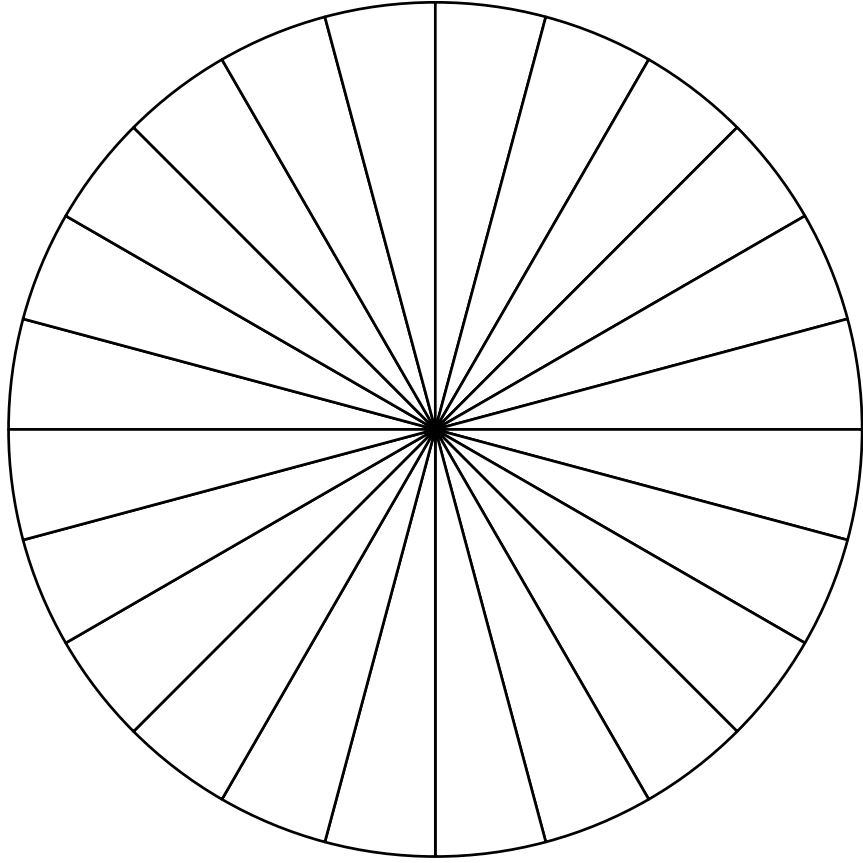


# MY WEEKLY CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:00 AM							
4:00 AM							
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
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8:00 PM							
9:00 PM							
10:00 PM							
11:00 PM							
12:00 AM							
1:00 AM							
2:00 AM							

# MY 24 HOUR DAY



- Getting Ready \_\_\_\_\_
- Eating \_\_\_\_\_
- Attending class \_\_\_\_\_
- Commuting \_\_\_\_\_
- Working \_\_\_\_\_
- Exercise \_\_\_\_\_
- Studying \_\_\_\_\_
- Sleep \_\_\_\_\_

**LANCER**  
W E L L N E S S