

INBOX

[illegible]

INBOX

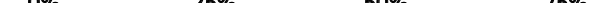
[illegible]

[illegible][illegible]

СЭИОН ТЭВЭГ	СЭБҮҮЛЭГ	СЭНХСАНД

TASK PLANNING

[illegible][illegible]

ALL HABITS: 

[illegible][illegible]

Excercise Plan

FRIDAY	SATURDAY	SUNDAY
7:00	7:00	7:00
7:30	7:30	7:30
8:00	8:00	8:00
8:30	8:30	8:30
9:00	9:00	9:00
9:30	9:30	9:30
10:00	10:00	10:00
10:30	10:30	10:30
11:00	11:00	11:00
11:30	11:30	11:30
12:00	12:00	12:00
12:30	12:30	12:30
1:00	1:00	1:00
1:30	1:30	1:30
2:00	2:00	2:00
2:30	2:30	2:30
3:00	3:00	3:00
3:30	3:30	3:30
4:00	4:00	4:00
4:30	4:30	4:30
5:00	5:00	5:00
5:30	5:30	5:30
6:00	6:00	6:00
6:30	6:30	6:30
7:00	7:00	7:00
7:30	7:30	7:30

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