

7 AM	00	
	30	
8 AM	00	
	30	
9 AM	00	LAY OUT DINNER
	30	
10 AM	00	
	30	
11 AM	00	
	30	
12 PM	00	LUNCH
	30	
1 PM	00	
	30	
2 PM	00	
	30	
3 PM	00	
	30	
4 PM	00	
	30	
5 PM	00	
	30	
6 PM	00	
	30	
7 PM	00	
	30	
8 PM	00	
	30	

Today's Date: 5/25/13

- TO DO List:
- FLOORS!
  - LAUNDRY
  - PLANT TOMATOES
  - WATER GARDEN
  - 
  - 
  -

MEALS:

B: Waffles

L: Lettuce WRAPS

D: Beef STIR-FRY

Fitness:

- HAHAHAHAAAA
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Notes: