

date

context

[illegible][illegible][illegible][illegible]

This image shows a vertical sheet of white paper with horizontal grey bands. Each band contains ten small black dots spaced evenly across its width. To the right of each row of dots is a time label: "8am", "10am", "12pm", "2pm", "4pm", and "6pm". The labels are aligned with their respective rows of dots. There are two rows of dots per time slot, providing space for notes or scheduling.

[illegible][illegible]

legend:  done  push  ~~nope~~  wait

legend:  done  push  ~~nope~~  wait

legend:  done  push  ~~nope~~  wait

legend:  done  push  ~~nope~~  wait

legend:  done  push  ~~nope~~  wait