

Today: \_\_\_/\_\_\_/\_\_\_ M T W Th F S Sun

## Schedule

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---:-- \_\_\_\_\_  
---:-- \_\_\_\_\_  
---:-- \_\_\_\_\_  
---:-- \_\_\_\_\_

## To-Do

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## Scraps

- surf the forums & galleries
- respond to comments
- check CT sites
- scrap & upload layouts
- post on blog

## Food & Fit

water: 1 2 3 4 5 6 7 8

Fitness: \_\_\_\_\_

Food: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_