ppened today	/			
Daily log	S						

2030	Q3	July	Week 28	Monday, 8	Reflect	Sun, 7	Tue, 9
Things I	'm gra	teful for					
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ine besi	tning	tnat naj	ppened today	7			
Daily log	g						

2030	Q3	July	Week 28	Tuesday, 9	Reflect	Mon, 8	Wed, 10
Things 1	'm gra	teful for					
The bes	t thing	that ha	ppened today	7			
Daily lo	g						

Things I'm grateful for The best thing that happened today Daily log	u, 11
Daily log	
Daily log	
Daily log	

2030	Q3	July	Week 28	Thursday, 11	Reflect	Wed, 10	Fri, 12
Things 1	I'm gra	teful for					
The bes	t thing	that hap	opened today				
Daily lo	σ						
							

2030	Q3	July	Week 28	Friday, 12	Reflect	Thu, 11	Sat, 13
Things I	m gra	teful for					
The best	thing	that has	ppened today				
The best	tilling	mat maj	ppened today				
Daily log	S						

2030	Q3	July	Week 28	Saturday, 13	Reflect	Fri, 12	Sun, 14
Things 1	'm gra	teful for					
The bes	t thing	that ha	ppened today	,			
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Daily lo	or						
Daily 10	<u> </u>						

2030	Q3	July	Week 28	Sunday, 14	Reflect	Sat, 13	Mon, 15
Things I	'm gra	teful for					
The best	thing	that hap	ppened today				
Daily log							

2030	Q3	July	Week 29	Monday, 15	 Reflect	Sun, 14	Tue, 16
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2030	Q3	July	Week 29	Tuesday, 16	Reflect	Mon, 15	Wed, 17
Things 1	'm gra	teful for	1				
The bes	t thing	that ha	ppened today	7			
Daily lo	g						

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2030	Q3	July	Week 29	Wednesday, 17	Reflect	Tue, 16	Thu, 18
hings I	'm gra	teful for					
he best	thing	that hap	ppened today				
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2030	Q3	July	Week 29	Thursday, 18	Reflect	Wed, 17	Fri, 19
Things I	'm gra	teful for					
The best	thing	that ha	ppened today	7			
Daily log	 У						
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2030	Q3	July	Week 29	Friday, 19	Reflect	Thu, 18	Sat, 20
Things I	'm gra	teful for					
The best	thing	that hap	ppened today	r			
Daily log	ς						

2030	Q3	July	Week 29	Saturday, 20	Reflect	Fri, 19	Sun, 21
Things I	'm gra	teful for		,	'		1
The best	thing	that ha	ppened today	7			
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Daily log	3						

2030	Q3	July	Week 29	Sunday, 21	Reflect	Sat, 20	Mon, 22
Things 1	'm gra	teful for		•			
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I ne bes	t tning	tnat na	ppened today	7			
Daily lo	g						

2030	Q3	July	Week 30	Monday, 22	Reflect	Sun, 21	Tue, 23
Things 1	'm gra	teful for					
The bes	t thing	that ha	ppened today	7			
Dailer la							
Daily log	<u> </u>						

2030	Q3	July	Week 30	Tuesday, 23	Reflect	Mon, 22	Wed, 24
Things I	'm gra	teful for					
The best	thing	that ha	ppened today	7			
	, ,,,,,,,	01100 110	ppened today				
Daily log	S						

2030	Q3	July	Week 30	Wednesday, 24	Reflect	Tue, 23	Thu, 25
Things I	'm gra	teful for					_
The best	t thing	that ha	ppened today				
			11				
Dail 1							
Daily lo	<u> </u>						

2030	Q3	July	Week 30	Thursday, 25	Reflect	Wed, 24	Fri, 26
Things 1	I'm gra	teful for			•		
The bes	t thing	that has	ppened today	·			
THE DES	t tilling	tilat ilaj	ppened today	<u>′</u>			
Daily lo	g						

2030	Q3	July	Week 30	Friday, 26	Reflect	Thu, 25	Sat, 27
Things I	'm gra	teful for					
The best	thing	that hap	ppened today	•			
Daily log	g						

2030	Q3	July	Week 30	Saturday, 27	Reflect	Fri, 26	Sun, 28
Things 1	'm gra	teful for					
The bes	t thing	that hap	opened today	,			
			<u> </u>				
Daily lo	or						
Daily 10	5						

2030	Q3	July	Week 30	Sunday, 28	Reflect	Sat, 27	Mon, 29
Things I	'm gra	teful for					
The best	thing	that ha	ppened today				
D-:1 1							
Daily log	5						

2030	Q3	July	Week 31	Monday, 29	Reflect	Sun, 28	Tue, 30
Things I	'm gra	teful for					
 Γhe bes	t thing	that hap	ppened today	7			
			<u> </u>				
Daily lo	or						
- Zully 107	<u> </u>						

2030	Q3	July	Week 31	Tuesday, 30	Reflect	Mon, 29	Wed, 31
Things 1	'm gra	teful for					
The bes	t thing	that ha	ppened today	7			
Daily lo	g						

2030	Q3	July	Week 31	Wednesday, 31	Reflect	Tue, 30	Thu, 1
Things I	'm gra	teful for					
———— Γhe bes	t thing	that hap	ppened today	7			
	og'						
Daily lo	or .						
7d11y 108	5						

2030	Q3	August	Week 31	Thursday, 1	Reflect	Wed, 31	Fri, 2
Things 1	I'm gra	teful for					
The bes	t thing	that happe	ned today				
Daily lo							

2030	Q3	August	Week 31	Friday, 2	Reflect	Thu, 1	Sat, 3
Things 1	m gra	teful for					
The bes	t thing	that happe	ned today				
Daily lo	or						
	5						

2030	Q3	August	Week 31	Saturday, 3	Reflect	Fri, 2	Sun, 4
Things I	'm gra	teful for					
The best	thing	that happe	ned today				
Daily log	g						

2030	Q3	August	Week 31	Sunday, 4	Reflect	Sat, 3	Mon, 5
Things 1	l'm gra	teful for					_
The bes	t thing	that happe	ned today				
THE BEB	· ming	пат парре	nea today				
Daily lo	g						

2030	Q3	August	Week 32	Monday, 5	Reflect	Su	n, 4	Tue, 6
Things I	'm gra	teful for						
The bear	t thin m	that happe	mad taday					
ine bes	tning	тпат парре	ened today					
Daily lo								

2030	Q3	August	Week 32	Tuesday, 6	Reflect	Mon, 5	Wed, 7
Things 1	'm gra	teful for					
The bes	t thing	that happe	ned today				
Daily lo	or						
- Daily 10	5						

2030	Q3	August	Week 32	Wednesday, 7	Reflect	Tue, 6	Thu, 8
Things 1	I'm gra	teful for					
	4 41	41-41					
ine bes	t tning	that happe	ened today				
Daily lo	g						

2030	Q3	August	Week 32	Thursday, 8	Reflect	Wed, 7	Fri, 9
Things 1	I'm gra	teful for					
The bee	t thing	that happe	nod today				
The bes	t tilling	тпат парре	ned today				
Daily lo	g						

2030	Q3	August	Week 32	Friday, 9	Reflect	Thu, 8	Sat, 10
Things 1	'm gra	teful for					
The bes	t thing	that happe	ened today				
Daily lo	g						

2030	Q3	August	Week 32	Saturday, 10	Reflect	Fri, 9	Sun, 11
Things 1	I'm gra	teful for					
		.1 . 1	11				
The bes	t thing	that happe	ened today				
Daily lo	g						

2030	Q3	August	Week 32	Sunday, 11	Reflect	Sat, 10	Mon, 12
Things 1	'm gra	teful for					
	1 .	.1 . 1	11				
The bes	t tning	that happe	ned today				
Daily lo	g						

2030	Q3	August	Week 33	Monday, 12	Reflect	Sun, 11	Tue, 13
Things 1	I'm gra	teful for					
	1 •	<i>(</i> 1	11				
ine bes	t tning	that happe	ened today				
Daily lo	g						

2030	Q3	August	Week 33	Tuesday, 13	Reflect	Mon, 12	Wed, 14
Things 1	I'm gra	teful for					
	1 •	<i>(</i> 1	11				
The bes	t tning	that happe	ned today				
Daily lo	g						

2030	Q3	August	Week 33	Wednesday, 14	Reflect	Tue, 13 Thu, 18
Things 1	l'm gra	teful for				
The bes	t thing	that happe	ned today			
Daily lo	σ					
						

2030	Q3	August	Week 33	Thursday, 15	Reflect	Wed,	, 14	Fri, 16
Things I	'm gra	teful for						
The best	thing	that happe	ned today					
Daily log								

2030	Q3	August	Wools 22	Friday, 16	Reflect	Thu, 15	Sat, 17
		teful for	week 33	Tilday, 10	Reflect	1 Hu, 15	Sat, 11
nings i	ını gra	iterur for					
	1 .	.11	1 . 1				
he best	t thing	that happe	ned today				
aily lo	g						

2030	Q3	August	Week 33	Saturday, 17	Reflect	Fri, 16	Sun, 18
Things 1	'm gra	teful for					
The bes	t thing	that happe	ened today				
Doily lo	···						
Daily lo	<u> </u>						

2030	Q3	August	Week 33	Sunday, 18	Reflect	Sat, 17	Mon, 19
Things 1	I'm gra	teful for					
The bes	t thing	that happe	ned today				
Daily lo	g						

2030	Q3	August	Week 34	Monday, 19	Reflect	Sun, 18	Tue, 20
Things 1	'm gra	teful for					
The bes	thing	that happe	ned today				
Daily lo	r						
Daily 10;	<u> </u>						

2030	Q3	August	Week 34	Tuesday, 20	Reflect	Mon, 19	Wed, 21
Things 1	'm gra	teful for					
-							
The bes	t thing	that happe	ened today				
Daily lo	g						

2030	Q3	August	Week 34	Wednesday, 21	Reflect	Tue, 20	Thu, 22
Things I	'm gra	teful for					
The best	thing	that happe	ned today				
Daily log	g						

2030	Q3	August	Week 34	Thursday, 22	Reflect	Wed, 21	Fri, 23
Things I	'm gra	teful for					
The best	thing	that happe	ned today				
Daily log							

2030	Q3	August	Week 34	Friday, 23	Reflect	Thu, 22	Sat, 24
Things 1	'm gra	teful for					
The bes	t thing	that happe	ned today				
Daily lo	g						

2030	Q3	August	Week 34	Saturday, 24	Reflect	Fri, 23	Sun, 25
Things I	m gra	teful for		•	•		
The best	t thing	that happe	ned today				
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Daily log	g						

2030	Q3	August	Week 34	Sunday, 25	Reflect	Sat, 24	Mon, 26
Things l	'm gra	teful for					
		.1 . 1	1 . 1				
The bes	t thing	that happe	ned today				
Daily lo	g						

2030	Q3	August	Week 35	Monday, 26	Reflect	Sun, 2	5 Tue, 27
Things 1	I'm gra	teful for					
The bes	t thing	that happe	ned today				
Daily lo	σ						
Daily 10							

2030	Q3	August	Week 35	Tuesday, 27	Reflect	Mon, 26	Wed, 28
Things 1	'm gra	teful for					
The bes	t thing	that happe	ned today				
Daily lo	or.						
Daily 10;	<u> </u>						

2030	Q3	August	Week 35	Wednesday, 28	Reflect	Tue, 27	Thu, 29
Things I	'm gra	teful for					
The best	thing	that happe	ned today				
Daily log	g						

2030	Q3	August	Week 35	Thursday, 29	Reflect	Wed, 28	Fri, 30
Things I	'm gra	teful for					
The best	thing	that happe	ned today				
Daily log	g						

Things I'n	m grateful fo	or			
The best t	thing that h	appened	l todav		
	. 8	TT			
Daily log					

Things I'm grateful for The best thing that happened today Daily log	2030	Q3	August	Week 35	Saturday, 31	Reflect	Fri, 30	Sun, 1
	Things 1	l'm gra	teful for					
Daily log	The bes	t thing	that happe	ened today				
Daily log								
Daily log								
Daily log								
Daily log	D :1 1							
	Daily lo	g 						

2030	Q3	September	Week 35	Sunday, 1	Reflect	Sat, 31	Mon, 2
Things I	'm gra	teful for					
The best	thing	that happened	today				
Daily log	<u> </u>						

2030	Q3	September	Week 36	Monday, 2	Reflect	Sun, 1	Tue, 3
Things I	'm gra	teful for					
The best	thing	that happened	today				
Daily log							

2030	Q3	September	Week 36	Tuesday, 3	Reflect	Mon, 2	Wed, 4
Things I	'm gra	teful for					
The best	thing	that happened	today				
Doiler le	·						
Daily log	5						

2030	Q3	September	Week 36	Wednesday, 4	Reflect	Tue, 3	Thu, 5
Things 1	I'm gra	teful for					
The bes	t thing	that happened	today				
Daily lo	σ						

2030	Q3	September	Week 36	Thursday, 5	Reflect	Wed, 4	Fri, 6
Things 1	'm gra	teful for					
The bes	t thing	that happened	today				
Daily lo	<u> </u>						

2030	Q3	September	Week 36	Friday, 6	Reflect	Thu, 5	Sat, 7
Things I	'm gra	teful for					
The best	thing	that happened	today				
D-:1 1							
Daily log	<u> </u>						

2030	Q3	September	Week 36	Saturday, 7	Reflect	Fri, 6	Sun, 8
Things I	'm gra	teful for					
The best	t thing	that happened	today				
The besi	t tilling	that happened	today				
Daily log	g						
	·						

2030	Q3	September	Week 36	Sunday, 8	Reflect	Sat, 7	Mon, 9
Things I	'm gra	teful for					
The best	thing	that happened	today				
Daily log	or .						
Daily 10	>						

2030	Q3	September	Week 37	Monday, 9	Reflect	Sun, 8	Tue, 10
Things 1	'm gra	teful for					
The bes	t thing	that happened	today				
The bes	t tilling	that happened	today				
Daily lo	g						

2030	Q3	September	Week 37	Tuesday, 10	Reflect	Mon, 9	Wed, 11
Things I	m gra	teful for					
The best	thing	that happened	today				
Doily lo	·						
Daily log	3						

2030	Q3	September	Week 37	Wednesday, 11	Reflect	Tue, 10	Thu, 12
Things 1	'm gra	teful for					
The best	t thing	that happened	today				
	* *8						
Daily lo	g 						

2030	Q3	September	Week 37	Thursday, 12	Reflect	Wed, 11	Fri, 13
Things 1	l'm gra	teful for					
The bes	t thing	that happened	todav				
		11					
Dailer la							
Daily lo	<u>g</u>						

2030	Q3	September	Week 37	Friday, 13	Reflect	Thu, 12	Sat, 14
Things I	'm gra	teful for					
The best	t thing	that happened	today				
Daily log	or .						
	5						

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2030	Q3	September	Week 37	Saturday, 14	Reflect	Fri, 13	Sun, 15
Things 1	'm gra	teful for					
The bes	t thing	that happened	todav				
Daily lo	g						

2030	Q3	September	Week 37	Sunday, 15	Reflect	Sat, 14	Mon, 16
Things 1	'm gra	teful for					
The bes	t thing	that happened	today				
Daily lo	or .						
<u> </u>	5						

2030	Q3	September	Week 38	Monday, 16	Reflect	Sun, 15	Tue, 17
Things 1	'm gra	teful for					
The bes	t thing	that happened	today				
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Daily log	g						

2030	Q3	September	Week 38	Tuesday, 17	Reflect	Mon, 16	Wed, 18
Things I	'm gra	teful for					
			-		-		
The best	thing	that happened	today				
Daily log	g						

2030	Q3	September	Week 38	Wednesday, 18	Reflect	Tue, 17	Thu, 19
Things 1	I'm gra	teful for					
The bes	t thing	that happened	today				
The bes	t tilling	that happened	today				
Daily lo	g						
	•	_					

2030	Q3	September	Week 38	Thursday, 19	Reflect	Wed, 18	Fri, 20
Things I	'm gra	teful for					
The best	thing	that happened	today				
Dailer la							
Daily log	<u> </u>						

2030	Q3	September	Week 38	Friday, 20	Reflect	Thu, 1	.9 Sat, 21
Things I	'm gra	teful for					
The best	thing	that happened	today				
Daily log	g						

2030	Q3	September	Week 38	Saturday, 21	Reflect	Fri, 20	Sun, 22
Things 1	'm gra	teful for	1		•		'
The bes	t thing	that happened	today				
Dailer la							
Daily lo	<u>g</u>						
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2030	Q3	September	Week 38	Sunday, 22	Reflect	Sat, 21	Mon, 23
Things I	m gra	teful for					
The best	thing	that happened	today				
			<u> </u>				
Daily log	r						
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2030	Q3	September	Week 39	Monday, 23	Reflect	Sun, 22	Tue, 24
hings I	'm gra	teful for					
The best	thing	that happened	today				
		T I					
Daily log	<u> </u>						

2030	Q3	September	Week 39	Tuesday, 24	Reflect	Mon, 23	Wed, 25
Things 1	'm gra	teful for					
The bes	t thing	that happened	today				
Daily lo							

2030	Q3	September	Week 39	Wednesday, 25	Reflect	Tue, 24	Thu, 26
Things 1	'm gra	teful for					
The bes	t thing	that happened	today				
Daily log	or.						
Daily 10;	5						

2030	Q3	September	Week 39	Thursday, 26	Reflect	Wed, 25	Fri, 27
Things 1	I'm gra	teful for					
The bes	t thing	that happened	today				
Daily lo	σ						
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2030	Q3	September	Week 39	Friday, 27	Reflect	Thu	ι, 26	Sat, 28
Things I	'm gra	teful for						
The best	thing	that happened	today					
Doiler 1-	·							
Daily log	5							

2030	Q3	September	Week 39	Saturday, 28	Reflect	Fri, 27	Sun, 29
Things 1	'm gra	teful for					
The bes	t thing	that happened	today				
Daily lo	or						
	5						

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2030	Q3	September	Week 39	Sunday, 29	Reflect	Sat, 28	Mon, 30
hings I	'm gra	teful for					
he hest	thing	that happened	today				
TIC DESC	, tilling	тнат парренец	today				
aily log	S						

2030	Q3	September	Week 40	Monday, 30	Reflect	Sun, 29	Tue, 1
Things I	'm gra	teful for					
Γhe best	thing	that happened	today				
Daily log							

2030	Q4	October	Week 40	Tuesday, 1	Reflect	Mon, 30	Wed, 2
Things 1	I'm gra	teful for					
The bes	t thing	that happen	ed today				
Daily lo	or.						
Daily 10	8						

Things I'm grateful for The best thing that happened today Daily log	
Daily log	
Daily log	
Daily log	
Jany log	

2030	Q4	October	Week 40	Thursday, 3	Reflect	Wed, 2	Fri, 4
Things I	'm gra	teful for					
The best	thing	that happen	ed today				
Daily log							

2030	Q4	October	Week 40	Friday, 4	Reflect	Thu, 3	Sat, 5
Things 1	l'm gra	teful for					
The bes	t thing	that happen	ed today				
THE BEB	· mins	паррен	ica today				
Daily lo	g						

2030	Q4	October	Week 40	Saturday, 5	Reflect	Fri, 4	Sun, 6
Things 1	'm gra	teful for					
The bes	thing	that happen	ed today				
Daily lo	or .						
	>						

2030	Q4	October	Week 40	Sunday, 6	Reflect	Sat, 5	Mon, 7
Things I	'm gra	teful for					
The best	thing	that happen	ed today				
Daily lo	g S						

2030	Q4	October	Week 41	Monday, 7	Reflect	Sun, 6	Tue,
Things I	'm gra	teful for					
T) 1 /	1.	41 4 1	1 / 1				
ine besi	tning	that happen	led today				
Daily log	g						

2030	Q4	October	Week 41	Tuesday, 8	Reflect	Mon, 7	Wed, 9
Things I	m gra	teful for					
The best	thing	that happen	ed today				
Doiler le							
Daily log	<u> </u>						

2030	Q4	October	Week 41	Wednesday, 9	Reflect	Tue, 8	Thu, 10
Things 1	l'm gra	teful for					
The bes	t thing	that happen	ed today				
D-:1 1-							
Daily lo	g						

2030	Q4	October	Week 41	Thursday, 10	Reflect	Wed, 9	Fri, 11
Things I	'm gra	teful for					
———— The best	thing	that happen	ed today				
Daily log							
	<u>-</u>						

2030	Q4	October	Week 41	Friday, 11	Reflect	r	Γhu, 10	Sat, 12
Things I	'm gra	teful for						
The best	thing	that happen	ed today					
Doily lo	~							
Daily log	<u> </u>							

2030	Q4	October	Week 41	Saturday, 12	Reflect	Fri,	11 Sun, 13
Things I	'm gra	teful for					
The best	thing	that happen	ed today				
D :1 1							
Daily log	<u> </u>						

2030	Q4	October	Week 41	Sunday, 13	Reflect	Sat, 12	Mon, 14
Things I	'm gra	teful for					
The best	thing	that happen	ed today				
			-				
Daily log	~						
	3						

2030	Q4	October	Week 42	Monday, 14	Reflect	S	un, 13	Tue, 15
Things I	'm gra	teful for						
The best	thing	that happen	ed today					
Daily log								
	<u>-</u>							

2030	Q4	October	Week 42	Tuesday, 15	Reflect	Mon, 1	4 Wed, 16
Γhings I	'm gra	teful for					
———— Γhe best	thing	that happen	ed today				
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Daily log	r						
7a11y 108	5						

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2030	Q4		Week 42	Wednesday, 16	Кепест	Tue, 15	Thu, 17
hings I	'm gra	teful for					
The best	thing	that happen	ed today				
Daily lo	g						

2030	Q4	October	Week 42	Thursday, 17	Reflect	Wed, 1	6 Fri, 18
Things I	'm gra	teful for					
The best	thing	that happen	ed today				
Daily log	<u> </u>						

2030	Q4	October	Week 42	Friday, 18	Reflect	Thu	1, 17	Sat, 19
Things I	'm gra	teful for						
 Γhe best	thing	that happen	ed today					
D-:1 1	_							
Daily log	<u> </u>							

2030	Q4	October	Week 42	Saturday, 19	Reflect	Fri, 18	Sun, 20
Things 1	'm gra	teful for					•
The bes	thing	that happen	ed today				
Dailer la	···						
Daily log	<u> </u>						

2030	Q4	October	Week 42	Sunday, 20	Reflect	Sat, 19	Mon, 21
Things I	'm gra	teful for					
The best	t thing	that happen	ed today				
Daily log	or.						
Daily 10	<u> </u>						

2030	Q4	October	Week 43	Monday, 21	Reflect	Sun, 20	Tue, 22
Things I	'm gra	teful for					
The best	thing	that happen	ed today				
Daily log	g						

The best thing that happened today Daily log	2030	Q4	October	Week 43	Tuesday, 22	Reflect	I	Mon, 21	Wed, 23
	Things I	'm gra	teful for						
	Th h		#1 # 1] 4 .]					
Daily log	The best	tning	тпат парреп	led today					
Daily log									
Daily log									
Daily log									
	Daily log	g							

2030	Q4	October	Week 43	Wednesday, 23	Reflect	Tue, 22	Thu, 24
Things I	'm gra	teful for	1				
The best	thing	that happen	ed today				
Daily log	5						

2030	Q4	October	Week 43	Thursday, 24	Reflect	Wed, 23	Fri, 25
Things I	'm gra	teful for					
The best	thing	that happen	ed today				
Daily lo	g						

2030	Q4	October	Week 43	Friday, 25	Reflect	Thu, 24	Sat, 26
Things I	'm gra	teful for					
The best	t thing	that happen	ned today				
THE BEB	0 0111116	that happen	ica today				
Daily log	g						

2030	Q4	October	Week 43	Saturday, 26	Reflect	Fri, 25	Sun, 27
Things I	'm gra	teful for					
The best	thing	that happen	ed today				
Daily log	or .						
	-						

2030	Q4	October	Week 43	Sunday, 27	Reflect	Sat, 26	Mon, 28
Things 1	'm gra	teful for					
The bes	t thing	that happen	ed today				
Daily lo	or .						
	5						

2030	Q4	October	Week 44	Monday, 28	Reflect	Sun, 27	Tue, 29
Things 1	'm gra	teful for	•		•		
The bes	t thing	that happen	ed today				
Daily log	or.						
	5						

2030	Q4	October	Week 44	Tuesday, 29	Reflect	Mon, 28	Wed, 30
Things 1	'm gra	teful for					
The bes	thing	that happen	ed today				
			<u> </u>				
Daily lo	r						
Daily 10;	<u> </u>						

2030	Q4	October	Week 44	Wednesday, 30	Reflect	Tue, 29	Thu, 31
Things I	'm gra	teful for					
The best	t thing	that happen	ed today				
Daily log	g						

2030	Q4	October	Week 44	Thursday, 31	Reflect	Wed, 30	Fri, 1
Things I	'm gra	teful for					
The best	thing	that happen	ed today				
Daily lo	··						
Daily log	3						

2030	Q4	November	Week 44	Friday, 1	Reflect	Thu, 31	Sat, 2
Things 1	'm gra	teful for					
The best	t thing	that happened	today				
		11					
D-:1 1-							
Daily lo	S						

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2030	Q4		Week 44	Saturday, 2	Reflect	Fri,	1 Sun, 3
Things 1	'm gra	teful for					
The bes	t thing	that happened	today				
			v				
Daily lo	g						

2030	Q4	November	Week 44	Sunday, 3	Reflect	Sat, 2	Mon, 4
Things 1	'm gra	teful for					
The bes	thing	that happened	today				
Daily lo	<u> </u>						
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2030	Q4	November	Week 45	Monday, 4	Reflect	Sun, 3	Tue, 5
Things 1	'm gra	teful for					
The bes	t thing	that happened	today				
Daily lo	<u> </u>						

2030	Q4	November	Week 45	Tuesday, 5	Reflect	Mon, 4	Wed, 6
Things I	'm gra	teful for					
The best	t thing	that happened	today				
Daily log	<u> </u>						

2030	Q4	November	Week 45	Wednesday, 6	Reflect	Tue, 5	Thu, 7
Things 1	'm gra	teful for	1		1		
The bee	t thing	that happened	Ltoday				
The bes	o tilling	that happened	today				
Daily lo	g						

2030	Q4	November	Week 45	Thursday, 7	Reflect	Wed, 6	Fri, 8
Things I	'm gra	teful for					
The best	thing	that happened	today				
Daily lo	g						

2030	Q4	November	Week 45	Friday, 8	Reflect	Thu, 7	Sat, 9
Things I	'm gra	teful for					
The best	thing	that happened	today				
Daily log	or .						
<u> </u>							

2030	Q4	November	Week 45	Saturday, 9	Reflect	Fri, 8	Sun, 10
Things 1	'm gra	teful for					
The bes	t thing	that happened	today				
Daily lo	g						

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2030	Q4	November	Week 45	Sunday, 10	Reflect	Sat, 9	Mon, 11
hings I	'm gra	teful for					
he best	thing	that happened	today				
	8						
Daily log	g						

2030	Q4	November	Week 46	Monday, 11	Reflect	Sun, 10	Tue, 12
Things 1	'm gra	teful for	1		'		•
The bes	t thing	that happened	l today				
Daily lo	or.						
	5						

2030	Q4	November	Week 46	Tuesday, 12	Reflect	Mon, 11	Wed, 13
Things I	'm gra	teful for					
The bear	- thing	that hannanad	Ltoday				
The bes	tilling	that happened	today				
Daily log	ŗ						

2030	Q4	November	Week 46	Wednesday, 13	Reflect	Tue, 12	Thu, 14
Things 1	'm gra	teful for					
	1 :	.1 . 1					
The bes	t thing	that happened	today				
Daily lo	g						

2030	Q4	November	Week 46	Thursday, 14	Reflect	Wed, 13	Fri, 15
Things 1	'm gra	teful for					
The bes	thing	that happened	today				
Daily lo							

2030	Q4	November	Week 46	Friday, 15	Reflect	Thu, 14	Sat, 16
Things I	'm gra	teful for					
Γhe bes	thing	that happened	today				
Deiler lee	··						
Daily lo	3						

	ı	ı		ı	ı		I
2030	Q4	November	Week 46	Saturday, 16	Reflect	Fri, 15	Sun, 17
hings l	l'm gra	teful for					
The bes	t thing	that happened	today				
Daily lo	g						

2030	Q4	November	Week 46	Sunday, 17	Reflect	Sat, 16	Mon, 18
Things I	'm gra	teful for					
The best	thing	that happened	today				
Daily log							

	l _	I .	l .		1 -		I
2030	1		Week 47	Monday, 18	Reflect	Sun, 17	Tue, 19
hings l	I'm gra	teful for					
The bes	t thing	that happened	today				
		11					
Daily lo	g						

2030	Q4	November	Week 47	Tuesday, 19	Reflect	Mon, 18	Wed, 20
Things I	'm gra	teful for					
Th h		41-4 1	1 4 - 1				
The best	tning	that happened	today				
Daily log	g						

2030	Q4	November	Week 47	Wednesday, 20	Reflect	Tue, 19 Thu, 21
Things 1	l'm gra	teful for				
The bes	t thing	that happened	l today			
Daily lo	ď					
Daily 10,	<u> </u>					
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2030	Q4	November	Week 47	Thursday, 21	Reflect	Wed, 20	Fri, 22
Things 1	I'm gra	teful for					
The bes	t thing	that happened	today				
Daily lo	o.						
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2030	Q4	November	Week 47	Friday, 22	Reflect	Thu	, 21	Sat, 23
Things 1	'm gra	teful for						
The bes	t thing	that happened	today					
<u> </u>	t tilling	тит паррепец	today					
Daily lo	g							

2030	Q4	November	Week 47	Saturday, 23	Reflect	Fri, 22	Sun, 24
Things 1	I'm gra	teful for					
The bes	t thing	that happened	today				
Daily lo	g						

2030	Q4	November	Week 47	Sunday, 24	Reflect	Sat, 23	Mon, 25
Things l	l'm gra	teful for					
Γhe bes	t thing	that happened	today				
Daily lo	g						

2030	Q4	November	Week 48	Monday, 25	Reflect	Sun, 24	Tue, 26
Γhings I	'm gra	teful for					
———— Γhe best	thing	that happened	today				
			-				
Daily log	r						
Jany 108	3						

2030	Q4	November	Week 48	Tuesday, 26	Reflect	Mon, 25	Wed, 27
Things 1	'm gra	teful for					
The bes	t thing	that happened	today				
Daily lo	or.						
	5						

2030	Q4	November	Week 48	Wednesday, 27	Reflect	Tue, 26	Thu, 28
Things 1	l'm gra	teful for					
The bes	t thing	that happened	today				
		TT					
Doile lo							
Daily lo	g						

2030	Q4	November	Week 48	Thursday, 28	Reflect	Wed, 27	Fri, 29
Things I	'm gra	teful for					
The best	thing	that happened	today				
D-:1 1	_						
Daily log	3						

2030	Q4	November	Week 48	Friday, 29	Reflect	Thu, 28	Sat, 30
Things 1	l'm gra	teful for					
The bes	t thing	that happened	today				
Daily lo	or.						
	5						

2030	Q4	November	Week 48	Saturday, 30	Reflect	Fri, 29	Sun, 1
Things I	'm gra	teful for					
The best	thing	that happened	today				
Dailer las							
Daily log	<u> </u>						

2030	Q4	December	Week 48	Sunday, 1	Reflect	Sat, 30	Mon, 2
Things 1	'm gra	teful for					
The bear	+ + b i n m	that hammanai	l todou				
Ine bes	tning	that happened	today				
Daily lo	g						

2030	Q4	December	Week 49	Monday, 2	Reflect	Sun, 1	Tue, 3
Things I	'm gra	teful for					•
The hes	thing	that happened	l today				
THE BES	tilling	that happenee	today				
Daily log	g						

2030	Q4	December	Week 49	Tuesday, 3	Reflect	N	Mon, 2	Wed, 4
Things 1	'm gra	teful for						
The bes	t thing	that happened	l today					
Daily lo	<u> </u>							

2030	Q4	December	Week 49	Wednesday, 4	Reflect	Tue, 3	Thu, 5
Things I	'm gra	teful for					
Γhe best	thing	that happened	today				
Daily log	g						

2030	Q4	December	Week 49	Thursday, 5	Reflect	Wed, 4	Fri, 6
Things I	'm gra	teful for					
The best	thing	that happened	l today				
Daily lo	g						
	<u> </u>						

2030	Q4	December	Week 49	Friday, 6	Reflect	Thu, 5	Sat, 7
Things I	'm gra	teful for					
The best	thing	that happened	today				
Daily lo	or .						
	•						

2030 Q4	December	Week 49	Saturday, 7	Reflect	F	ri, 6	Sun, 8
Things I'm gr	ateful for						
(TD) 1 4 41:	41 4 1	1 / 1					
The best thing	g that happened	1 today					
Daily log							

2030	Q4	December	Week 49	Sunday, 8	Reflect	Sat, 7	Mon, 9
Things 1	l'm gra	teful for					
The bes	t thing	that happened	l today				
Daily lo	g						

2030	Q4	December	Week 50	Monday, 9	Reflect	Sun, 8	Tue, 10
Things 1	'm gra	teful for					
The bes	t thing	that happened	l today				
Daily lo	g 						

2030	Q4	December	Week 50	Tuesday, 10	Reflect	Mon, 9	Wed, 11
Things l	'm gra	teful for					
Γhe bes	thing	that happened	l today				
Daily lo							

2030	Q4	December	Week 50	Wednesday, 11	Reflect	Tue, 10	Thu, 12
Things 1	l'm gra	teful for					
The bes	t thing	that happened	l today				
Daily lo	g						
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2030	Q4	December	Week 50	Thursday, 12	Reflect	Wed, 11	Fri, 13
Things 1	'm gra	teful for					
The bes	t thing	that happened	l today				
Daily lo	gr						

2030	Q4	December	Week 50	Friday, 13	Reflect	Thu, 12	Sat, 14
Things 1	'm gra	teful for					
The bes	t thing	that happened	l today				
Daily lo	or.						
Daily 10,	5						

2030	Q4	December	Week 50	Saturday, 14	Reflect	Fri, 13	Sun, 15
Things 1	'm gra	teful for					
The hes	t thing	that happened	l today				
The bes	0 0111115	that happenee	today				
Daily lo	g						

2030	Q4	December	Week 50	Sunday, 15	Reflect	Sat, 14	Mon, 16
Things I	'm gra	teful for					
The best	thing	that happened	l today				
Daily log	g						

	I	I		ı	I	1	
2030	Q4	December	Week 51	Monday, 16	Reflect	Sun, 15 Tue,	17
Things 1	'm gra	teful for					
The bes	t thing	that happened	today				
Daily log	m.						
Jany 10	<u> </u>						_
							_

2030	Q4	December	Week 51	Tuesday, 17	Reflect	Mon, 16	Wed, 18
Things I	'm gra	teful for					
Γhe best	thing	that happened	l today				
Daily log							

2030	Q4	December	Week 51	Wednesday, 18	Reflect	Tue, 17	Thu, 19
Things 1	l'm gra	teful for					
The bes	t thing	that happened	l today				
Daily lo	o						
Daily 10,	<u> </u>						

2030	Q4	December	Week 51	Thursday, 19	Reflect	Wed, 18	Fri, 20
Things I	m gra	teful for					
The best	thing	that happened	l today				
Daily log	5						

2030	Q4	December	Week 51	Friday, 20	Reflect	Thu, 19	Sat, 21
Things I	'm gra	teful for					
The best	thing	that happened	l today				
Daily log							

2030	Q4	December	Week 51	Saturday, 21	Reflect	Fri, 20	Sun, 22
Things 1	'm gra	teful for					
•							
The bes	thing	that happened	today				
Daily log	g						

2030	Q4	December	Week 51	Sunday, 22	Reflect	Sat, 21	Mon, 23
Things I	'm gra	teful for					
The best	thing	that happened	l today				
Daily log							

2030	Q4	December	Week 52	Monday, 23	Reflect	Sun, 22	Tue, 24
Things 1	'm gra	teful for	1	,			•
The bes	t thing	that happened	l today				
Daily lo	or.						
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2030	Q4	December	Week 52	Tuesday, 24	Reflect	Mon, 23	Wed, 25
Things 1	I'm gra	teful for					
The bes	t thing	that happened	l today				
Daily lo	g						

2030	Q4	December	Week 52	Wednesday, 25	Reflect	Tue, 24	Thu, 26
Things 1	'm gra	teful for					
The bes	thing	that happened	l today				
Daily lo	r						
Daily 10	<u> </u>						

2030	Q4	December	Week 52	Thursday, 26	Reflect	Wed, 25	Fri, 27
Things I	'm gra	teful for					
The best	thing	that happened	l today				
Doiler 1-	·						
Daily log	5						

2030	Q4	December	Week 52	Friday, 27	Reflect	Thu, 26	Sat, 28
Things I	'm gra	teful for					
The best	thing	that happened	l today				
Daily log	g						

2030	Q4	December	Week 52	Saturday, 28	Reflect	Fri, 27	Sun, 29
Things I	'm gra	teful for	ı	1			
			1 . 1				
The best	thing	that happened	l today				
Daily log	g						

2030	Q4	December	Week 52	Sunday, 29	Reflect	Sat, 28	Mon, 30
Things 1	m gra	teful for					
The bes	t thing	that happened	l today				
Daily lo	g						

2030	Q4	December	Week 1	Monday, 30	Reflect	Sun, 29	Tue, 31
Things 1	'm gra	teful for		•			
The bes	t thing	that happened	l today				
Daily lo	g						

2030	Q4	December	Week 1	Tuesday, 31	Reflect	Mon, 30
Things I	m gra	teful for				
TD 1		41-4 1	1 4 - 3			
The best	tning	that happened	lioday			
Daily log	g					

Wed, 2	otes	, 1	Tuesda	Week 1	January	Q1	2030

2030	Q1	January	Week 1	Wednesday, 2	Notes	Tue,	1 Thu, 3

2030	Q1	January	Week 1	Thursday, 3	Notes	Wed, 2	Fri, 4

2030	Q1	January	Week 1	Friday, 4	Notes	Thu, 3	Sat, 5

2030	Q1	January	Week 1	Saturday, 5	Notes	Fri, 4	Sun, 6

Mon, 7	Sat, 5	Notes	Sunday, 6	Week 1	January	Q1	2030

2030	Q1	January	Week 2	Monday, 7	Notes	Sun, 6	Tue, 8
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2030	Q1	January	Week 2	Tuesday, 8	Notes	Mon, 7	Wed, 9

2030	Q1	January	Week 2	Wednesday, 9	Notes	Tue, 8	Thu, 10

2030	Q1	January	Week 2	Thursday, 10	Notes	Wed, 9	Fri, 11

2030	Q1	January	Week 2	Friday, 11	Notes	Thu, 10	Sat, 12

2030	Q1	January	Week 2	Saturday, 12	Notes	Fri, 11	Sun, 13

2030	Q1	January	Week 2	Sunday, 13	Notes	Sat, 12	Mon, 14

2030	Q1	January	Week 3	Monday, 14	Notes	Sun, 13	Tue, 15

2030	Q1	January	Week 3	Tuesday, 15	Notes	Mon, 14	Wed, 16

2030	Q1	January	Week 3	Wednesday, 16	Notes	Tue, 15	Thu, 17

2030	Q1	January	Week 3	Thursday, 17	Notes	Wed, 16	Fri, 18
		<u> </u>			<u> </u>		<u> </u>

2030	Q1	January	Week 3	Friday, 18	Notes	Thu, 17	Sat, 19

2030	Q1	January	Week 3	Saturday, 19	Notes	Fr	i, 18	Sun, 20

2030	Q1	January	Week 3	Sunday, 20	Notes	Sat, 19	Mon, 21

2030	Q1	January	Week 4	Monday, 21	Notes	Sun, 20	Tue, 22

2030	Q1	January	Week 4	Tuesday, 22	Notes	Mon, 21	Wed, 23

2030	Q1	January	Week 4	Wednesday, 23	Notes	Tue, 22	Thu, 24

2030	Q1	January	Week 4	Thursday, 24	Notes	Wed, 23	Fri, 25

2030	Q1	January	Week 4	Friday, 25	Notes	Thu, 24	Sat, 26

2030	Q1	January	Week 4	Saturday, 26	Notes	Fri, 25	Sun, 27

2030	Q1	January	Week 4	Sunday, 27	Notes	Sat, 26	Mon, 28

2030	Q1	January	Week 5	Monday, 28	Notes	Sun, 27	Tue, 29

2030	Q1	January	Week 5	Tuesday, 29	Notes	Mon, 28	Wed, 30

2030	Q1	January	Week 5	Wednesday, 30	Notes	Tue, 29	Thu, 31

2030	Q1	January	Week 5	Thursday, 31	Notes	Wed, 30	Fri, 1

2030	Q1	February	Week 5	Saturday, 2	Notes	Fri, 1	Sun, 3

2030	Q1	February	Week 5	Sunday, 3	Notes	Sat, 2	Mon, 4

2030	Q1	February	Week 6	Monday, 4	Notes	 Sun, 3	Tue, 5

2030	Q1	February	Week 6	Tuesday, 5	Notes	Mon, 4	Wed, 6

2030	Q1	February	Week 6	Wednesday, 6	Notes	Tu	e, 5	Thu, 7

2030	Q1	February	Week 6	Thursday, 7	Notes	Wed, 6	Fri, 8

2030	Q1	February	Week 6	Friday, 8	Notes	Thu, 7	Sat, 9

2030	Q1	February	Week 6	Saturday, 9	Notes	Fri, 8	Sun, 10

2030	Q1	February	Week 6	Sunday, 10	Notes	Sat, 9	Mon, 11

2030	Q1	February	Week 7	Monday, 11	Notes	Sun, 10 Tue, 12
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2030	Q1	February	Week 7	Tuesday, 12	Notes	Mon, 11	Wed, 13

2030	Q1	February	Week 7	Wednesday, 13	Notes	Tue, 12	Thu, 14

2030	Q1	February	Week 7	Thursday, 14	Notes	Wed, 13	Fri, 15

2030	Q1	February	Week 7	Friday, 15	Notes	Thu, 14	Sat, 16

2030	Q1	February	Week 7	Saturday, 16	Notes	Fri, 15	Sun, 17

2030	Q1	February	Week 7	Sunday, 17	Notes	Sat, 16	Mon, 18

2030	Q1	February	Week 8	Monday, 18	Notes	Sun, 17	Tue, 19

2030	Q1	February	Week 8	Tuesday, 19	Notes	Mon, 18	Wed, 20

2030	Q1	February	Week 8	Wednesday, 20	Notes	Tue, 19	Thu, 21

2030	Q1	February	Week 8	Thursday, 21	Notes	Wed, 20	Fri, 22

2030	Q1	February	Week 8	Friday, 22	Notes	Thu, 21	Sat, 23

2030	Q1	February	Week 8	Saturday, 23	Notes	Fri, 22	Sun, 24

2030	Q1	February	Week 8	Sunday, 24	Notes	Sat, 23	Mon, 25

2030	Q1	February	Week 9	Monday, 25	Notes	Sun, 24	Tue, 26

2030	Q1	February	Week 9	Tuesday, 26	Notes	Mon, 25	Wed, 27

2030	Q1	February	Week 9	Wednesday, 27	Notes	Tue, 26	Thu, 28

2030	Q1	February	Week 9	Thursday, 28	Notes	Wed, 27	Fri, 1

2030	Q1	March	Week 9	Friday, 1	Notes	 Thu, 28	Sat, 2

2030	Q1	March	Week 9	Sunday, 3	Notes	Sat, 2	Mon, 4

2030	Q1	March	Week 10	Monday, 4	Notes	Sun, 3	Tue, 5

2030	Q1	March	Week 10	Tuesday, 5	Notes	Mon, 4	Wed, 6

2030	Q1	March	Week 10	Wednesday, 6	Notes	Tue, 5	Thu, 7

Fri,	Wed, 6	Notes	Thursday, 7	Week 10	March	Q1	2030

2030	Q1	March	Week 10	Friday, 8	Notes	ı	Thu, 7	Sat, 9

2030	Q1	March	Week 10	Saturday, 9	Notes	 Fri, 8	Sun, 10

2030	Q1	March	Week 10	Sunday, 10	Notes	Sat, 9	Mon, 11

2030	Q1	March	Week 11	Monday, 11	Notes	Sun, 10	Tue, 12

2030	Q1	March	Week 11	Tuesday, 12	Notes	Mon, 11	Wed, 13

2030	Q1	March	Week 11	Wednesday, 13	Notes	Tue, 12	Thu, 14

2030	Q1	March	Week 11	Thursday, 14	Notes	Wed, 13	Fri, 15

2030	Q1	March	Week 11	Friday, 15	Notes	Thu, 14	Sat, 16

2030	Q1	March	Week 11	Saturday, 16	Notes	Fri, 15	Sun, 17

2030	Q1	March	Week 11	Sunday, 17	Notes	Sa	t, 16	Mon, 18

2030	Q1	March	Week 12	Monday, 18	Notes	Sun, 17	Tue, 19

2030	Q1	March	Week 12	Tuesday, 19	Notes	Mon, 18	Wed, 20

2030	Q1	March	Week 12	Wednesday, 20	Notes	Tue, 19	Thu, 21

2030	Q1	March	Week 12	Thursday, 21	Notes	Wed, 20	Fri, 22

2030	Q1	March	Week 12	Friday, 22	Notes	Thu,	21	Sat, 23

2030	Q1	March	Week 12	Saturday, 23	Notes	Fri, 22	Sun, 24
			<u> </u>				

2030	Q1	March	Week 12	Sunday, 24	Notes	Sat, 23	Mon, 25

2030	Q1	March	Week 13	Monday, 25	Notes	Sun, 24	Tue, 26

2030	Q1	March	Week 13	Tuesday, 26	Notes	Mon, 25	Wed, 27

2030	Q1	March	Week 13	Wednesday, 27	Notes	Tue, 26	Thu, 28

2030	Q1	March	Week 13	Thursday, 28	Notes	Wed, 27	Fri, 29

2030	Q1	March	Week 13	Friday, 29	Notes	Thu, 28	Sat, 30

2030	Q1	March	Week 13	Saturday, 30	Notes	Fri, 29	Sun, 31
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2030	Q1	March	Week 13	Sunday, 31	Notes	Sat, 30	Mon, 1

2030	Q2	April	Week 14	Monday, 1	Notes	Sun, 31	Tue, 2

2030	Q2	April	Week 14	Tuesday, 2	Notes	Mon, 1	Wed, 3

2030	Q2	April	Week 14	Wednesday, 3	Notes	Tue, 2	Thu, 4

2030	Q2	April	Week 14	Thursday, 4	Notes	Wed, 3	Fri, 5

2030	Q2	April	Week 14	Friday, 5	Notes	Thu, 4	Sat, 6

2030	Q2	April	Week 14	Saturday, 6	Notes	Fri, 5	Sun, 7

2030	Q2	April	Week 14	Sunday, 7	Notes	 Sat,	6	Mon, 8

2030	Q2	April	Week 15	Monday, 8	Notes	Sun, 7	Tue, 9

2030	Q2	April	Week 15	Tuesday, 9	Notes	Mon, 8	Wed, 10

nu, 11

2030	Q2	April	Week 15	Friday, 12	Notes	Thu, 11	Sat, 13

2030	Q2	April	Week 15	Saturday, 13	Notes	Fri,	12	Sun, 14

2030	Q2	April	Week 15	Sunday, 14	Notes	Sat, 13	Mon, 15

2030	Q2	April	Week 16	Monday, 15	Notes	Sun, 14	Tue, 16

2030	Q2	April	Week 16	Tuesday, 16	Notes	Mon, 15	Wed, 17

2030	Q2	April	Week 16	Wednesday, 17	Notes	Tue, 16	Thu, 18

2030	Q2	April	Week 16	Thursday, 18	Notes	Wed, 17	Fri, 19

2030	Q2	April	Week 16	Friday, 19	Notes	Thu, 18	Sat, 20

2030	Q2	April	Week 16	Saturday, 20	Notes	Fri,	19	Sun, 21

2030	Q2	April	Week 16	Sunday, 21	Notes	Sat, 20	Mon, 22

2030	Q2	April	Week 17	Monday, 22	Notes	Sun, 21	Tue, 23

2030	Q2	April	Week 17	Tuesday, 23	Notes	Mon, 22	Wed, 24

2030	Q2	April	Week 17	Wednesday, 24	Notes	Tue, 23	Thu, 25
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2030	Q2	April	Week 17	Thursday, 25	Notes	Wed, 24	Fri, 26

2030	Q2	April	Week 17	Friday, 26	Notes	Thu, 25	Sat, 27

2030	Q2	April	Week 17	Saturday, 27	Notes	Fri,	26	Sun, 28

2030	Q2	April	Week 17	Sunday, 28	Notes	Sat, 27	Mon, 29

2030	Q2	April	Week 18	Monday, 29	Notes	Sun, 28	Tue, 30

2030	Q2	April	Week 18	Tuesday, 30	Notes	Mon, 29	Wed, 1

Thu, 2	Tue, 30	Notes	Wednesday, 1	Week 18	May	Q2	2030

2030	Q2	May	Week 18	Thursday, 2	Notes	Wee	d, 1	Fri, 3

2030	Q2	May	Week 18	Friday, 3	Notes	Thu, 2	Sat, 4

2030	Q2	May	Week 18	Saturday, 4	Notes	Fri, 3	Sun, 5

Mon, 6	Sat, 4	Notes	Sunday, 5	Week 18	May	Q2	2030

Tue, 7	Sun, 5	Notes	Monday, 6	Week 19	May	Q2	2030

Wed, 8	Mon, 6	s	Notes	Tuesday, 7	Week 19	May	Q2	2030

2030	Q2	May	Week 19	Wednesday, 8	Notes	Tue, 7	Thu, 9
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2030	Q2	May	Week 19	Thursday, 9	Notes	Wed, 8	Fri, 10

2030	Q2	May	Week 19	Friday, 10	Notes	Thu, 9	Sat, 11

2030	Q2	May	Week 19	Saturday, 11	Notes	Fri, 10	Sun, 12

2030	Q2	May	Week 19	Sunday, 12	Notes	Sat, 11	Mon, 13

2030	Q2	May	Week 20	Monday, 13	Notes	Sun, 12	Tue, 14

2030	Q2	May	Week 20	Tuesday, 14	Notes	 Mon, 13	Wed, 15

2030	Q2	May	Week 20	Wednesday, 15	Notes	Tue, 14	Thu, 16

2030	Q2	May	Week 20	Thursday, 16	Notes	Wed, 15	Fri, 17

2030	Q2	May	Week 20	Friday, 17	Notes	Thu, 16	Sat, 18

2030	Q2	May	Week 20	Saturday, 18	Notes	Fri, 17	Sun, 19

2030	Q2	May	Week 20	Sunday, 19	Notes	Sat,	18	Mon,	20

2030	Q2	May	Week 21	Monday, 20	Notes	Sun, 19	Tue, 21

2030	Q2	May	Week 21	Tuesday, 21	Notes	Mon, 20	Wed, 22

2030	Q2	May	Week 21	Wednesday, 22	Notes	Tue, 21	Thu, 23

2030	Q2	May	Week 21	Thursday, 23	Notes	Wed, 22	Fri, 24

2030	Q2	May	Week 21	Friday, 24	Notes	Thu, 23	Sat, 25

2030	Q2	May	Week 21	Saturday, 25	Notes	Fri, 24	Sun, 26

2030	Q2	May	Week 21	Sunday, 26	Notes	Sat, 25	Mon, 27

2030	Q2	May	Week 22	Monday, 27	Notes	Sun, 26	Tue, 28

2030	Q2	May	Week 22	Tuesday, 28	Notes	Mon, 27	Wed, 29

2030	Q2	May	Week 22	Wednesday, 29	Notes	Tue, 28	Thu, 30

2030	Q2	May	Week 22	Thursday, 30	Notes	Wed, 29	Fri, 31

2030	Q2	May	Week 22	Friday, 31	Notes	Thu, 30	Sat, 1

2030	Q2	June	Week 22	Saturday, 1	Notes	Fri, 31	Sun, 2

Ç	 	 es	No	nday, 2	Week 22	June	Q2	2030

2030	Q2	June	Week 23	Monday, 3	Notes	Sun, 2	Tue, 4

2030	Q2	June	Week 23	Tuesday, 4	Notes	 Mon, 3	Wed, 5

Thu,	Tue, 4	 Notes	Wednesday, 5	Week 23	June	Q2	2030

Fri, 7	Wed, 5	 Notes	Thursday, 6	Week 23	June	Q2	2030

2030	Q2	June	Week 23	Friday, 7	Notes		Thu, 6	Sat, 8

2030	Q2	June	Week 23	Saturday, 8	Notes	Fri, 7	Sun, 9

2030	Q2	June	Week 23	Sunday, 9	Notes	 Sat, 8	Mon, 10

2030	Q2	June	Week 24	Monday, 10	Notes	Sun, 9	Tue, 11

2030	Q2	June	Week 24	Tuesday, 11	Notes	Mon, 10	Wed, 12

2030	Q2	June	Week 24	Wednesday, 12	Notes	Tue, 11	Thu, 13

2030	Q2	June	Week 24	Thursday, 13	Notes	W	ed, 12	Fri, 14

2030	Q2	June	Week 24	Friday, 14	Notes	Thu, 13	Sat, 15

2030	Q2	June	Week 24	Saturday, 15	Notes	 Fri, 14	Sun, 16

2030	Q2	June	Week 24	Sunday, 16	Notes	Sat, 15	Mon, 17

2030	Q2	June	Week 25	Monday, 17	Notes	Sun, 16	Tue, 18

2030	Q2	June	Week 25	Tuesday, 18	Notes	Mon, 17	Wed, 19

2030	Q2	June	Week 25	Wednesday, 19	Notes	Tue, 18	Thu, 20

2030	Q2	June	Week 25	Thursday, 20	Notes	Wed, 19	Fri, 21

2030	Q2	June	Week 25	Friday, 21	Notes	Thu, 20	Sat, 22

2030	Q2	June	Week 25	Saturday, 22	Notes	Fri, 21	Sun, 23

2030	Q2	June	Week 25	Sunday, 23	Notes	Sat, 22	Mon, 24

2030	Q2	June	Week 26	Monday, 24	Notes	Sun, 23	Tue, 25

2030	Q2	June	Week 26	Tuesday, 25	Notes	Mon, 24	Wed, 26
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2030	Q2	June	Week 26	Wednesday, 26	Notes	Tue, 25	Thu, 27

2030	Q2	June	Week 26	Thursday, 27	Notes	7	Wed, 26	Fri, 28

2030	Q2	June	Week 26	Friday, 28	Notes	Thu, 27	Sat, 29

2030	Q2	June	Week 26	Saturday, 29	Notes	Fri, 28	Sun, 30

2030	Q2	June	Week 26	Sunday, 30	Notes	 Sat, 29	Mon, 1

2030	Q3	July	Week 27	Monday, 1	Notes	Sun, 30	Tue, 2

Wed, 3	Mon, 1	 Notes	Tuesday, 2	Week 27	July	Q3	2030

2030	Q3	July	Week 27	Wednesday, 3	Notes	Tue, 2	Thu, 4
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2030	Q3	July	Week 27	Thursday, 4	Notes	 Wed, 3	Fri, 5

2030	Q3	July	Week 27	Friday, 5	Notes	Thu, 4	Sat, 6

2030	Q3	July	Week 27	Saturday, 6	Notes	Fri, 5	Sun, 7

Mon,	Sat, 6	Notes	Sunday, 7	Week 27	July	Q3	2030

2030	Q3	July	Week 28	Monday, 8	Notes	Sun, 7	Tue, 9

2030	Q3	July	Week 28	Tuesday, 9	Notes	Mon, 8	Wed, 10

2030	Q3	July	Week 28	Wednesday, 10	Notes	Tue, 9	Thu, 11

2030	Q3	July	Week 28	Thursday, 11	Notes	Wed, 10	Fri, 12

2030	Q3	July	Week 28	Friday, 12	Notes	Thu, 11	Sat, 13

2030	Q3	July	Week 28	Saturday, 13	Notes	Fri, 12	Sun, 14

2030	Q3	July	Week 28	Sunday, 14	Notes	Sat, 13	Mon, 15

2030	Q3	July	Week 29	Monday, 15	Notes	Sun, 14	Tue, 16

2030	Q3	July	Week 29	Tuesday, 16	Notes	Mon, 15	Wed, 17

2030	Q3	July	Week 29	Wednesday, 17	Notes	Tue, 16	Thu, 18

2030	Q3	July	Week 29	Thursday, 18	Notes	Wed, 17	Fri, 19

2030	Q3	July	Week 29	Friday, 19	Notes	Thu, 18	Sat, 20

2030	Q3	July	Week 29	Saturday, 20	Notes	Fri, 19	Sun, 21

2030	Q3	July	Week 29	Sunday, 21	Notes	Sat, 20	Mon, 22

2030	Q3	July	Week 30	Monday, 22	Notes	Sun, 21	Tue, 23

2030	Q3	July	Week 30	Tuesday, 23	Notes	Mon, 22	Wed, 24

2030	Q3	July	Week 30	Wednesday, 24	Notes	Tue, 23	Thu, 25

2030	Q3	July	Week 30	Thursday, 25	Notes	Wed, 24	Fri, 26

2030	Q3	July	Week 30	Friday, 26	Notes	Thu, 25	Sat, 27

2030	Q3	July	Week 30	Saturday, 27	Notes	Fri, 26	Sun, 28

2030	Q3	July	Week 30	Sunday, 28	Notes	Sat, 27	Mon, 29

2030	Q3	July	Week 31	Monday, 29	Notes	Sun, 28	Tue, 30

2030	Q3	July	Week 31	Tuesday, 30	Notes	Mon, 29	Wed, 31

2030	Q3	July	Week 31	Wednesday, 31	Notes	Tue, 30	Thu, 1

2030	Q3	August	Week 31	Thursday, 1	Notes	Wed, 31	Fri, 2

2030	Q3	August	Week 31	Friday, 2	Notes	 Thu, 1	Sat, 3

2030	Q3	August	Week 31	Saturday, 3	Notes	Fri, 2	Sun, 4

Mon, 5	Sat, 3	 Notes	Sunday, 4	Week 31	August	Q3	2030

2030	Q3	August	Week 32	Monday, 5	Notes	 Sun, 4	Tue, 6

2030	Q3	August	Week 32	Tuesday, 6	Notes	Mon, 5	Wed, 7

2030	Q3	August	Week 32	Wednesday, 7	Notes	Tue, 6	Thu, 8

2030	Q3	August	Week 32	Thursday, 8	Notes	 Wed, 7	Fri, 9

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2030	Q3	August	Week 32	Saturday, 10	Notes	Fri, 9	Sun, 11

2030	Q3	August	Week 32	Sunday, 11	Notes	Sat, 10	Mon, 12
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2030	Q3	August	Week 33	Monday, 12	Notes	Sun, 11	Tue, 13

2030	Q3	August	Week 33	Tuesday, 13	Notes	Mon, 12	Wed, 14

2030	Q3	August	Week 33	Wednesday, 14	Notes	Tue, 13	Thu, 15

2030	Q3	August	Week 33	Thursday, 15	Notes	Wed, 14	Fri, 16

2030	Q3	August	Week 33	Friday, 16	Notes	Thu, 15	Sat, 17

2030	Q3	August	Week 33	Saturday, 17	Notes	Fri, 16	Sun, 18

2030	Q3	August	Week 33	Sunday, 18	Notes	Sat, 17	Mon, 19

2030	Q3	August	Week 34	Monday, 19	Notes	Sun, 18	Tue, 20

2030	Q3	August	Week 34	Tuesday, 20	Notes	Mon, 19	Wed, 21

2030	Q3	August	Week 34	Wednesday, 21	Notes	Tue, 20	Thu, 22

2030	Q3	August	Week 34	Thursday, 22	Notes	Wed, 21	Fri, 23

2030	Q3	August	Week 34	Friday, 23	Notes	Thu, 22	Sat, 24

2030	Q3	August	Week 34	Saturday, 24	Notes	Fri, 23	Sun, 25

2030	Q3	August	Week 34	Sunday, 25	Notes	Sat, 24	Mon, 26

Tue, 27	Sun, 25	Notes	Monday, 26	Week 35	August	Q3	2030

2030	Q3	August	Week 35	Tuesday, 27	Notes	Mon, 26	Wed, 28
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2030	Q3	August	Week 35	Wednesday, 28	Notes	Tue, 27	Thu, 29

2030	Q3	August	Week 35	Thursday, 29	Notes	Wed, 28	Fri, 30

2030	Q3	August	Week 35	Friday, 30	Notes	Thu, 29	Sat, 31

2030	Q3	August	Week 35	Saturday, 31	Notes	Fri, 30	Sun, 1

2030	Q3	September	Week 35	Sunday, 1	Notes	Sat, 31	Mon, 2

2030	Q3	September	Week 36	Monday, 2	Notes	Sun, 1	Tue, 3

2030	Q3	September	Week 36	Tuesday, 3	Notes	Mon, 2	Wed, 4

2030	Q3	September	Week 36	Wednesday, 4	Notes	Tue, 3	Thu, 5

2030	Q3	September	Week 36	Thursday, 5	Notes	Wed, 4	Fri, 6

2030	Q3	September	Week 36	Friday, 6	Notes	 Thu, 5	Sat, 7

2030	Q3	September	Week 36	Saturday, 7	Notes	Fri, 6	Sun, 8

2030	Q3	September	Week 36	Sunday, 8	Notes	Sat, 7	Mon, 9

2030	Q3	September	Week 37	Monday, 9	Notes	Sun, 8	Tue, 10

2030	Q3	September	Week 37	Tuesday, 10	Notes	Mon, 9	Wed, 11

2030	Q3	September	Week 37	Wednesday, 11	Notes	Tue, 10	Thu, 12

2030	Q3	September	Week 37	Thursday, 12	Notes	Wed, 11	Fri, 13

2030	Q3	September	Week 37	Friday, 13	Notes	Thu,	12	Sat, 14

2030	Q3	September	Week 37	Saturday, 14	Notes	Fri, 13	Sun, 15

2030	Q3	September	Week 37	Sunday, 15	Notes	Sat, 14	Mon, 16
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2030	Q3	September	Week 38	Monday, 16	Notes	Sun, 15	Tue, 17

2030	Q3	September	Week 38	Tuesday, 17	Notes	Mon, 16	Wed, 18

2030	Q3	September	Week 38	Wednesday, 18	Notes	Tue, 17	Thu, 19

2030	Q3	September	Week 38	Thursday, 19	Notes	Wed, 18	Fri, 20
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2030	Q3	September	Week 38	Friday, 20	Notes	r	Thu, 19	Sat, 21

2030	Q3	September	Week 38	Saturday, 21	Notes	Fri, 20	Sun, 22
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2030	Q3	September	Week 38	Sunday, 22	Notes	Sat, 21	Mon, 23

2030	Q3	September	Week 39	Monday, 23	Notes	Sun, 22	Tue, 24

2030	Q3	September	Week 39	Tuesday, 24	Notes	Mon, 23	Wed, 25

2030	Q3	September	Week 39	Wednesday, 25	Notes	Tue, 24	Thu, 26

2030	Q3	September	Week 39	Thursday, 26	Notes	Wed, 25	Fri, 27

2030	Q3	September	Week 39	Friday, 27	Notes	Thu, 26	Sat, 28

2030	Q3	September	Week 39	Saturday, 28	Notes	Fri, 27	Sun, 29
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2030	Q3	September	Week 39	Sunday, 29	Notes	Sat, 28	Mon, 30

2030	Q3	September	Week 40	Monday, 30	Notes	Sun, 29	Tue, 1

2030	Q4	October	Week 40	Tuesday, 1	Notes	Mon, 30	Wed, 2

2030	Q4	October	Week 40	Wednesday, 2	Notes	Tue, 1	Thu, 3

2030	Q4	October	Week 40	Thursday, 3	Notes	Wed, 2	Fri, 4

2030	Q4	October	Week 40	Friday, 4	Notes	Thu, 3	Sat, 5

2030	Q4	October	Week 40	Saturday, 5	Notes	Fri, 4	Sun, 6

Mon, 7	Sat, 5	lotes	Sunday, 6	Week 40	October	Q4	2030

2030	Q4	October	Week 41	Monday, 7	Notes	Sun, 6	Tue, 8

Wed, 9	Mon, 7	Notes	Tuesday, 8	Week 41	October	Q4	2030

2030	Q4	October	Week 41	Wednesday, 9	Notes	Tue, 8	Thu, 10

2030	Q4	October	Week 41	Thursday, 10	Notes	Wed, 9	Fri, 11

2030	Q4	October	Week 41	Friday, 11	Notes	Thu, 10	Sat, 12

2030	Q4	October	Week 41	Saturday, 12	Notes	Fri, 11	Sun, 13

2030	Q4	October	Week 41	Sunday, 13	Notes	Sat, 12	Mon, 14

2030	Q4	October	Week 42	Monday, 14	Notes	Sun, 13	Tue, 15

2030	Q4	October	Week 42	Tuesday, 15	Notes	Mon, 14	Wed, 16

2030	Q4	October	Week 42	Wednesday, 16	Notes	Tue, 15	Thu, 17

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2030	Q4	October	Week 42	Thursday, 17	Notes	Wed, 16	Fr1, 18

2030	Q4	October	Week 42	Friday, 18	Notes	Thu, 17	Sat, 19

2030	Q4	October	Week 42	Saturday, 19	Notes	Fri,	18	Sun, 20

2030	Q4	October	Week 42	Sunday, 20	Notes	Sat, 19	Mon, 21

Tue, 2	Sun, 20	Notes	Monday, 21	Week 43	October	Q4	2030

2030	Q4	October	Week 43	Tuesday, 22	Notes	Mon, 21	Wed, 23

2030	Q4	October	Week 43	Wednesday, 23	Notes	Tue, 22	Thu, 24

2030	Q4	October	Week 43	Thursday, 24	Notes	Wed, 23	Fri, 25

2030	Q4	October	Week 43	Friday, 25	Notes	Thu, 24	Sat, 26

2030	Q4	October	Week 43	Saturday, 26	Notes	Fri, 25	Sun, 27

2030	Q4	October	Week 43	Sunday, 27	Notes	Sat, 26	Mon, 28
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2030	Q4	October	Week 44	Monday, 28	Notes	Sun, 27	Tue, 29
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2030	Q4	October	Week 44	Tuesday, 29	Notes	Mon, 28	Wed, 30

2030	Q4	October	Week 44	Wednesday, 30	Notes	Tue, 29	Thu, 31

2030	Q4	October	Week 44	Thursday, 31	Notes	Wed, 30	Fri, 1

2030	Q4	November	Week 44	Friday, 1	Notes	Т	hu, 31	Sat, 2

2030	Q4	November	Week 44	Saturday, 2	Notes	Fri, 1	Sun, 3

2030	Q4	November	Week 44	Sunday, 3	Notes	Sat, 2	Mon, 4

2030	Q4	November	Week 45	Monday, 4	Notes	Sun, 3	Tue, 5

2030	Q4	November	Week 45	Tuesday, 5	Notes	Mon, 4	Wed, 6

2030	Q4	November	Week 45	Wednesday, 6	Notes	Tue, 5	Thu, 7

2030	Q4	November	Week 45	Thursday, 7	Notes	Wed, 6	Fri, 8

2030	Q4	November	Week 45	Friday, 8	Notes	 Thu, 7	Sat, 9

2030	Q4	November	Week 45	Saturday, 9	Notes	Fri, 8	Sun, 10

2030	Q4	November	Week 45	Sunday, 10	Notes	Sat, 9	Mon, 11

2030	Q4	November	Week 46	Monday, 11	Notes	Sun, 10	Tue, 12

2030	Q4	November	Week 46	Tuesday, 12	Notes	Mon, 11	Wed, 13

2030	Q4	November	Week 46	Wednesday, 13	Notes	Tue, 12	Thu, 14

2030	Q4	November	Week 46	Thursday, 14	Notes	Wed, 13	Fri, 15

2030	Q4	November	Week 46	Friday, 15	Notes	Thu, 14	Sat, 16

2030	Q4	November	Week 46	Saturday, 16	Notes	Fri, 15	Sun, 17

2030	Q4	November	Week 46	Sunday, 17	Notes	Sat, 16	Mon, 18

2030	Q4	November	Week 47	Monday, 18	Notes	Sun, 17	Tue, 19

2030	Q4	November	Week 47	Tuesday, 19	Notes	Mon, 18	Wed, 20

2030	Q4	November	Week 47	Wednesday, 20	Notes	Tue, 19	Thu, 21

2030	Q4	November	Week 47	Thursday, 21	Notes	Wed, 20	Fri, 22

2030	Q4	November	Week 47	Saturday, 23	Notes	Fri, 22	Sun, 24

2030	Q4	November	Week 47	Sunday, 24	Notes	Sat, 23	Mon, 25

2030	Q4	November	Week 48	Monday, 25	Notes	Sun, 24	Tue, 26

2030	Q4	November	Week 48	Tuesday, 26	Notes	Mon, 25	Wed, 27

2030	Q4	November	Week 48	Wednesday, 27	Notes	Tue, 26	Thu, 28

2030	Q4	November	Week 48	Thursday, 28	Notes	Wed, 27	Fri, 29

2030	Q4	November	Week 48	Saturday, 30	Notes	Fri, 29	Sun, 1

2030	Q4	December	Week 48	Sunday, 1	Notes	Sat, 30	Mon, 2

2030	Q4	December	Week 49	Monday, 2	Notes	Sun, 1	Tue, 3

2030	Q4	December	Week 49	Tuesday, 3	Notes	Mon, 2	Wed, 4

2030	Q4	December	Week 49	Wednesday, 4	Notes	Tue, 3	Thu, 5

2030	Q4	December	Week 49	Thursday, 5	Notes	Wed, 4	Fri, 6
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2030	Q4	December	Week 49	Friday, 6	Notes	Thu, 5	Sat, 7

2030	Q4	December	Week 49	Saturday, 7	Notes	Fri, 6	Sun, 8

 Q4	December	Week 49	Sunday, 8	Notes	Sat, 7	Mon, 9

2030	Q4	December	Week 50	Monday, 9	Notes	Sun, 8	Tue, 10

2030	Q4	December	Week 50	Tuesday, 10	Notes	Mon, 9	Wed, 11

2030	Q4	December	Week 50	Wednesday, 11	Notes	Tue, 10	Thu, 12

2030	Q4	December	Week 50	Thursday, 12	Notes	Wed, 11	Fri, 13

2030	Q4	December	Week 50	Friday, 13	Notes	Thu, 12	Sat, 14

2030	Q4	December	Week 50	Saturday, 14	Notes	Fri, 13	Sun, 15

2030	Q4	December	Week 50	Sunday, 15	Notes	Sat, 14	Mon, 16

2030	Q4	December	Week 51	Monday, 16	Notes	Sun, 15	Tue, 17

2030	Q4	December	Week 51	Tuesday, 17	Notes	Mon, 16	Wed, 18

2030	Q4	December	Week 51	Wednesday, 18	Notes	Tue, 17	Thu, 19

2030	Q4	December	Week 51	Thursday, 19	Notes	Wed, 18	Fri, 20

2030	Q4	December	Week 51	Friday, 20	Notes	Thu, 19	Sat, 21

2030	Q4	December	Week 51	Saturday, 21	Notes	Fri, 20	Sun, 22

2030	Q4	December	Week 51	Sunday, 22	Notes	Sat, 21	Mon, 23

2030	Q4	December	Week 52	Monday, 23	Notes	Sun, 22	Tue, 24

2030	Q4	December	Week 52	Tuesday, 24	Notes	Mon, 23	Wed, 25

2030	Q4	December	Week 52	Wednesday, 25	Notes	Tue, 24	Thu, 26

2030	Q4	December	Week 52	Thursday, 26	Notes	Wed, 25	Fri, 27

2030	Q4	December	Week 52	Friday, 27	Notes	Tł	nu, 26	Sat, 28

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2030	Q4	December	Week 52	Sunday, 29	Notes	Sat, 28	Mon, 30

2030	Q4	December	Week 1	Monday, 30	Notes	Sun, 29	Tue, 31

2030	Q4	December	Week 1	Tuesday, 31	Notes	 Mon, 30

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2030	Todos Index	Todo 18		Todo	17	Todo 19
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2030	Todos Index	Todo 19		Todo 18	Todo 20

2030	Todos Index	Todo 20		Todo 19	Todo 21
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2030	Todos Index	Todo 21		Todo 20	Todo 22
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2030	Todos Index	Todo 22		Todo 21	Todo 23
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2030	Todos Index	Todo 23		Todo 22	Todo 24

2030	Todos Index	Todo 24		Todo 23	Todo 25
П			 П		

2030	Todos Index	Todo 25		Todo	24	Todo 26

2030	Todos Index	Todo 26		Todo 25	Todo 27
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2030	Todos Index	Todo 27		Todo 26	Todo 28
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2030	Todos Index	Todo 28		Todo 27	Todo 29
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2030	Todos Index	Todo 29		Todo 28	Todo 30
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2030	Todos Index	Todo 30		Todo 29	Todo 31
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2030	Todos Index	Todo 31		Todo 30	Todo 32
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2030	Todos Index	Todo 32	Todo 31	Todo 33
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2030	Todos Index	Todo 33		Todo 32	Todo 34

2030	Todos Index	Todo 34		Todo 33	Todo 35

2030	Todos Index	Todo 35	Todo 34	Todo 36
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2030	Todos Index 2	Todo 36		Todo 35	Todo 37
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2030	Todos Index 2	Todo 37	Todo 36	Todo 38
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2030	Todos Index 2	Todo 38	Todo 37	Todo 39

2030	Todos Index 2	Todo 39	Todo 38	Todo 40

2030	Todos Index 2	Todo 40	Todo 39	Todo 41

2030	Todos Index 2	Todo 41	Todo 40	Todo 42

2030	Todos Index 2	Todo 42	Todo 41	Todo 43

2030	Todos Index 2	Todo 43	Todo 42	Todo 44

2030	Todos Index 2	Todo 44	Todo 43	Todo 45

2030	Todos Index 2	Todo 45	Todo 44	Todo 46
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2030	Todos Index 2	Todo 46		Todo 45	Todo 47
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2030	Todos Index 2	Todo 47	Todo 46	Todo 48
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2030	Todos Index 2	Todo 48		Todo 47	Todo 49
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2030	Todos Index 2	Todo 49	Todo 48	Todo 50

2030	Todos Index 2	Todo 50	Todo 49	Todo 51

2030	Todos Index 2	Todo 51		Todo 50	Todo 52
					

2030	Todos Index 2	Todo 52		Todo 51	Todo 53
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2030	Todos Index 2	Todo 53	Todo 52	Todo 54

2030	Todos Index 2	Todo 54		Todo 53	Todo 55
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2030	Todos Index 2	Todo 55	Todo 54	Todo 56
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2030	Todos Index 2	Todo 56		Todo 55	Todo 57
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2030	Todos Index 2	Todo 57	Todo 56	Todo 58
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2030	Todos Index 2	Todo 58	Todo 57	Todo 59

2030	Todos Index 2	Todo 59	Todo 58	Todo 60

2030	Todos Index 2	Todo 60		Todo 59	Todo 61
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2030	Todos Index 2	Todo 61	Todo 60	Todo 62

2030	Todos Index 2	Todo 62	Todo 61	Todo 63

2030	Todos Index 2	Todo 63	Todo 62	Todo 64

2030	Todos Index 2	Todo 64	Todo 63	Todo 65

2030	Todos Index 2	Todo 65	Todo 64	Todo 66

2030	Todos Index 2	Todo 66	Todo 65	Todo 67

2030	Todos Index 2	Todo 67		Todo 66	Todo 68
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2030	Todos Index 2	Todo 68		Todo 67	Todo 69
П			П		

2030	Todos Index 2	Todo 69	Todo 68	Todo 70

2030	Todos Index 2	Todo 70	Todo 69	Todo 71
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2030 Т	Todos Index 3	Todo 71		Todo 70	Todo 72
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2030	Todos Index 3	Todo 72		Todo 71	Todo 73
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2030	Todos Index 3	Todo 73	Todo 72	Todo 74

2030	Todos Index 3	Todo 74	Todo 73	Todo 75
17				

2030	Todos Index 3	Todo 75	Todo 74	Todo 76
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2030	Todos Index 3	Todo 76	Todo 75	Todo 77

2030	Todos Index 3	Todo 77	Todo 76	Todo 78
П				

2030	Todos Index 3	Todo 78	Todo 77	Todo 79

2030	Todos Index 3	Todo 79	Todo 78	Todo 80

2030	Todos Index 3	Todo 80	Todo 79	Todo 81
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2030	Todos Index 3	Todo 81		Todo 80	Todo 82
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2030	Todos Index 3	Todo 82	Todo 81	Todo 83

2030	Todos Index 3	Todo 83		Todo 82	Todo 84

2030	Todos Index 3	Todo 84		Todo 83	Todo 85

2030	Todos Index 3	Todo 85		Todo 84	Todo 86
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2030	Todos Index 3	Todo 86		Todo 85	Todo 87
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2030	Todos Index 3	Todo 87	Todo 86	Todo 88
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2030	Todos Index 3	Todo 88	Todo 87	Todo 89

2030	Todos Index 3	Todo 89	Todo 88	Todo 90
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2030	Todos Index 3	Todo 90	Todo 89	Todo 91
17				

2030	Todos Index 3	Todo 91	Todo 90	Todo 92

\mid 2030 \mid Todos Index 3 \mid Todo 92	Todo 91	Todo 93

2030	Todos Index 3	Todo 93	Todo 92	Todo 94
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2030	Todos Index 3	Todo 94		Todo 93	Todo 95
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2030	Todos Index 3	Todo 95		Todo 94	Todo 96
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2030	Todos Index 3	Todo 96	Todo 95	Todo 97

2030	Todos Index 3	Todo 97	Todo 96	Todo 98
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2030	Todos Index 3	Todo 98		Todo 97	Todo 99
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2030	Todos Index 3	Todo 99	Todo 98	Todo 100

2030	Todos Index 3	Todo 100		Todo 99	Todo 101
П			П		

2030	Todos Index 3	Todo 101		Todo 100	Todo 102

2030	Todos Index 3	Todo 102		Todo 101	Todo 103
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2030	Todos Index 3	Todo 103		Todo 102	Todo 104
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2030	Todos Index 3	Todo 104	Todo 103	Todo 105

2030	Todos Index 3	Todo 105	Todo 104