

2014-2015 planner

WWW.CHRISTINETREVINO.COM

NAME

EMAIL

WEB ADDRESS

august 2014

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31			

THURSDAY

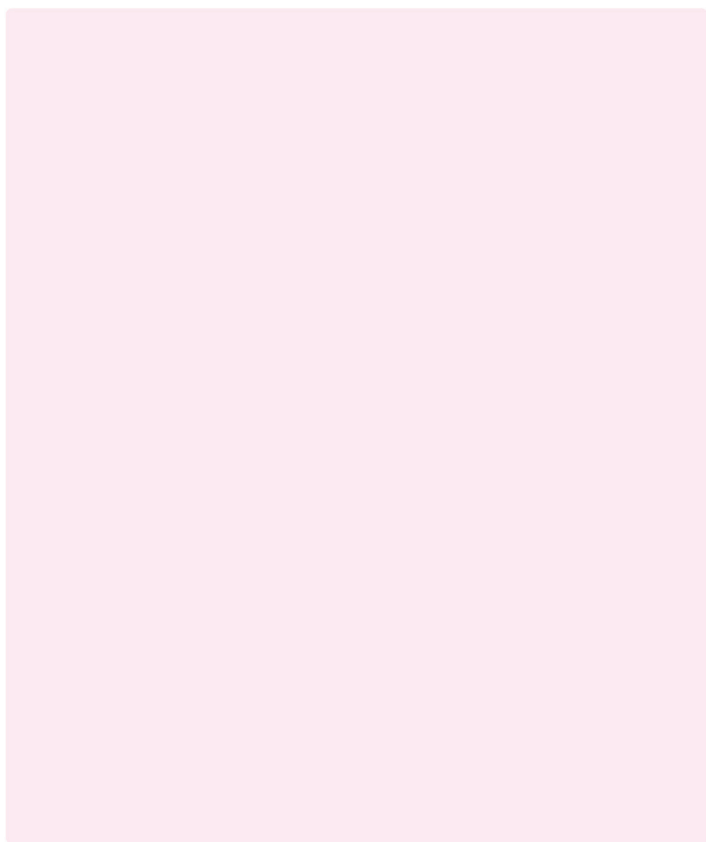
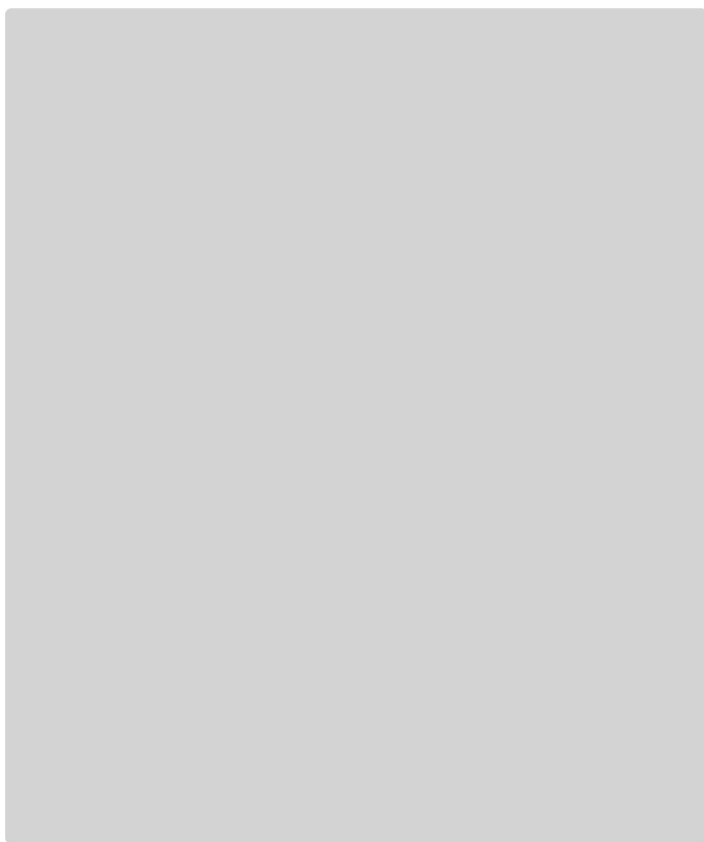
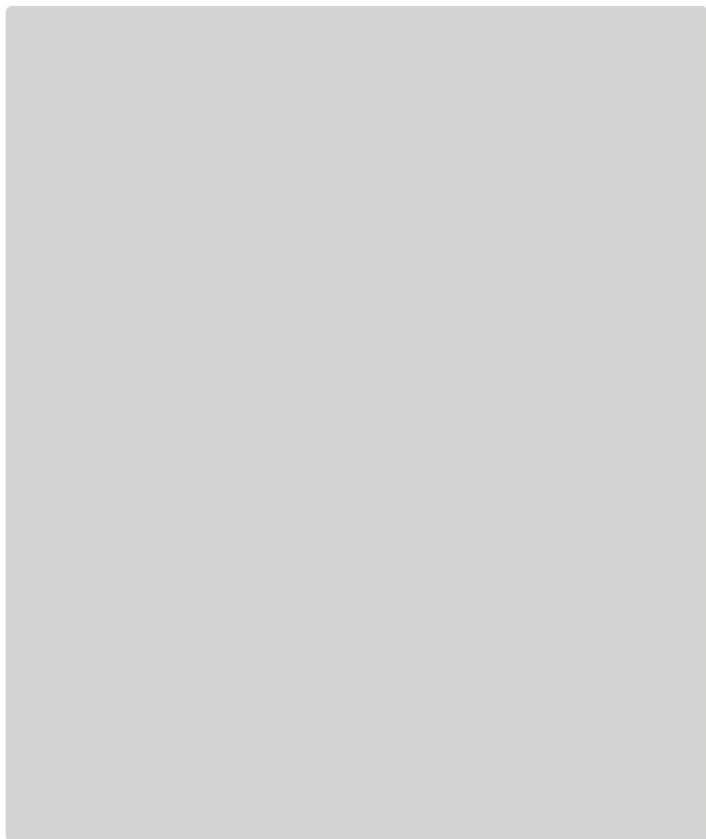
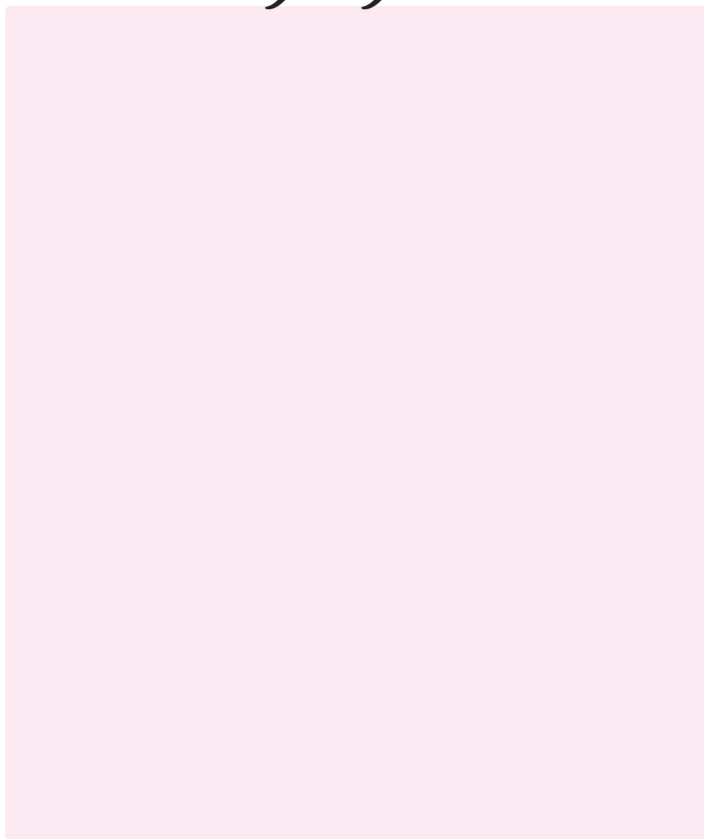
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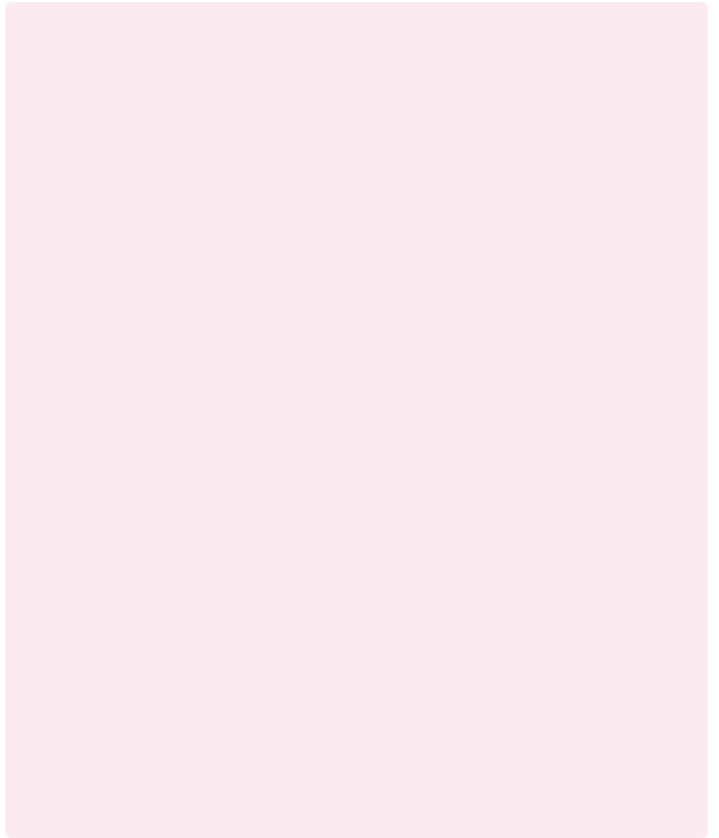
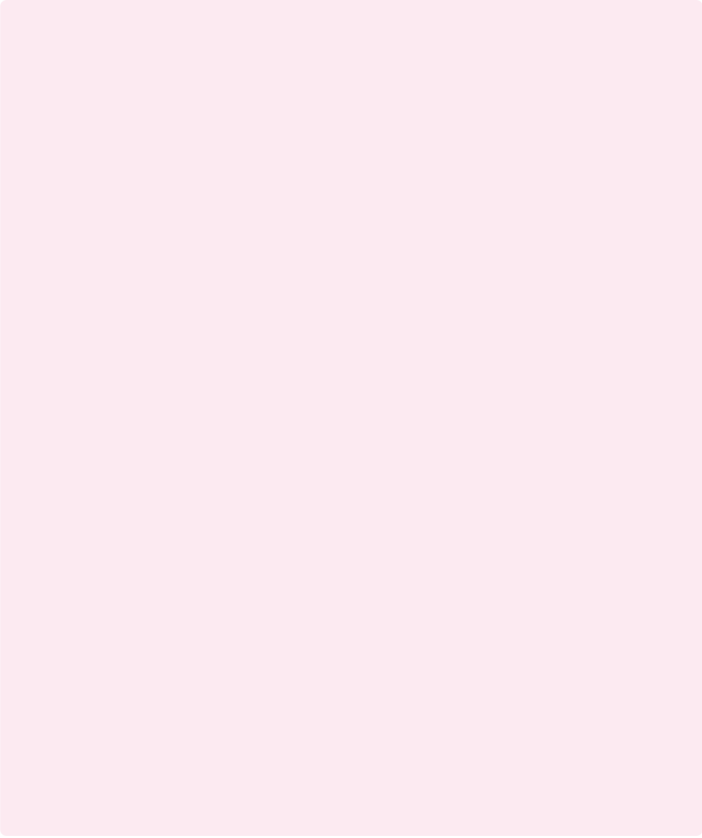
SATURDAY

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7	8	9
14	15	16
21	22	23
28	29	30

monthly notes

monthly goals:



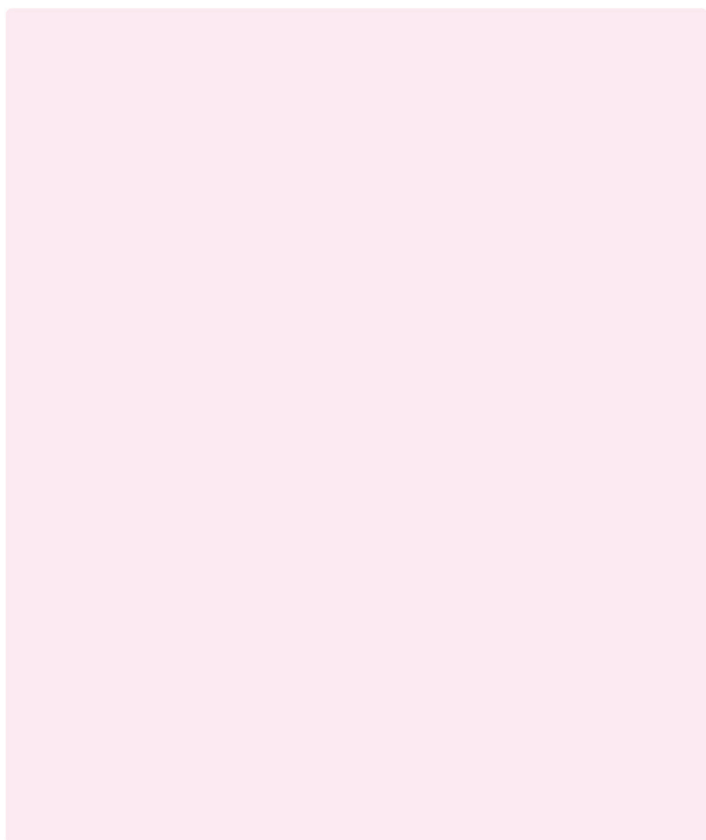
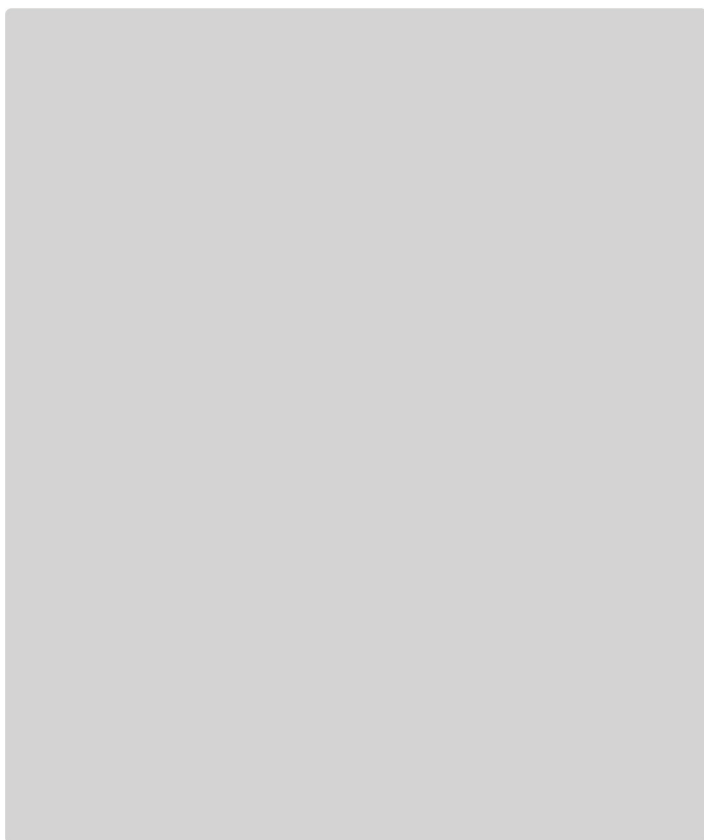
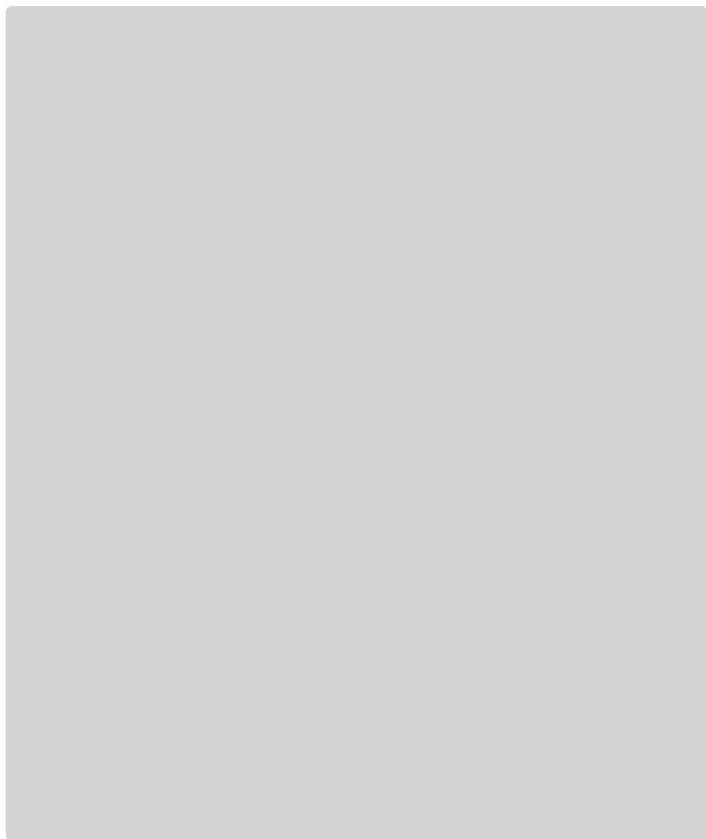
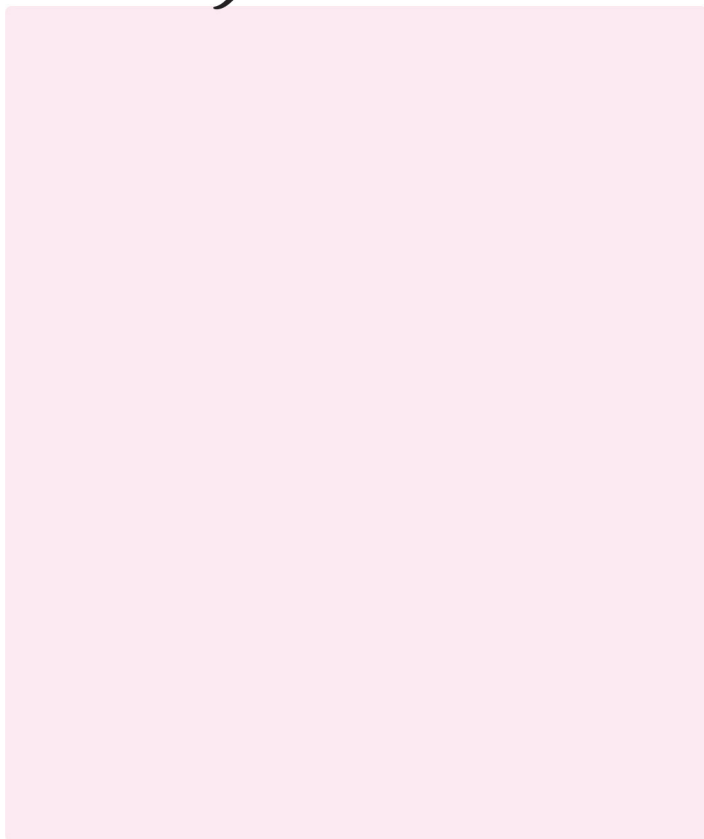


for the week of:

MEALS

MONDAY	
TUESDAY	
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THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

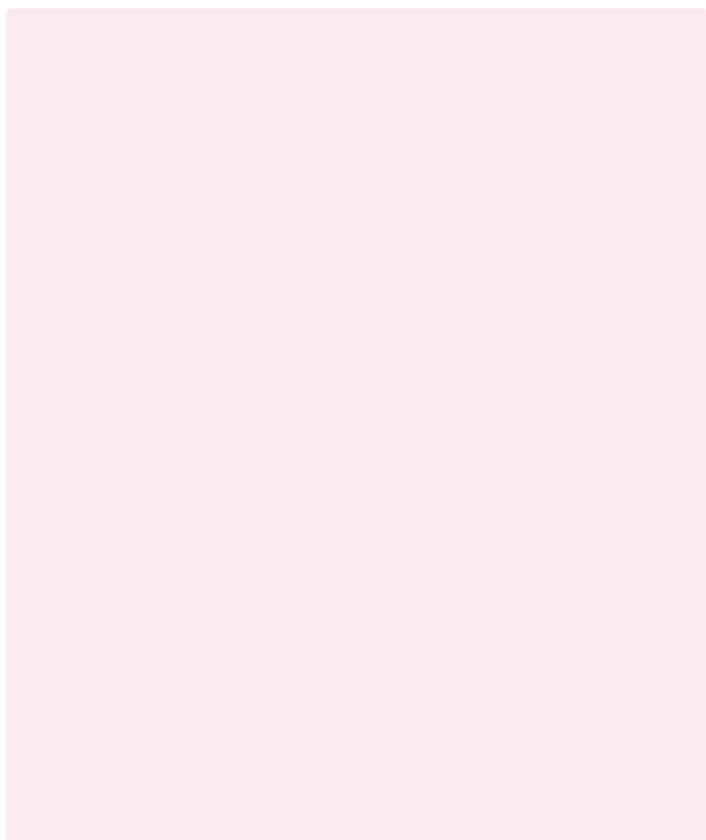
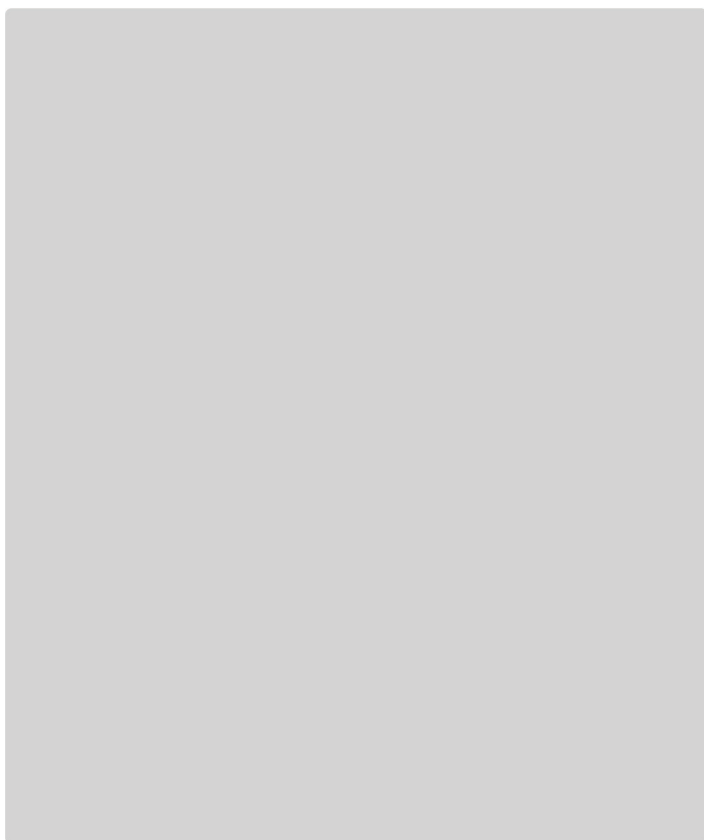
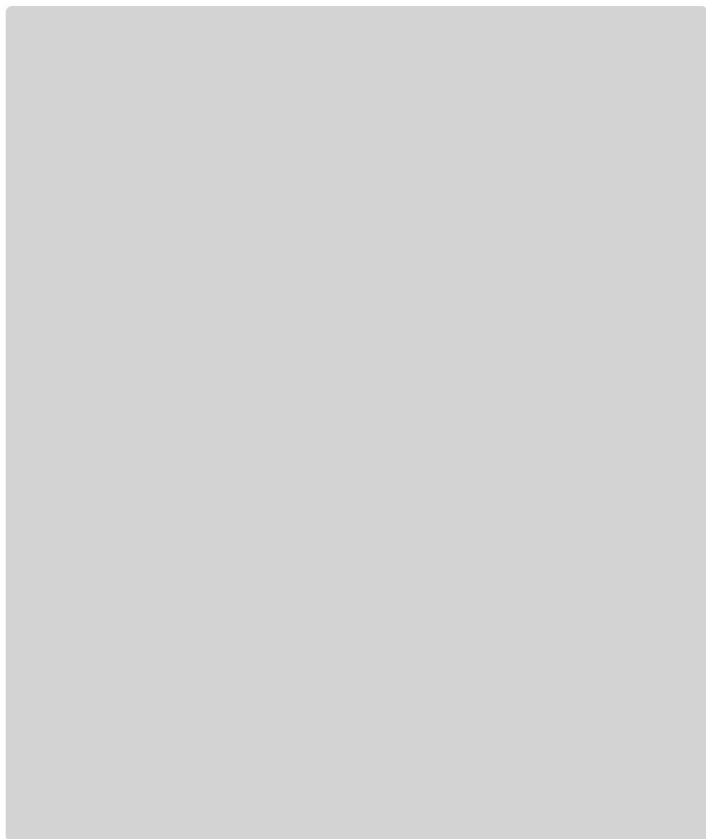
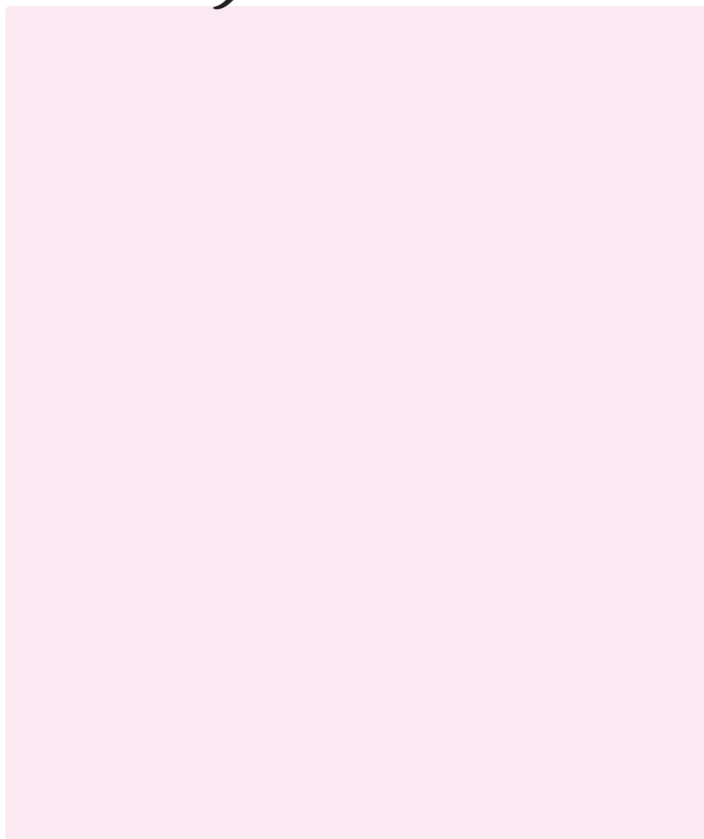


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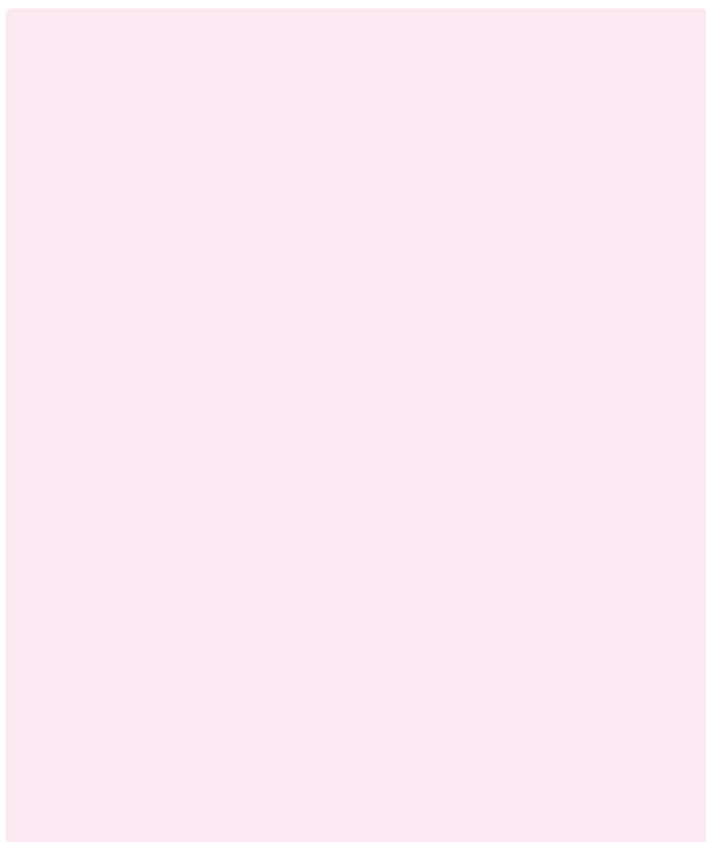
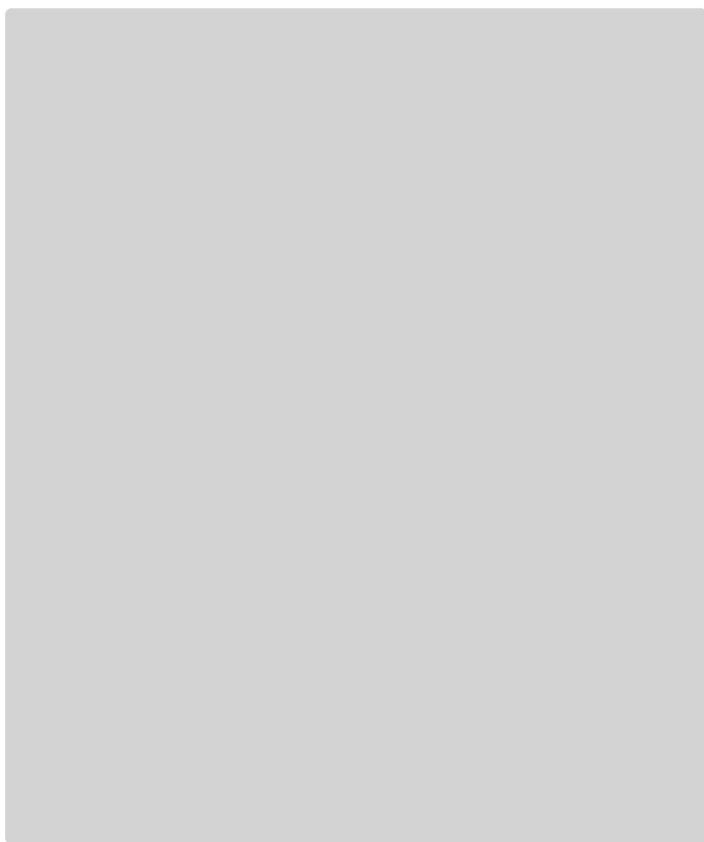
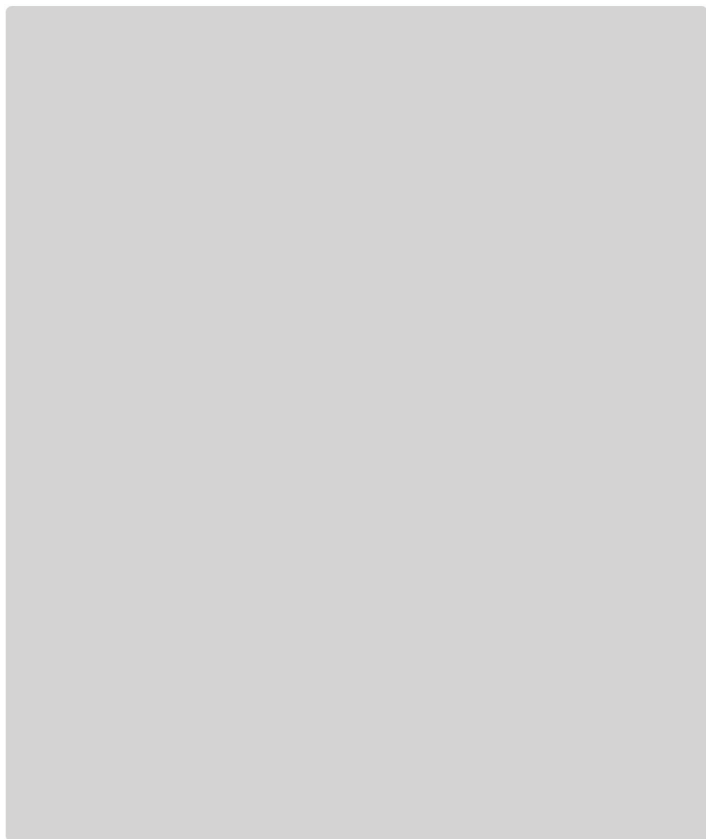
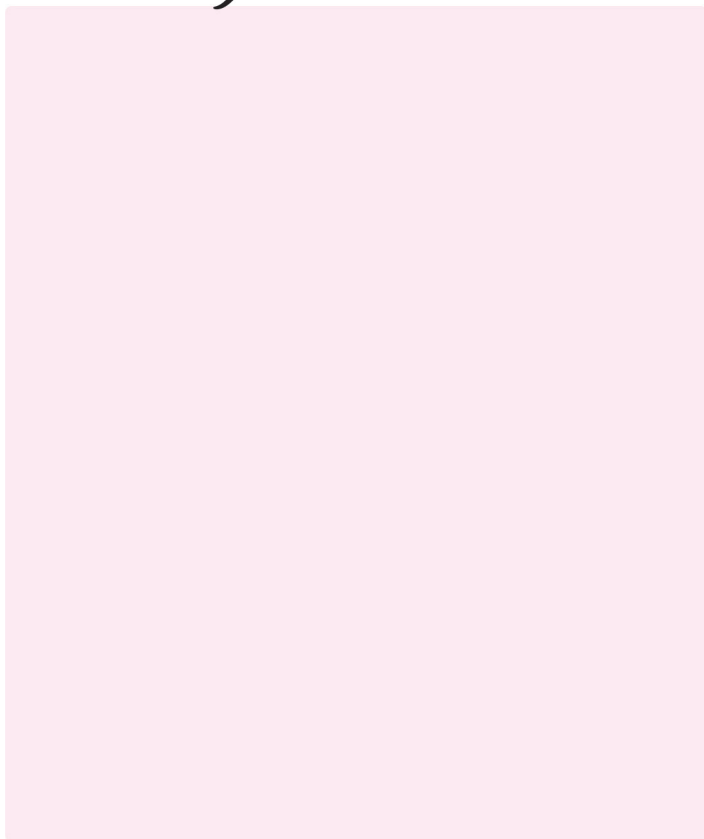


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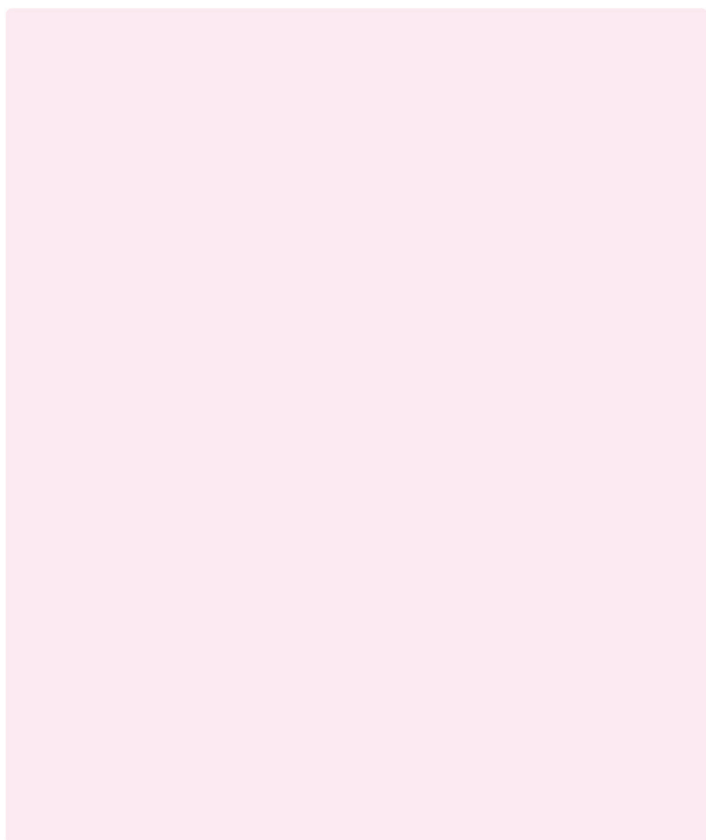
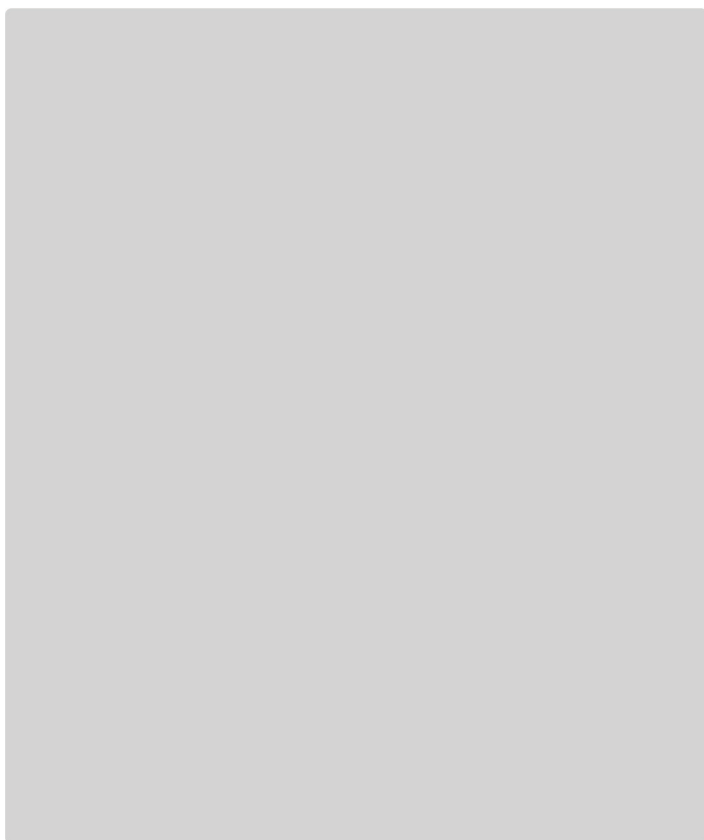
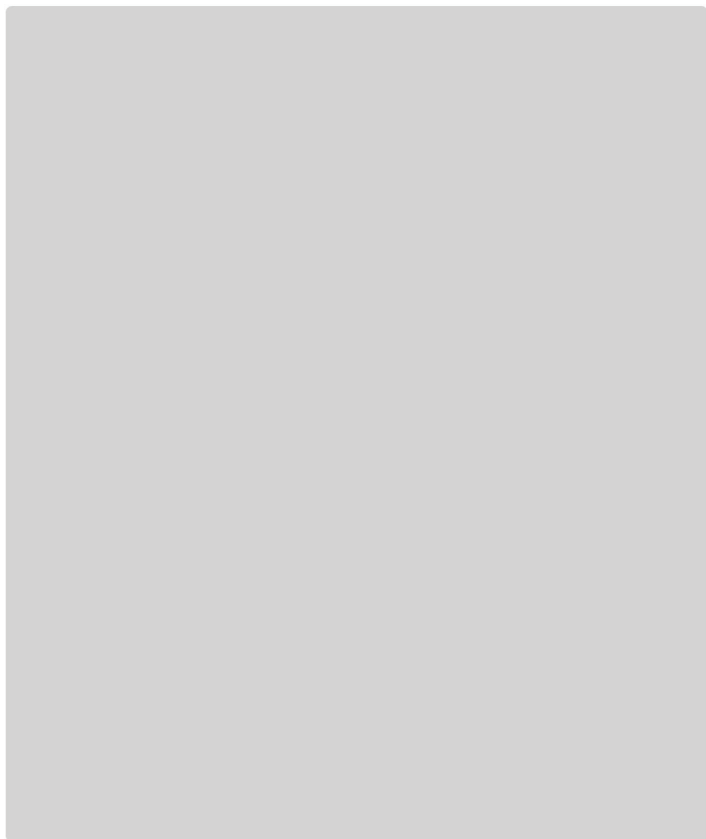
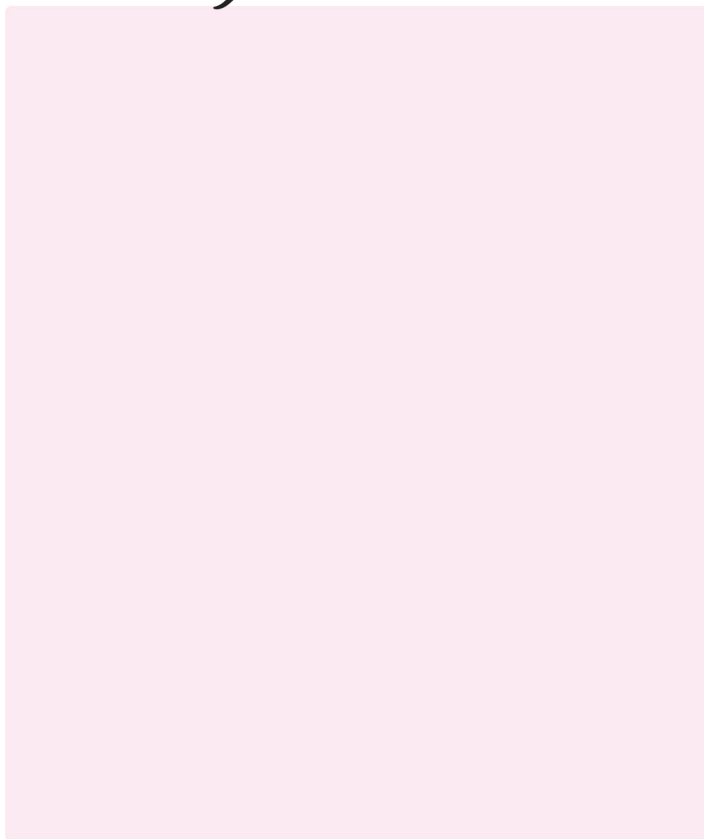


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THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:



september 2014

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

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THURSDAY

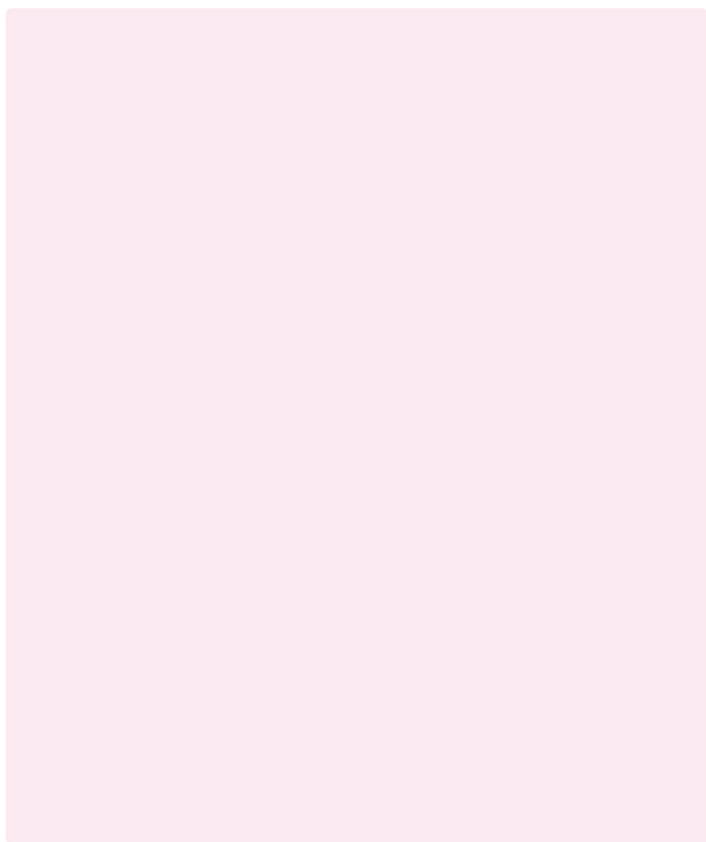
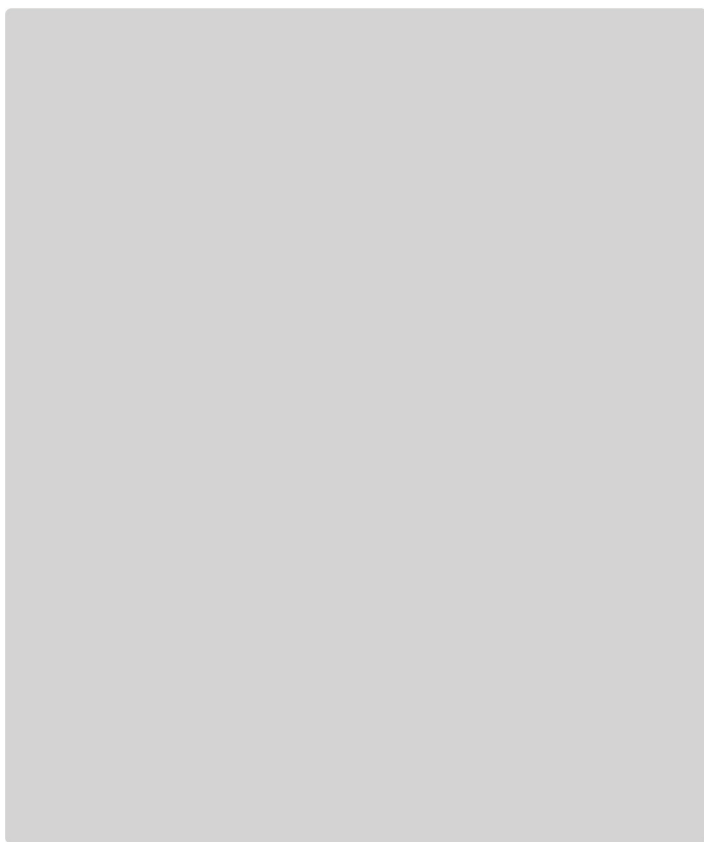
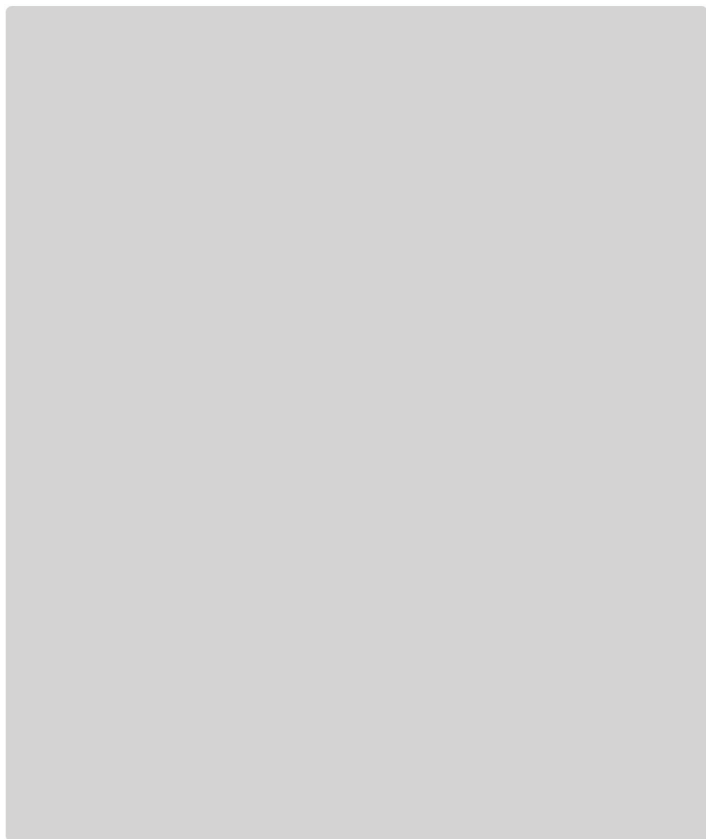
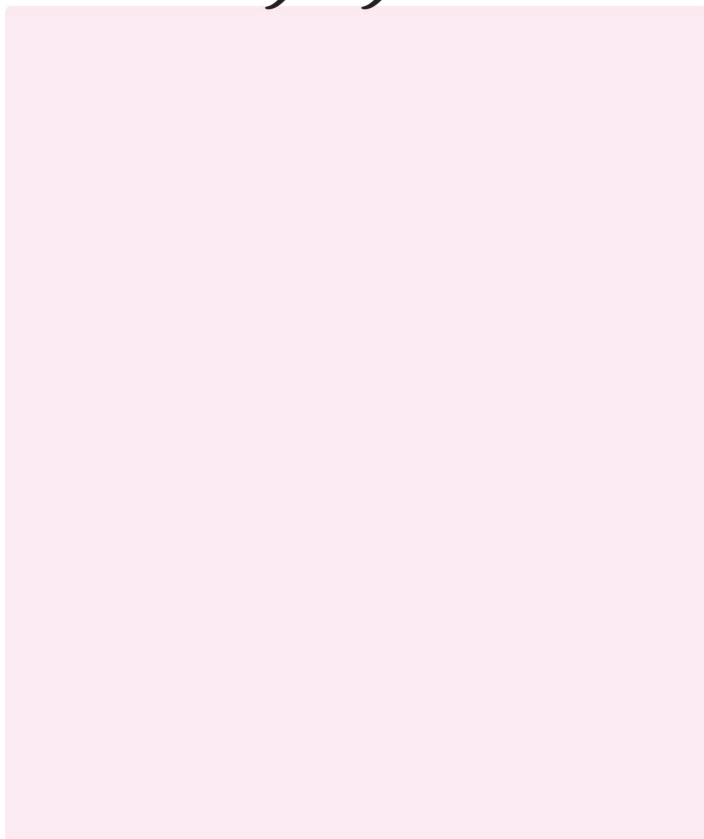
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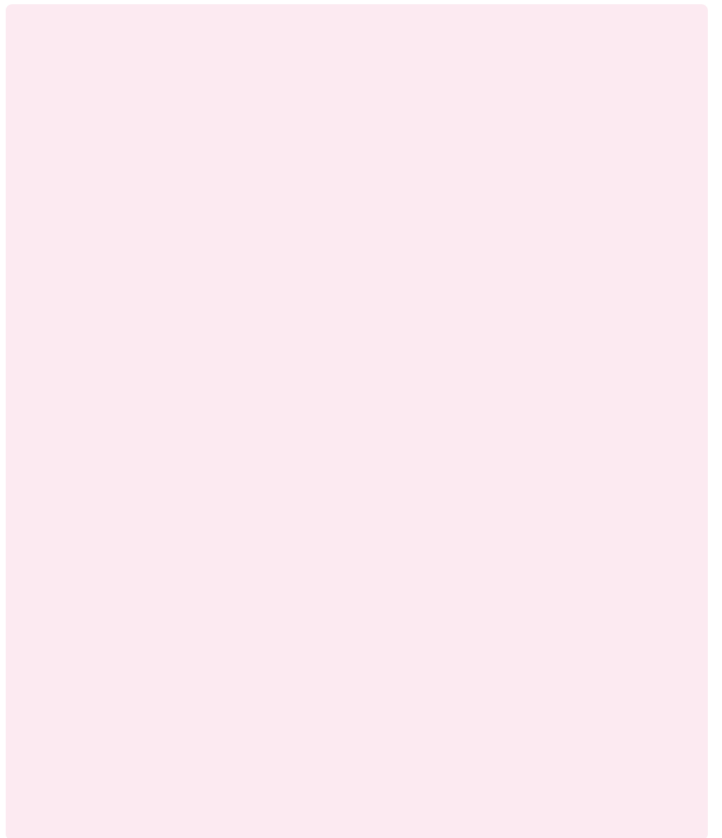
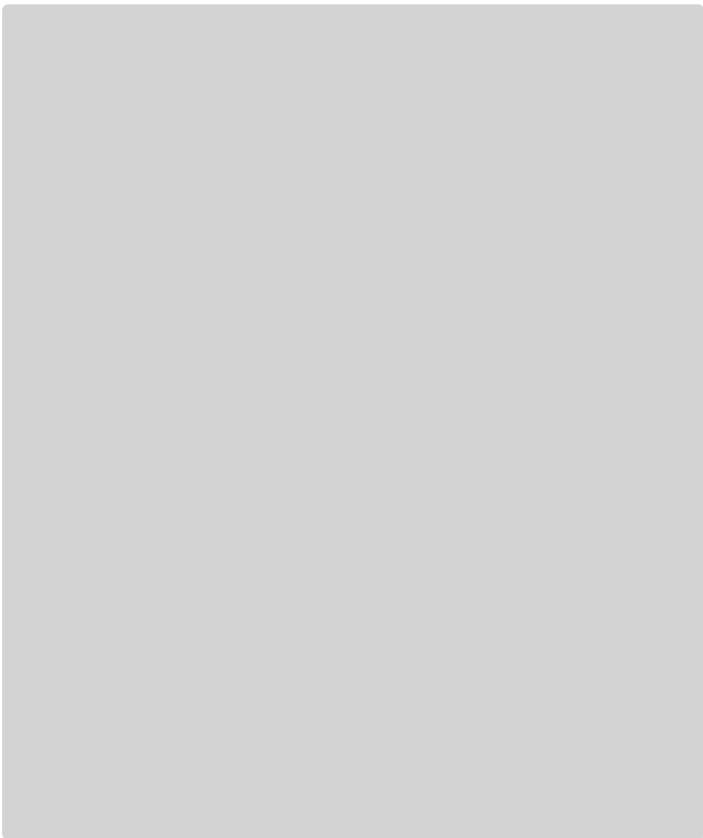
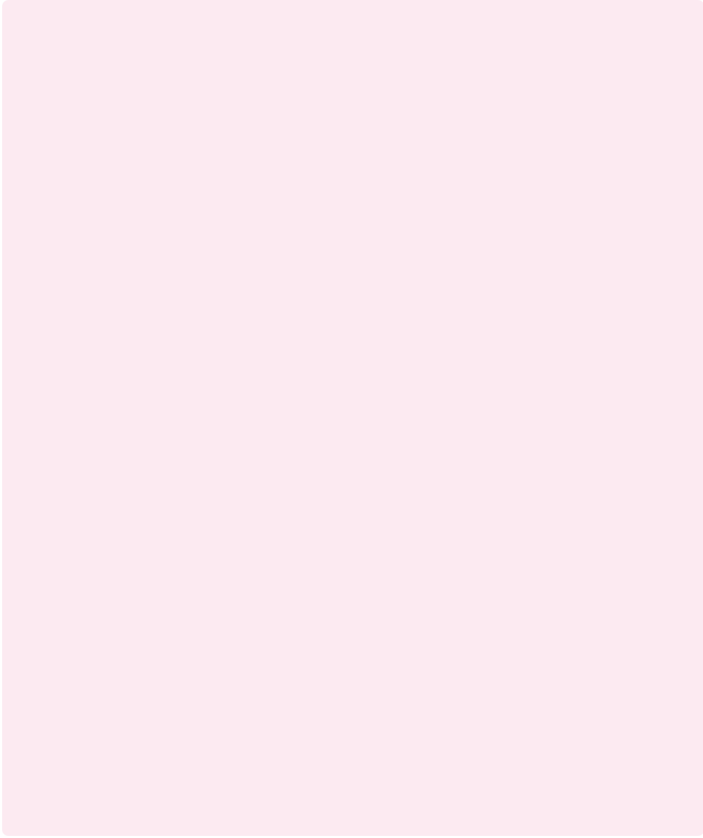
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monthly notes

monthly goals:



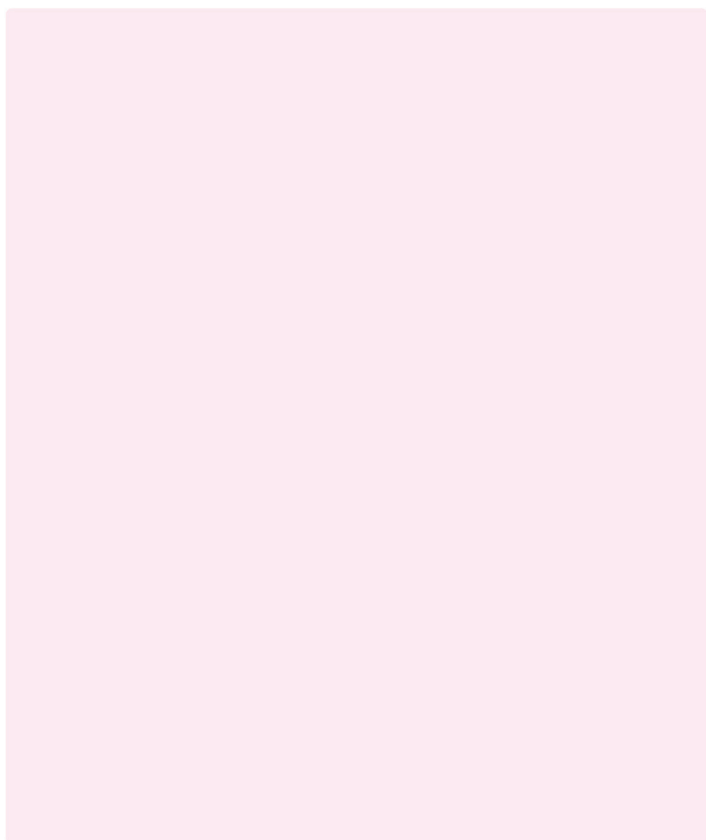
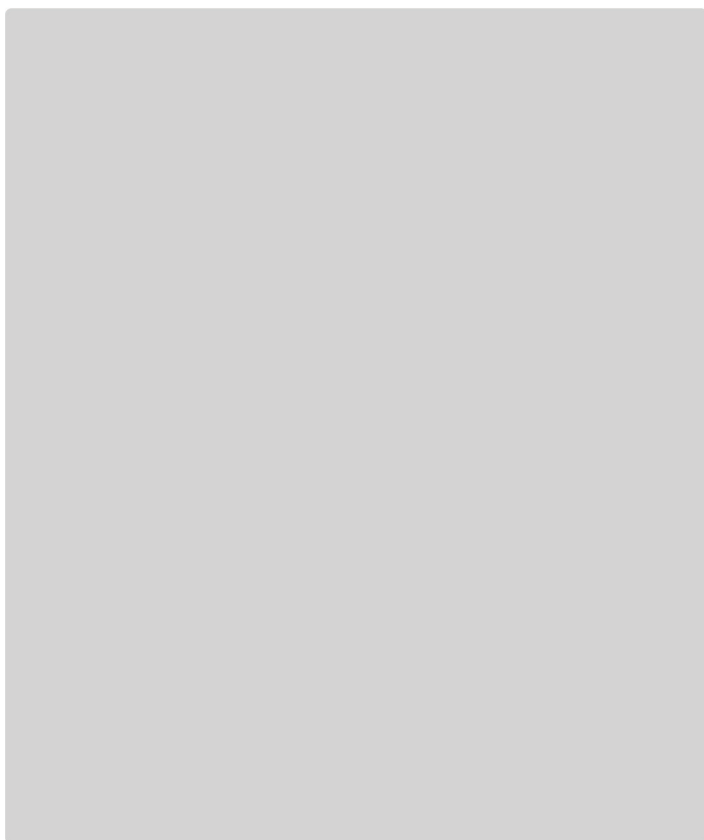
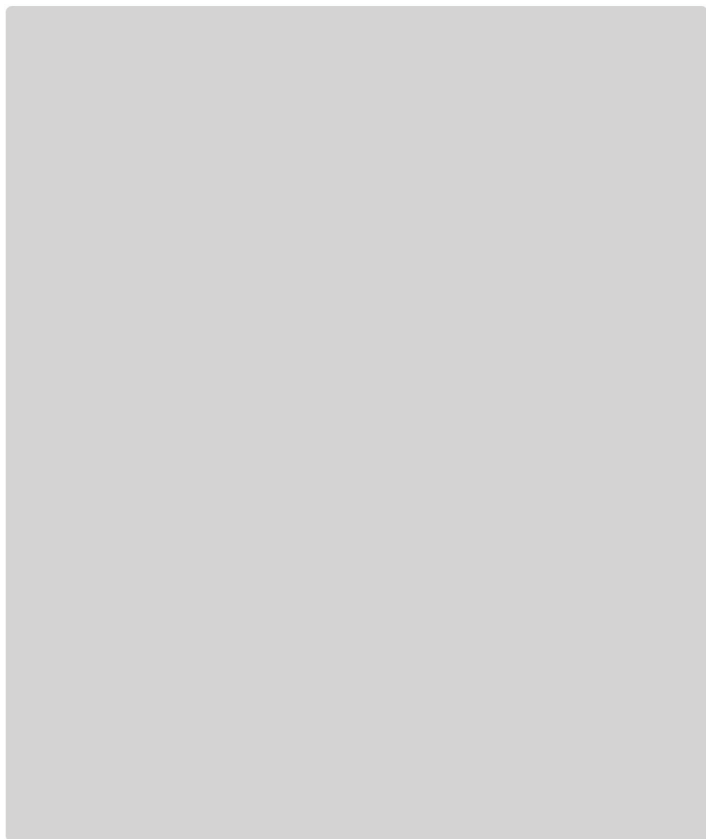
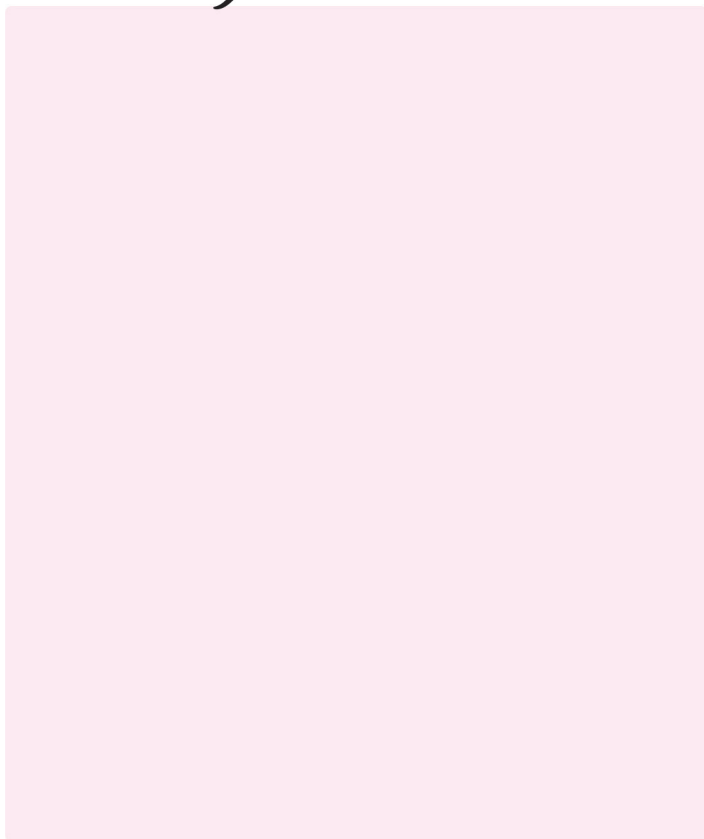


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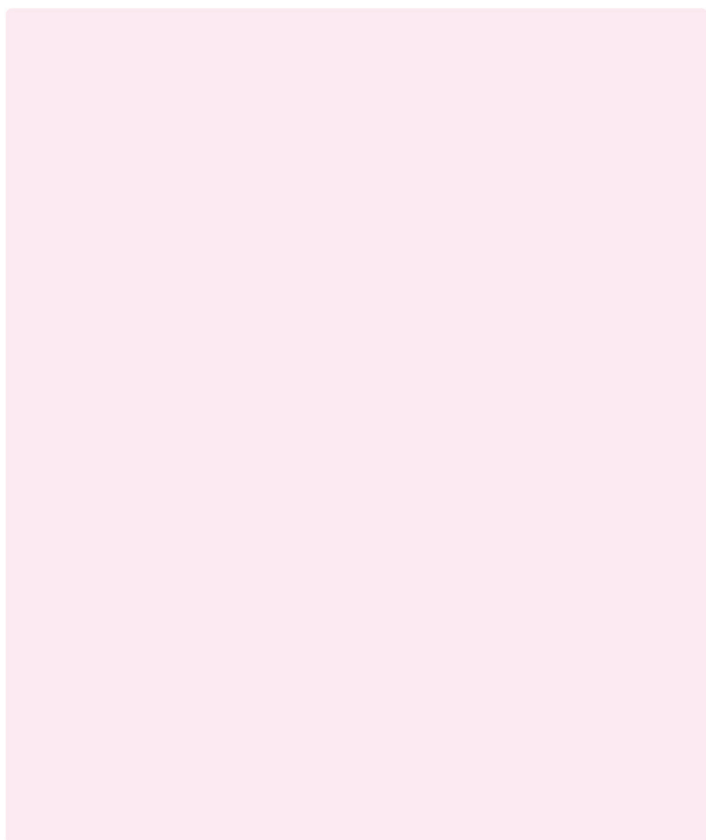
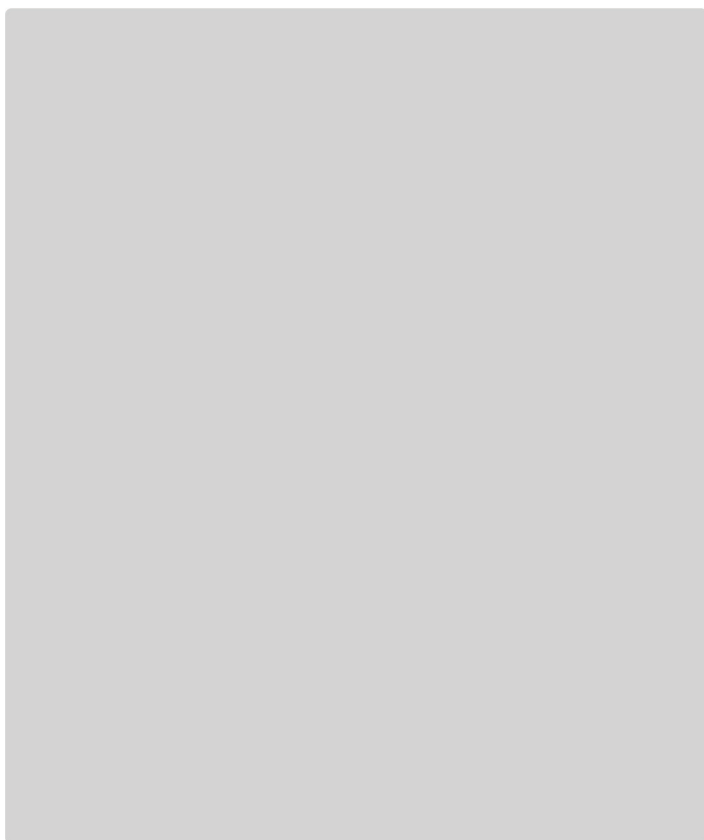
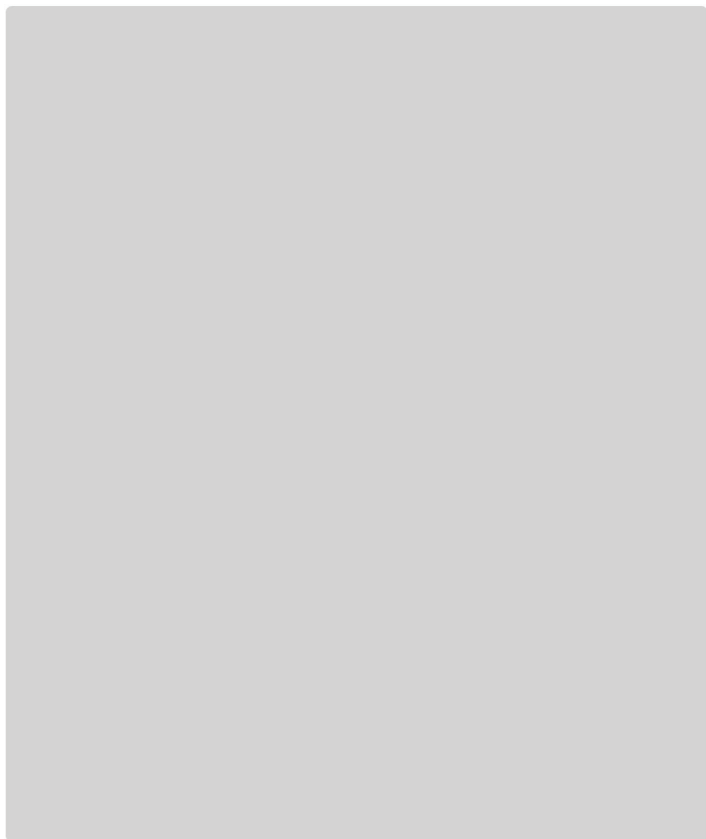
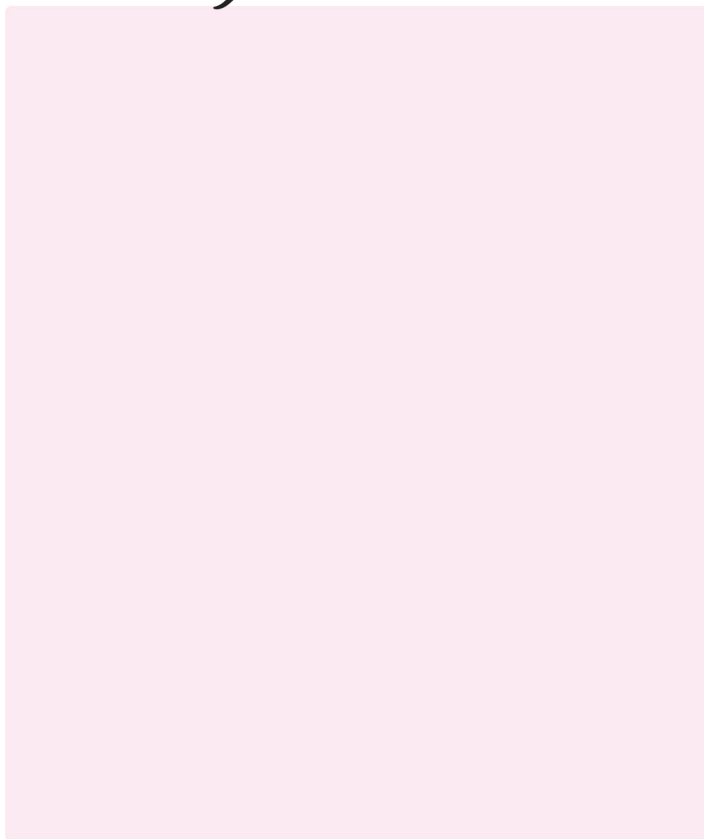


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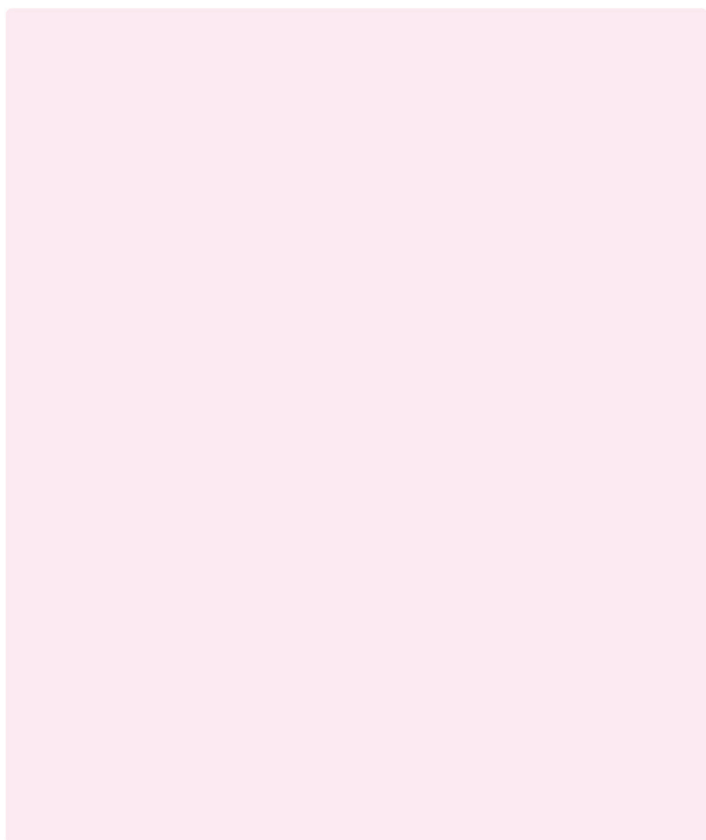
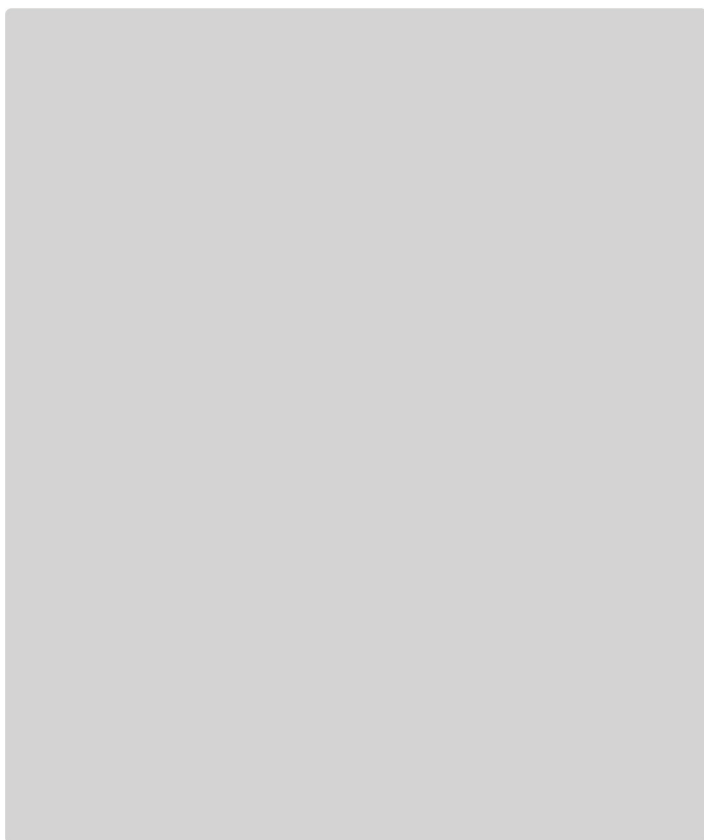
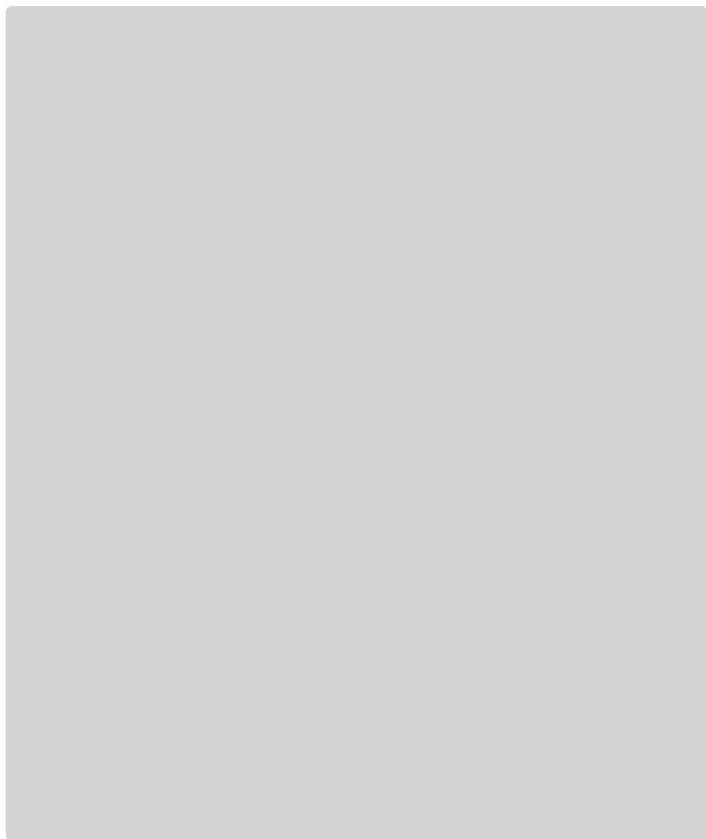
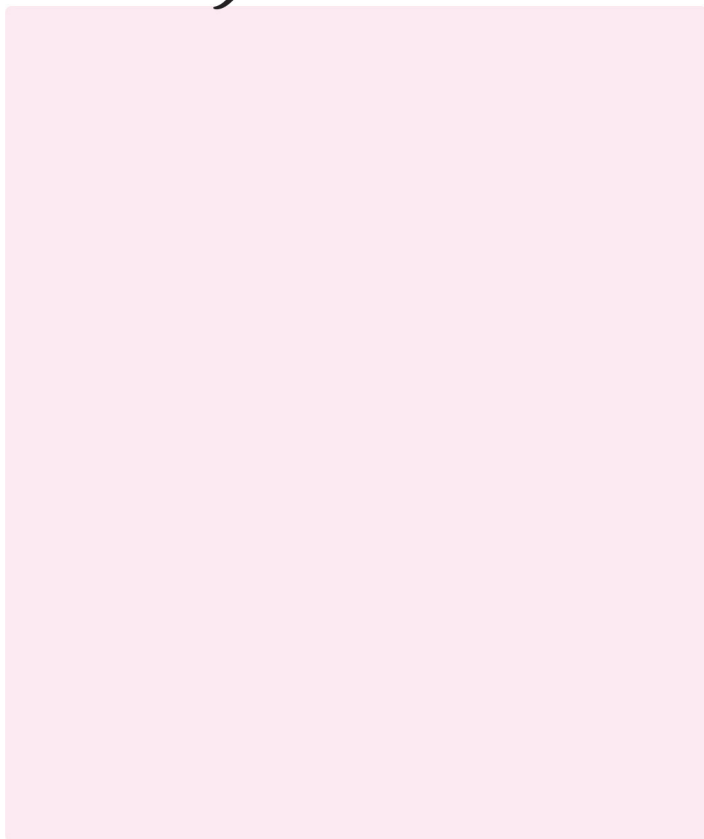


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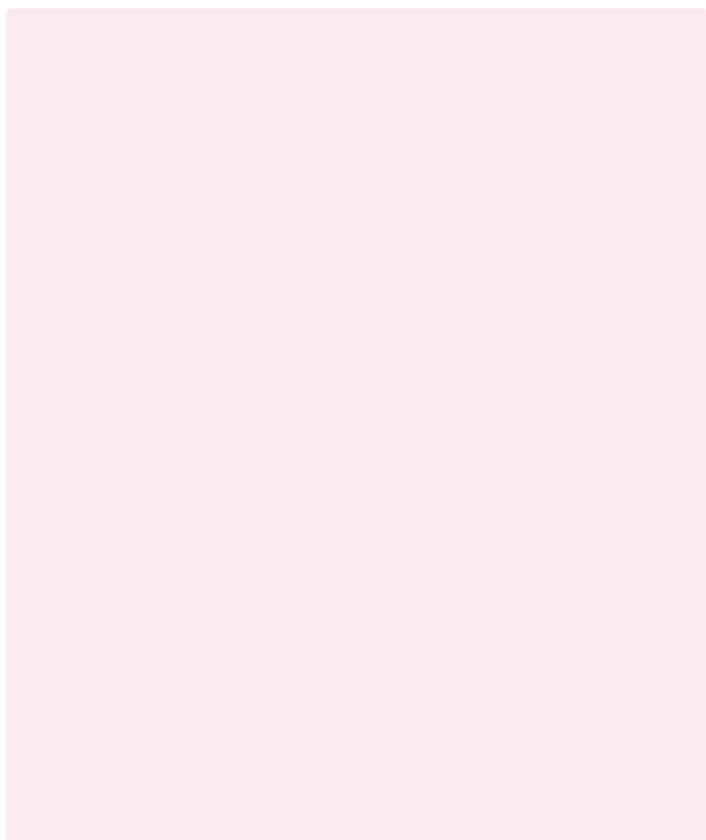
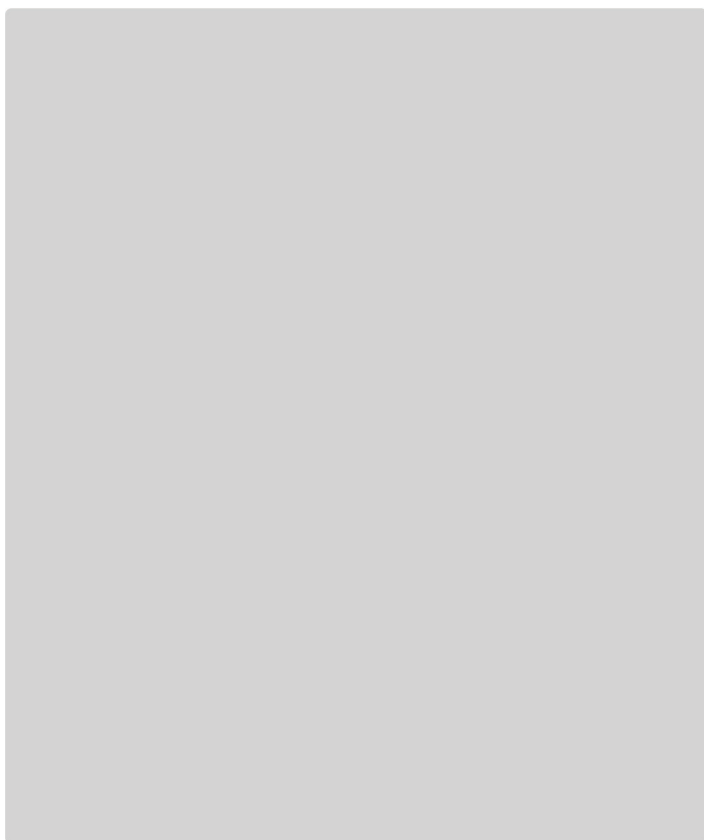
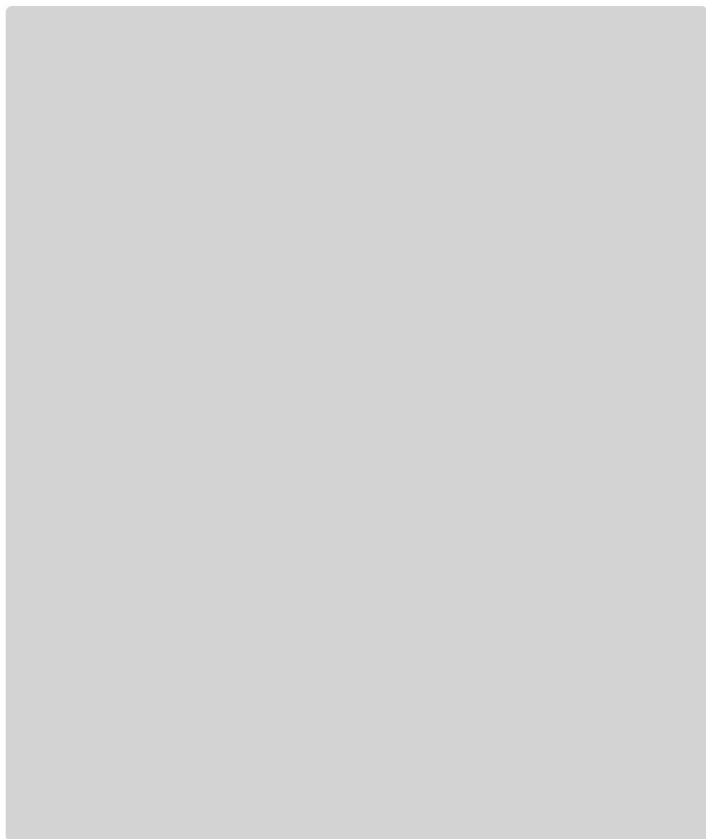
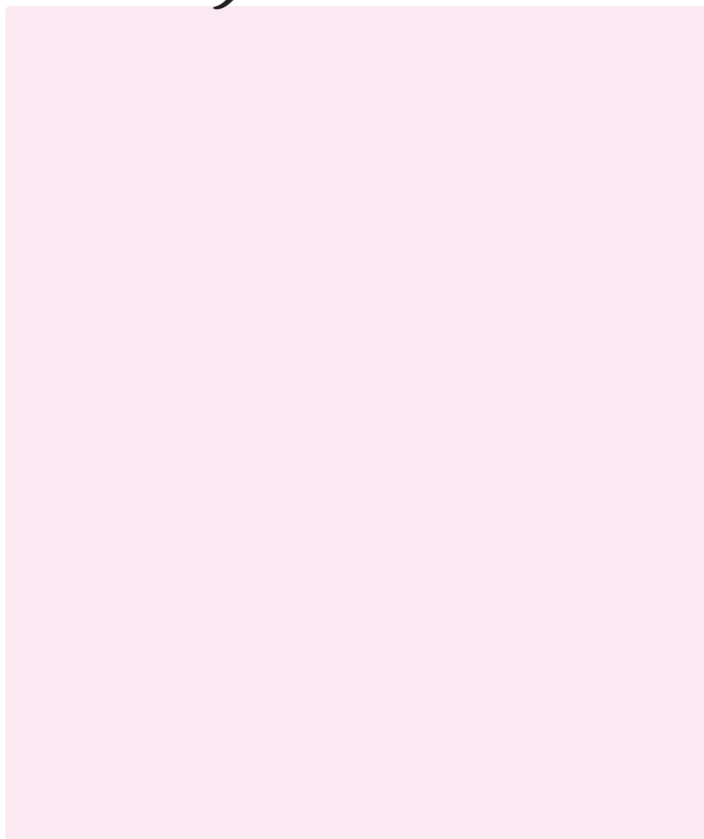


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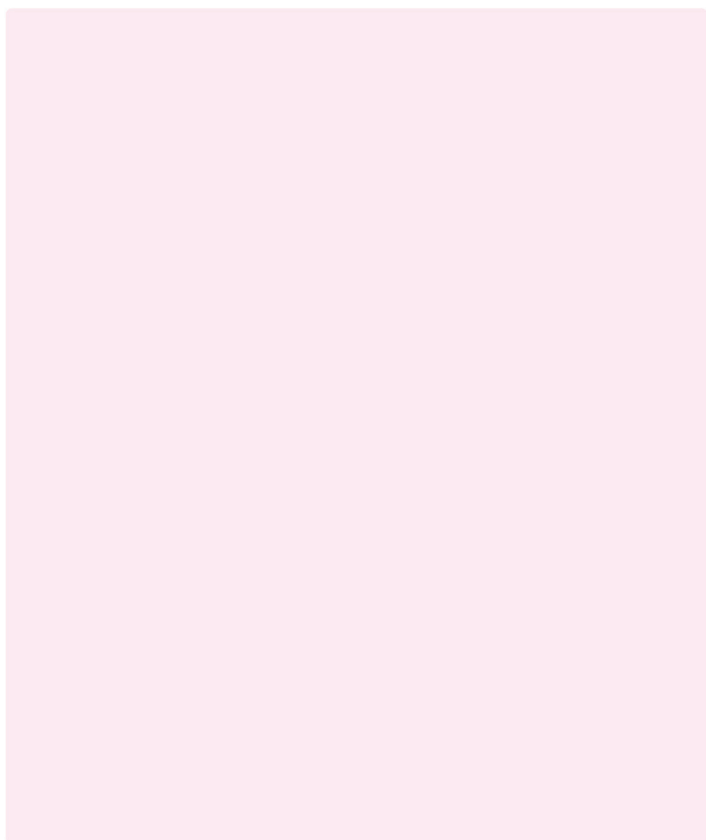
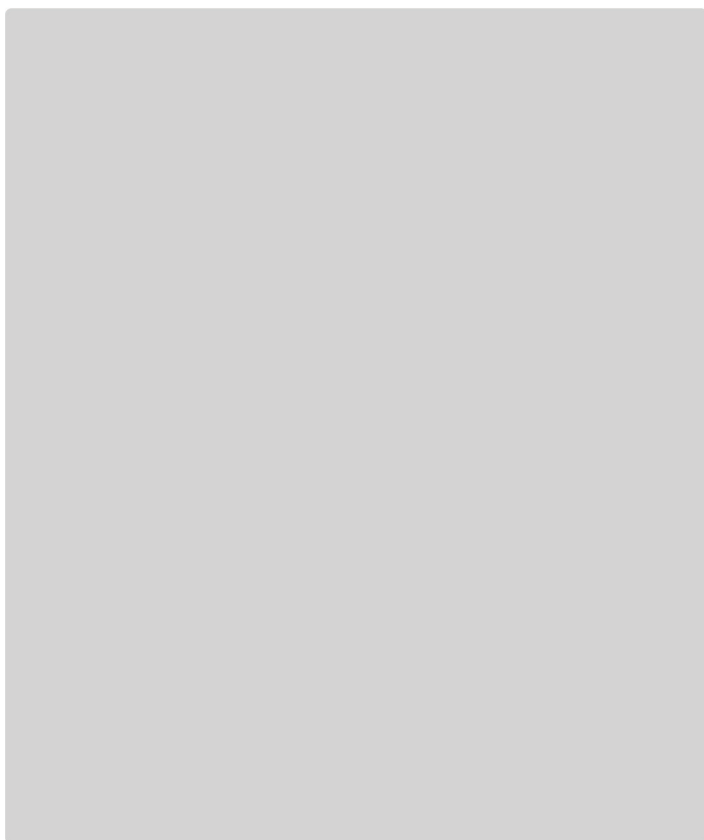
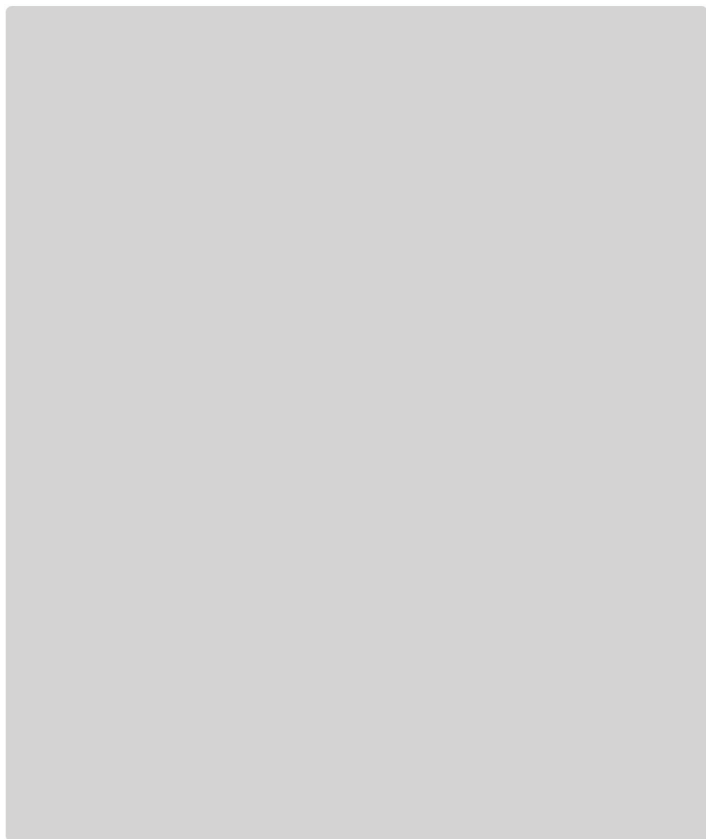
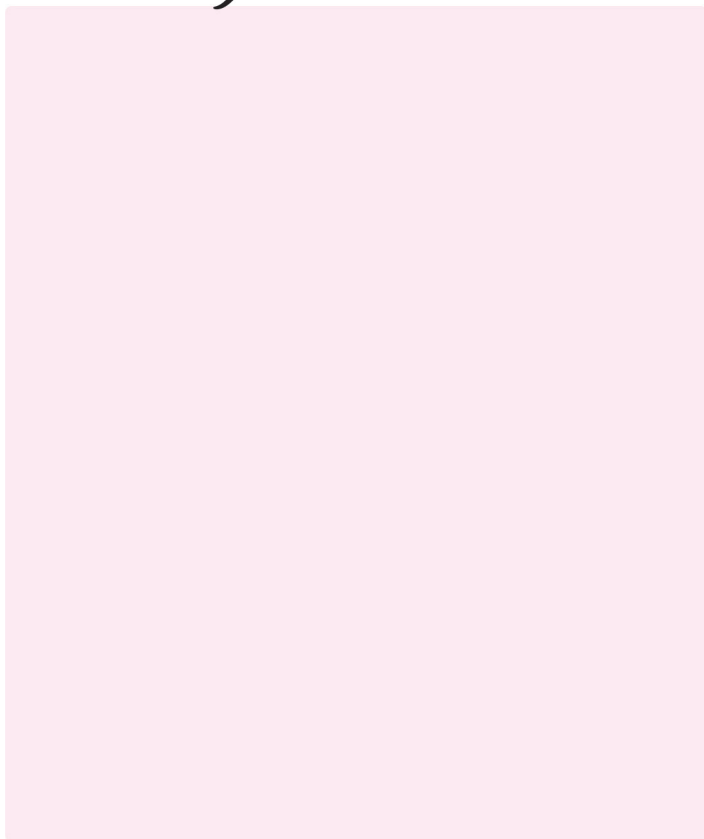


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MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:



october 2014

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

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5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

THURSDAY

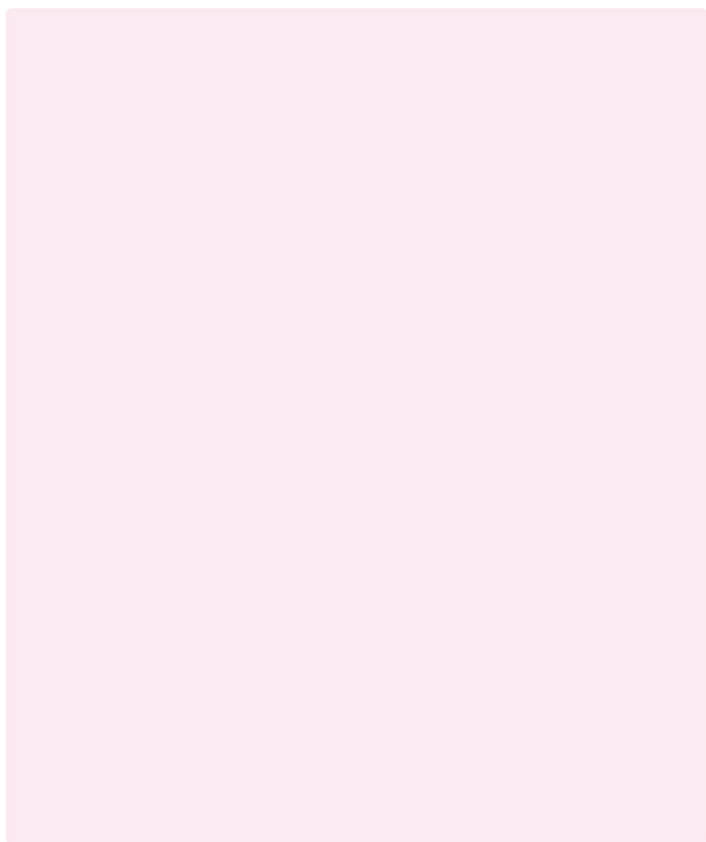
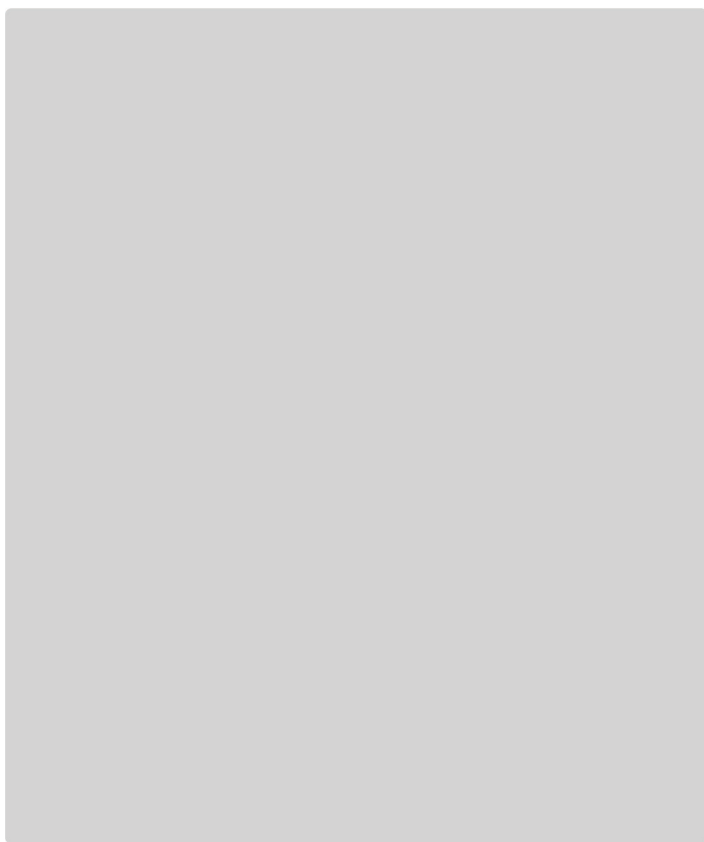
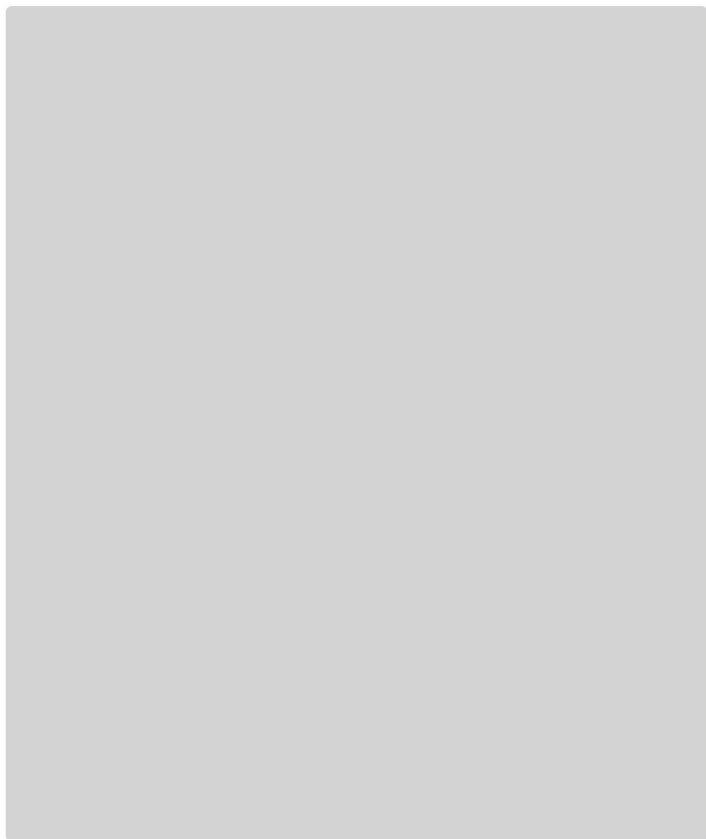
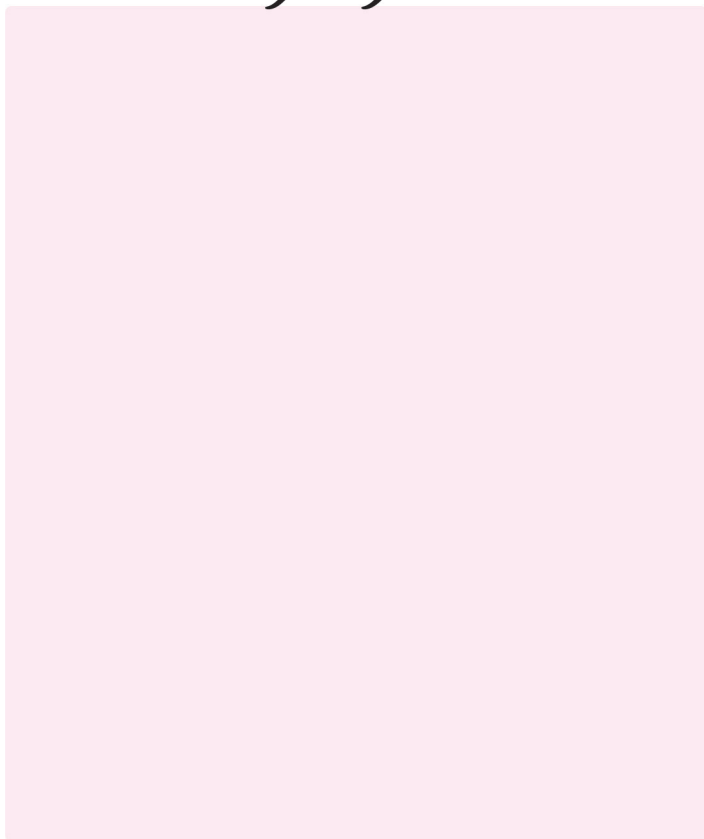
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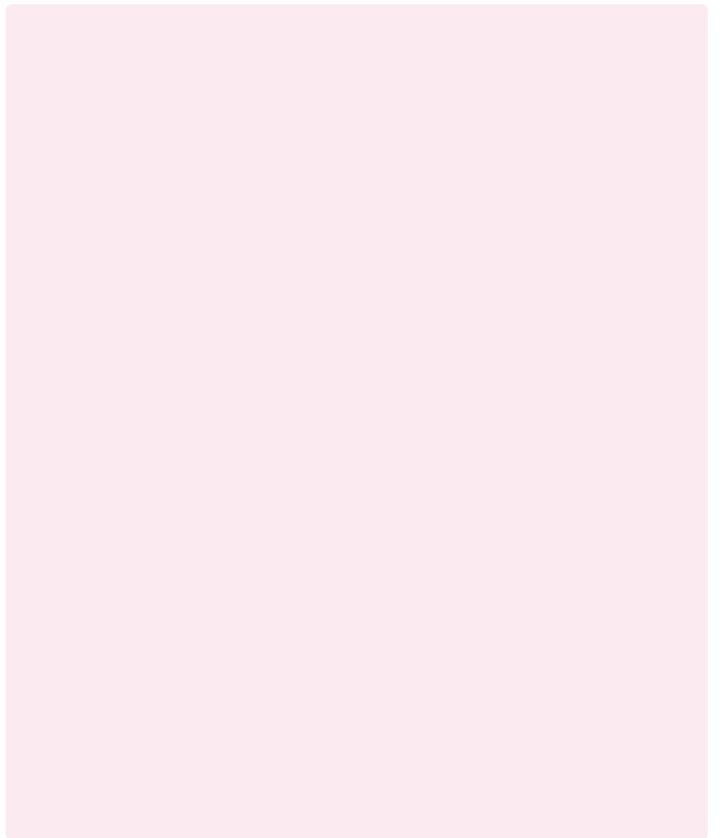
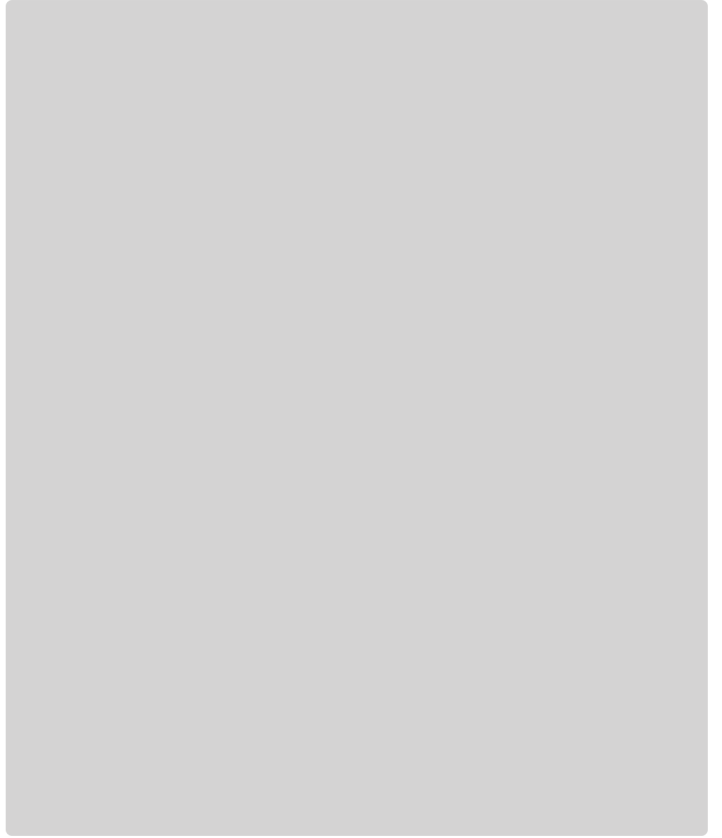
SATURDAY

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9	10	11
16	17	18
23	24	25
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monthly notes

monthly goals:



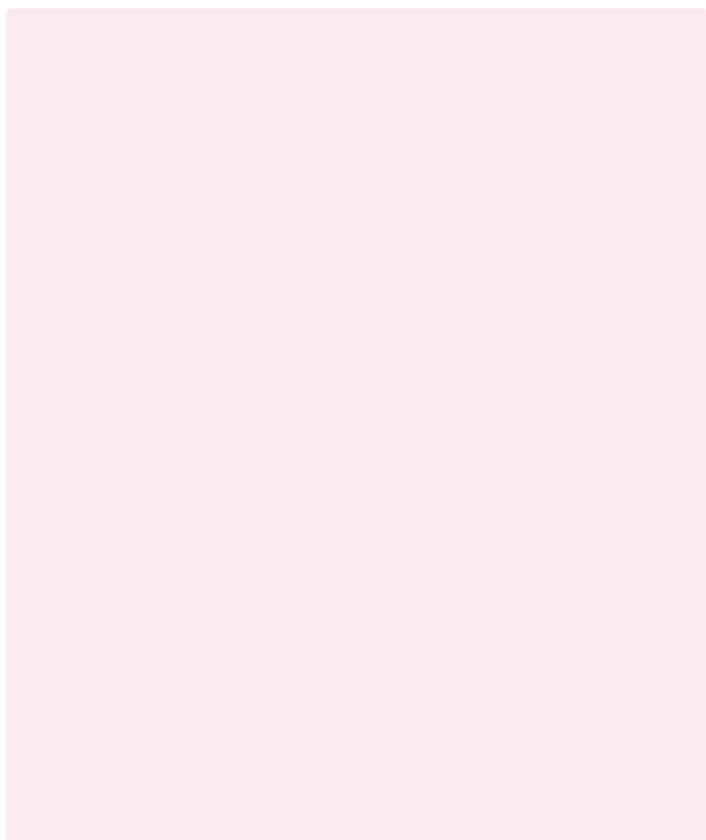
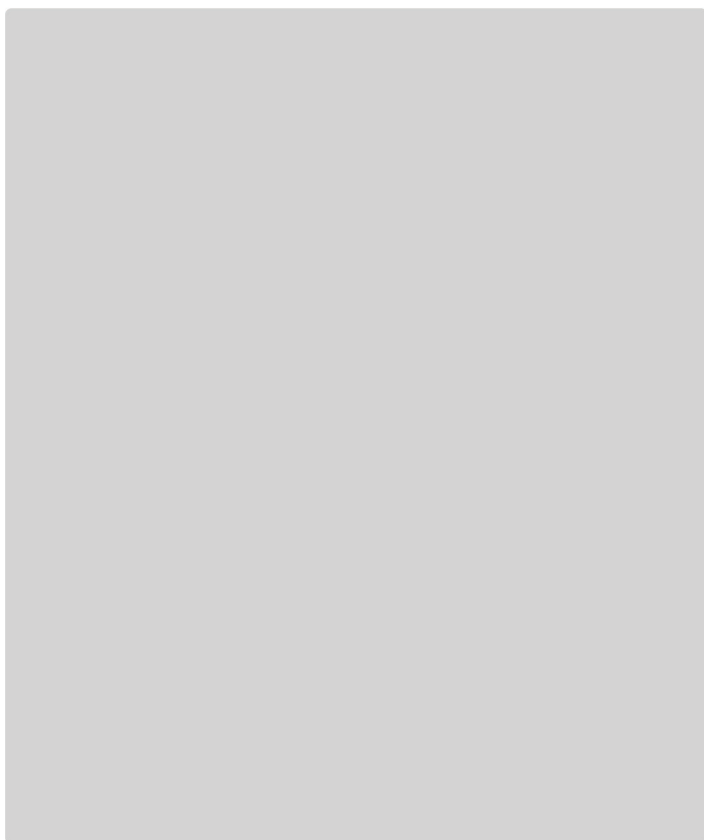
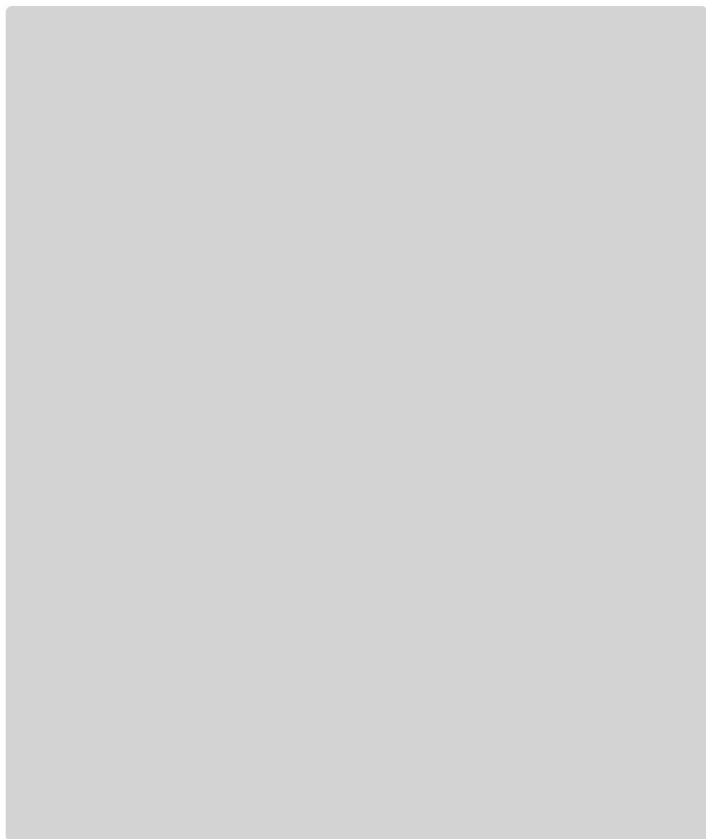
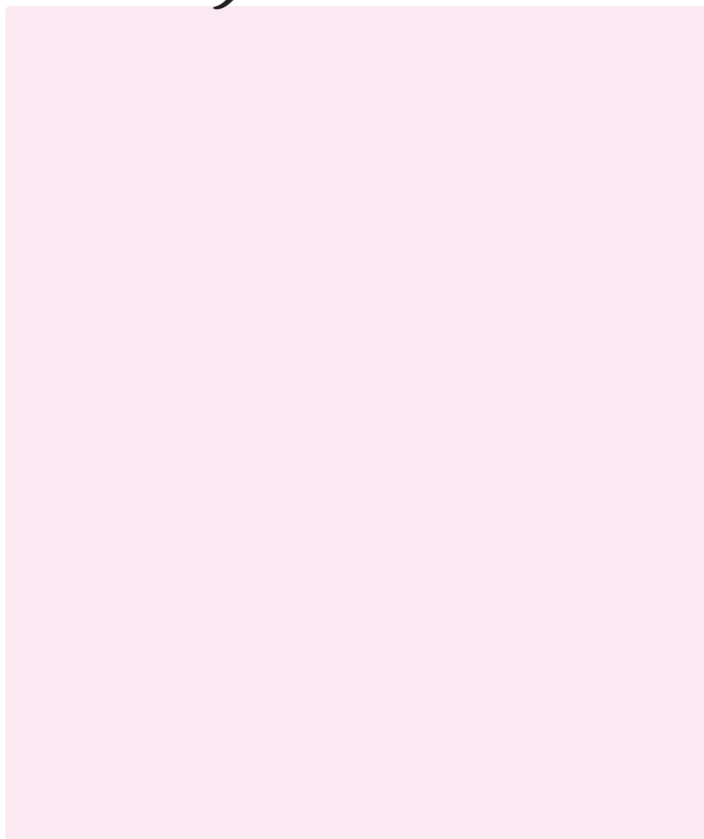


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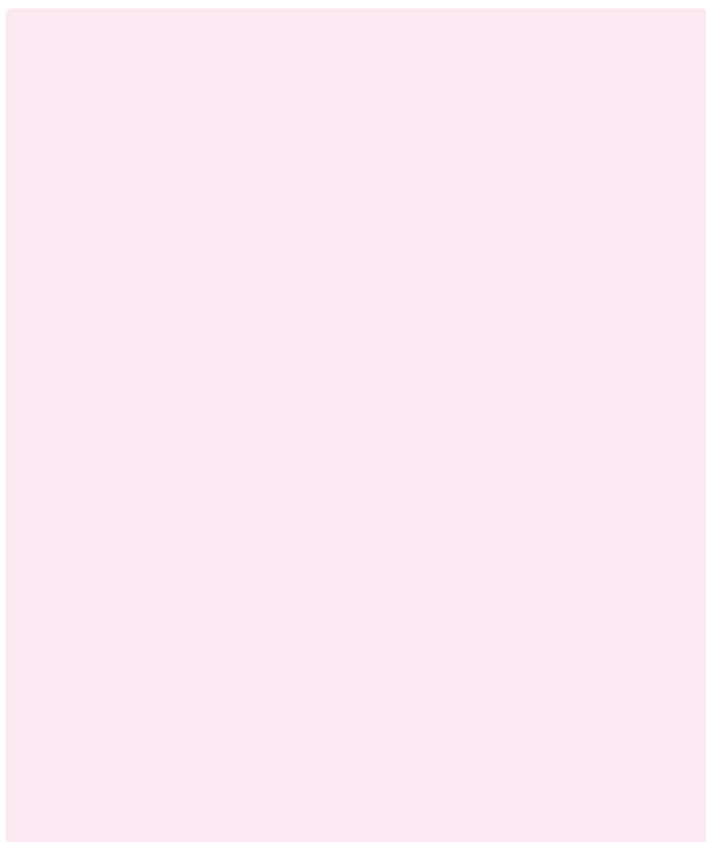
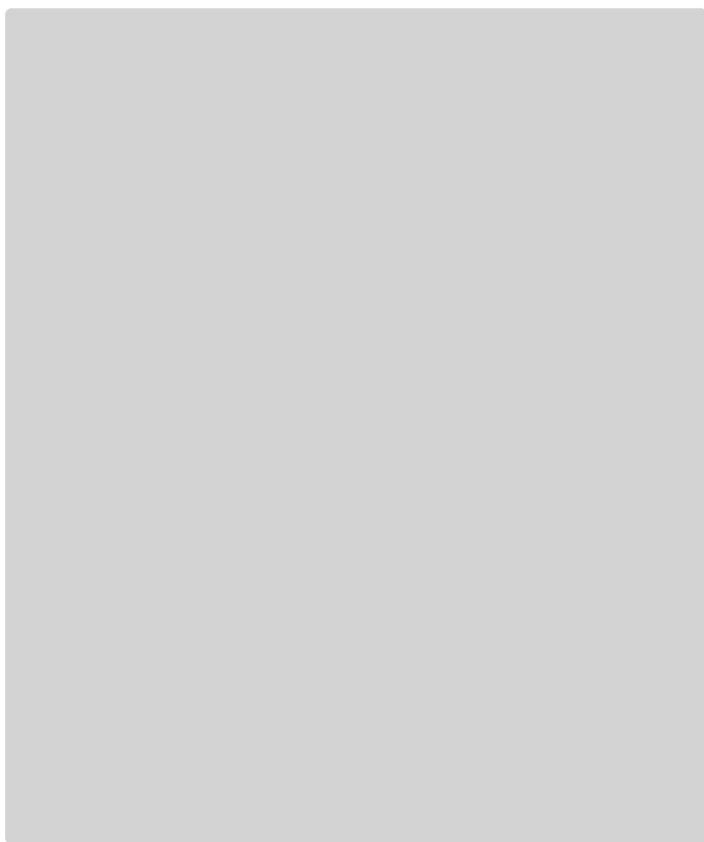
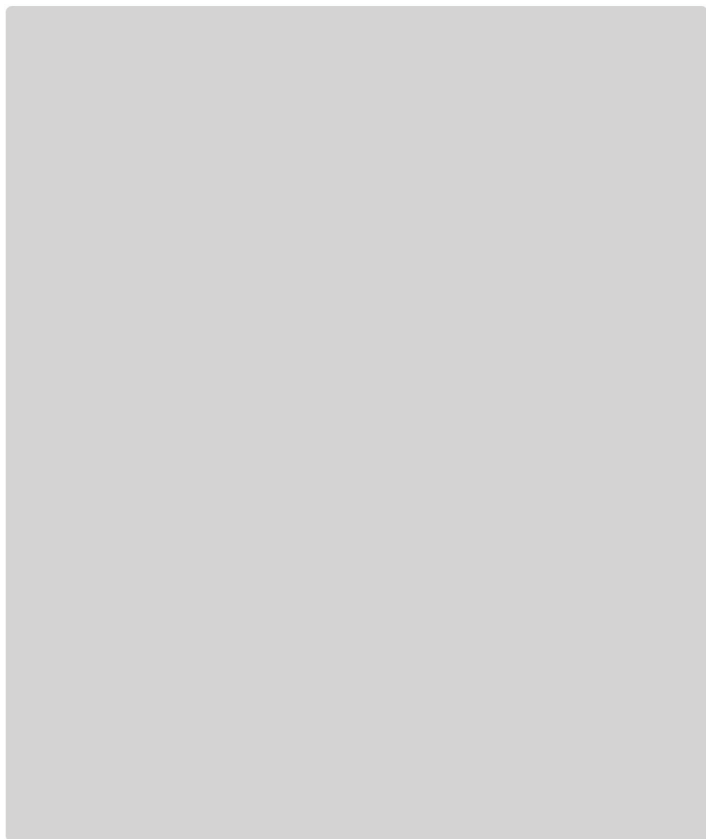
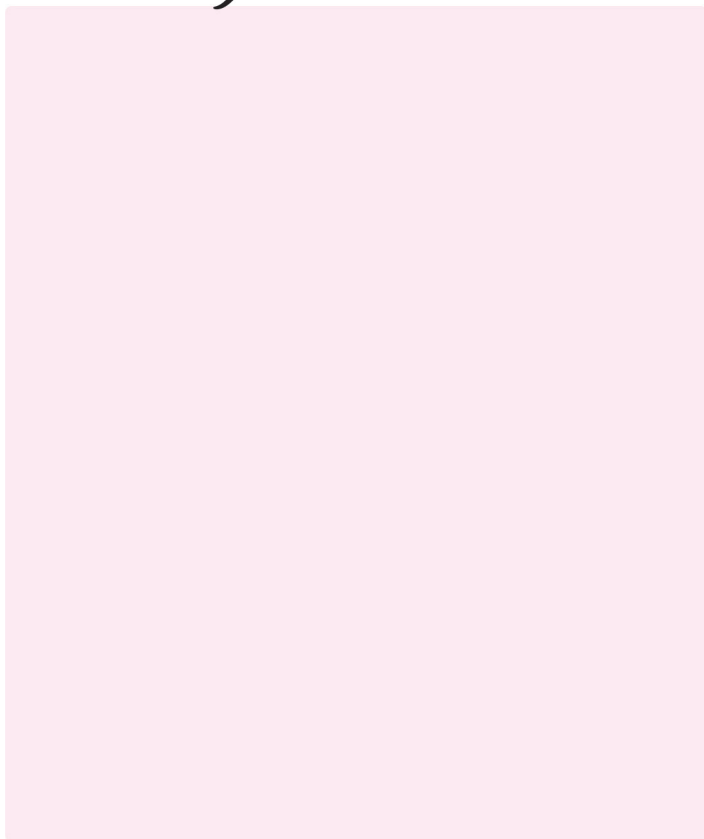


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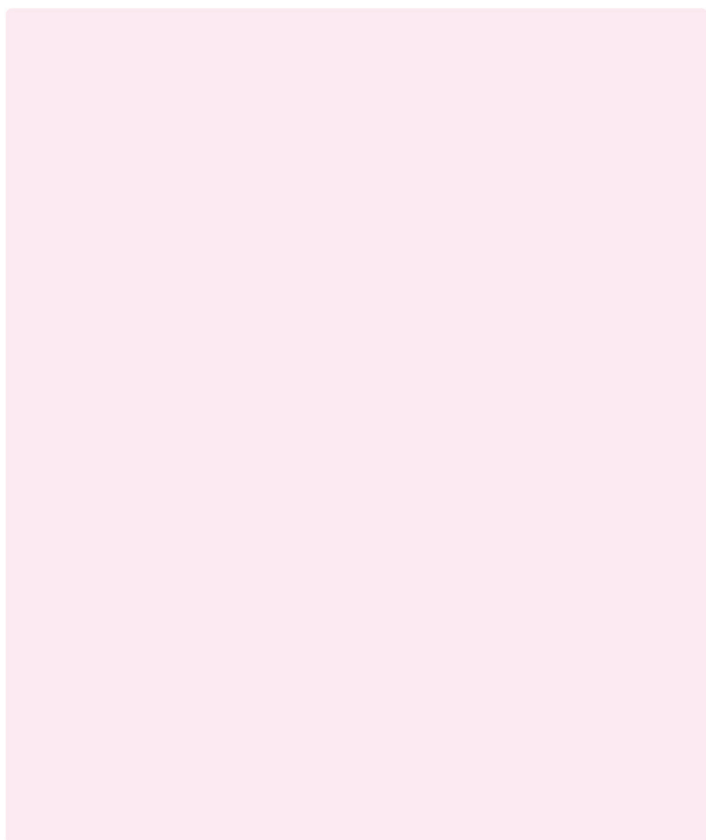
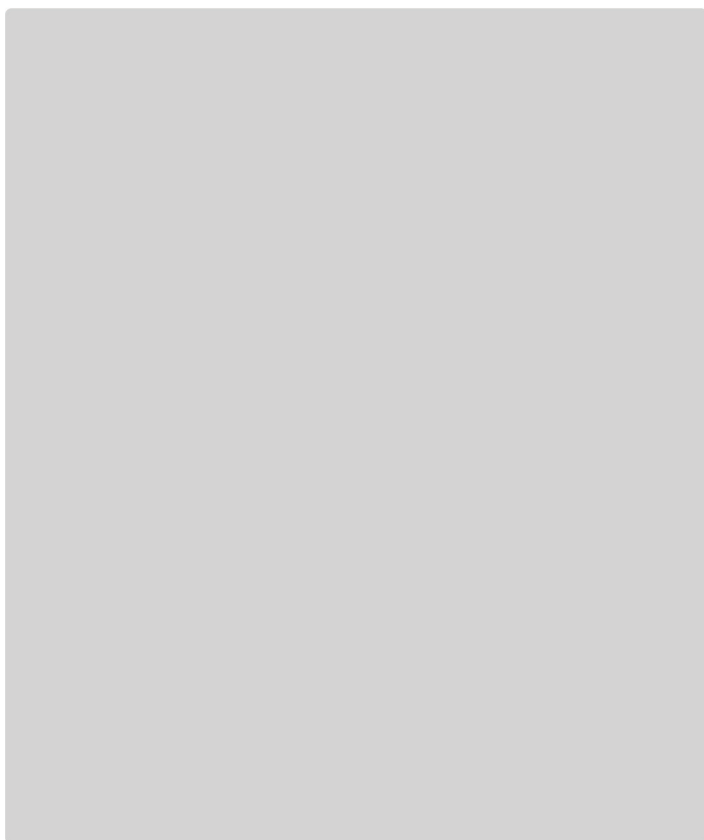
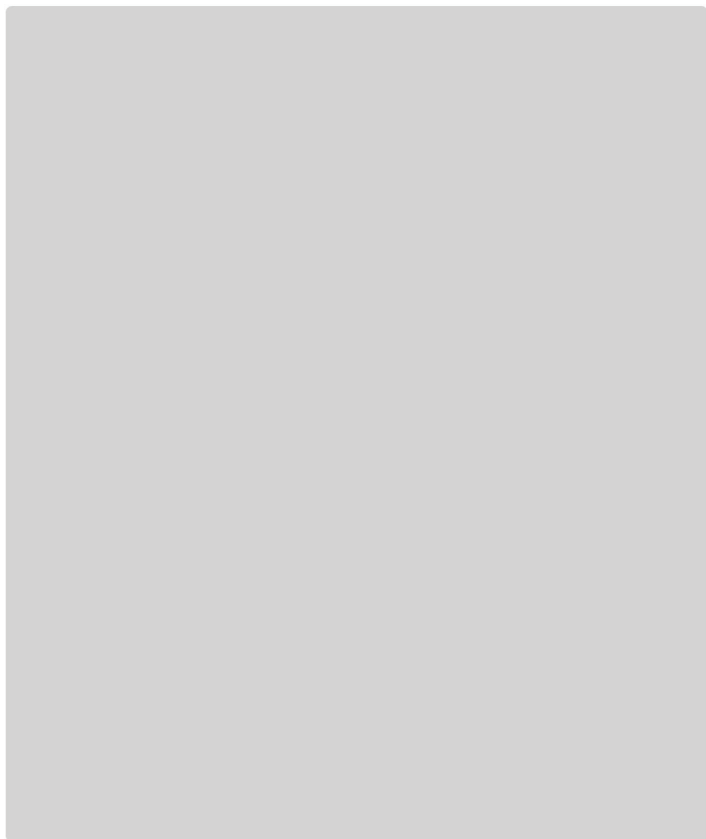
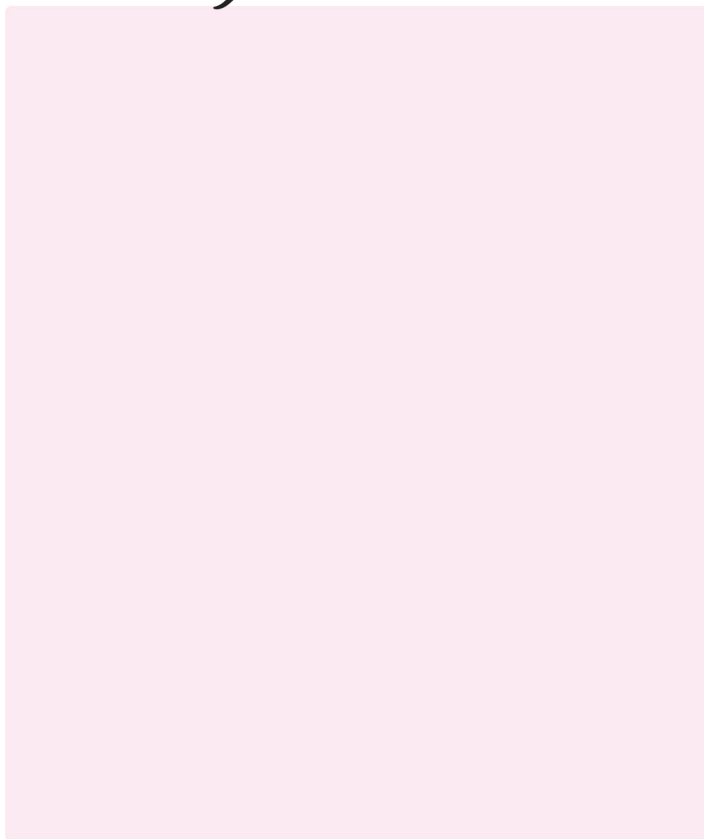


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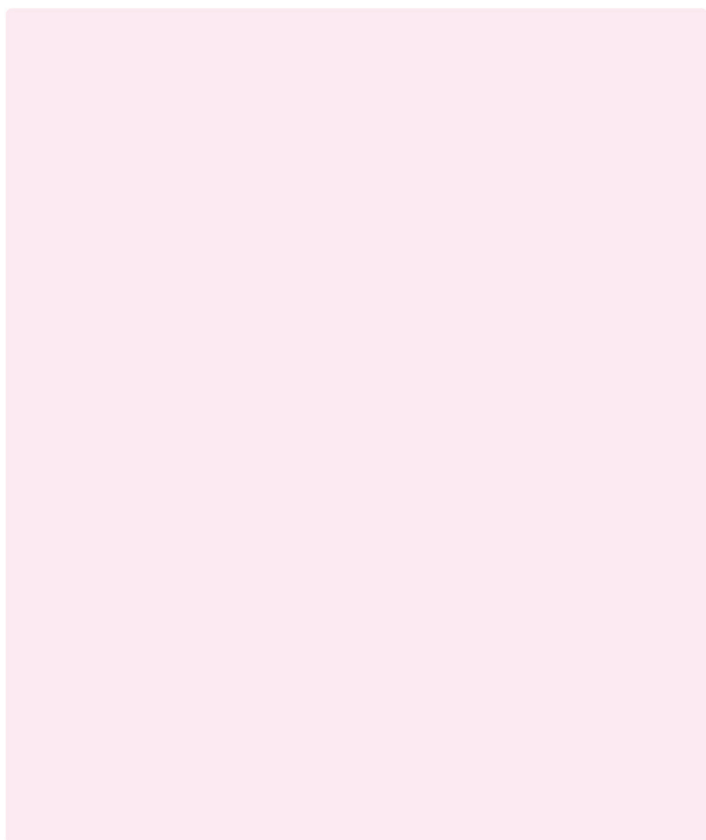
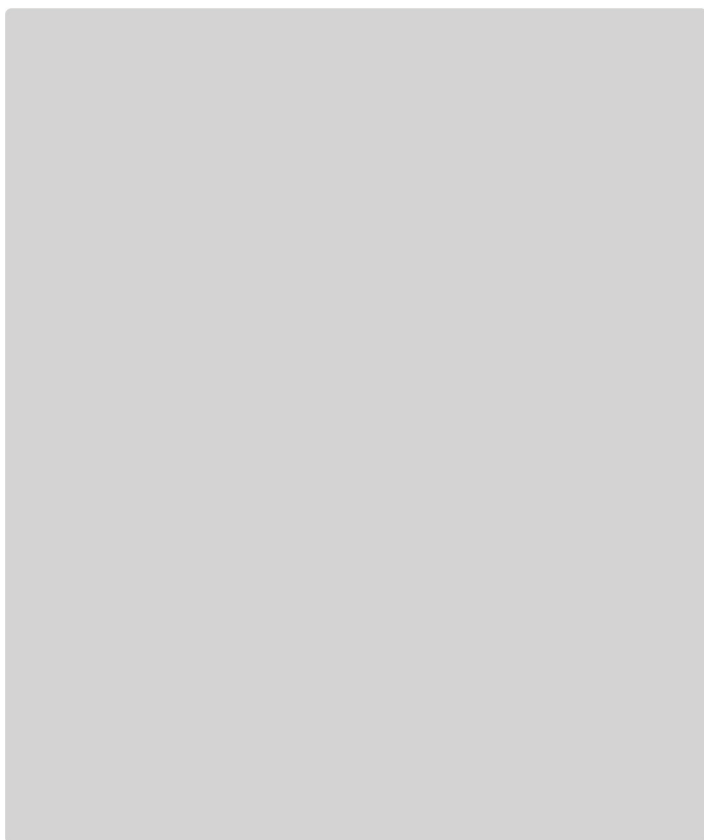
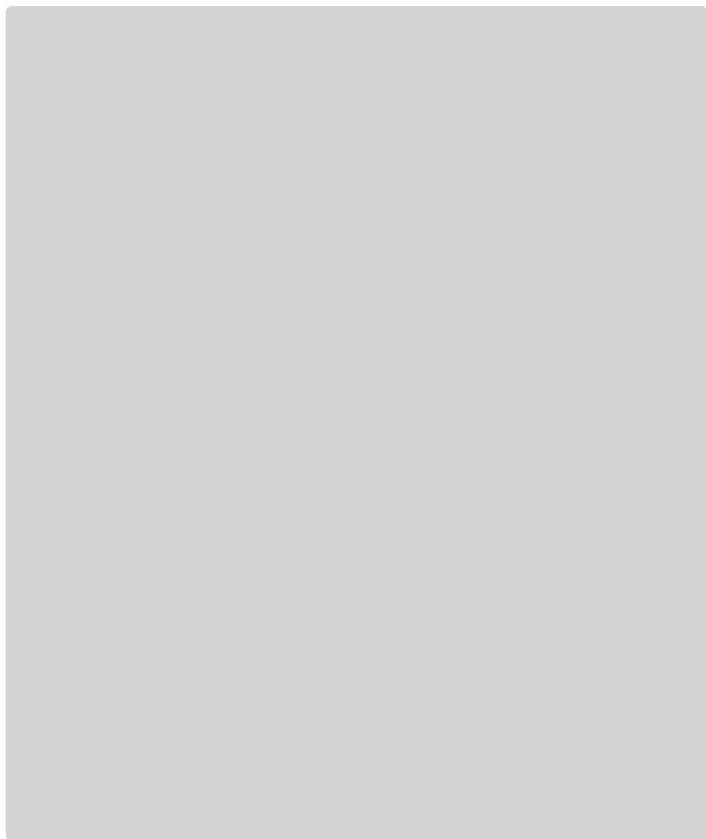
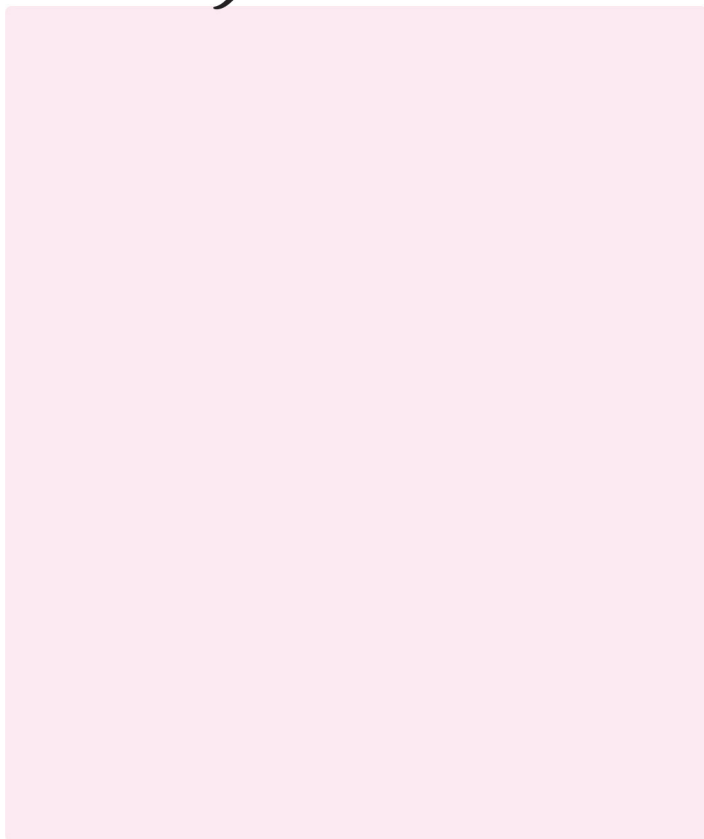


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weekly to-do lists:



November 2014

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

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9	10	11	12
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THURSDAY

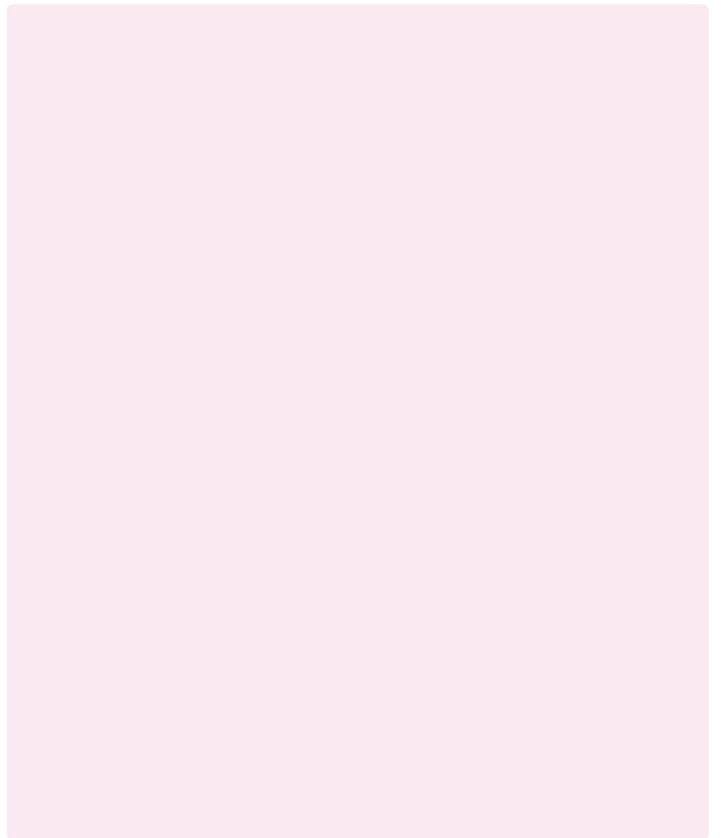
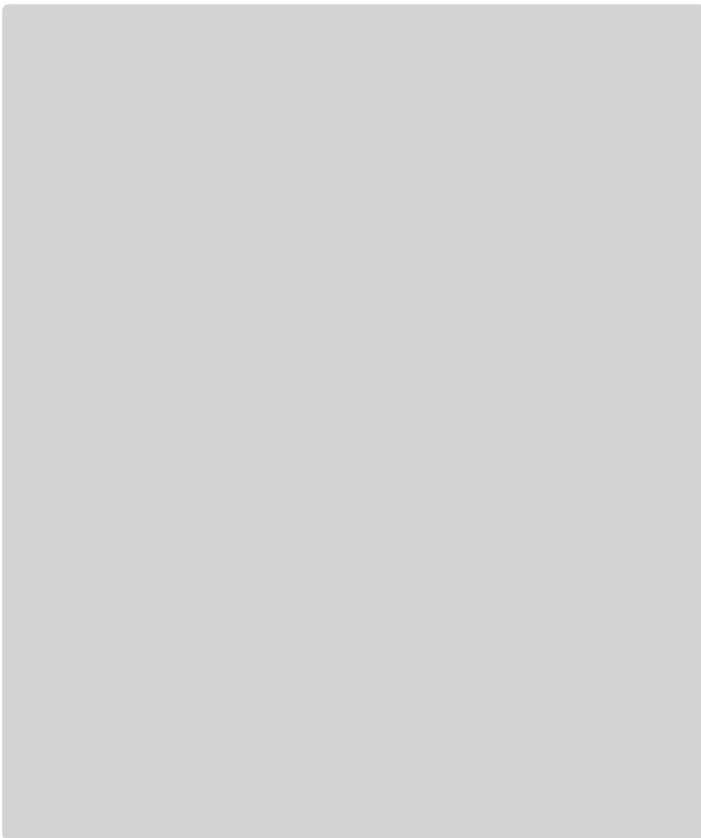
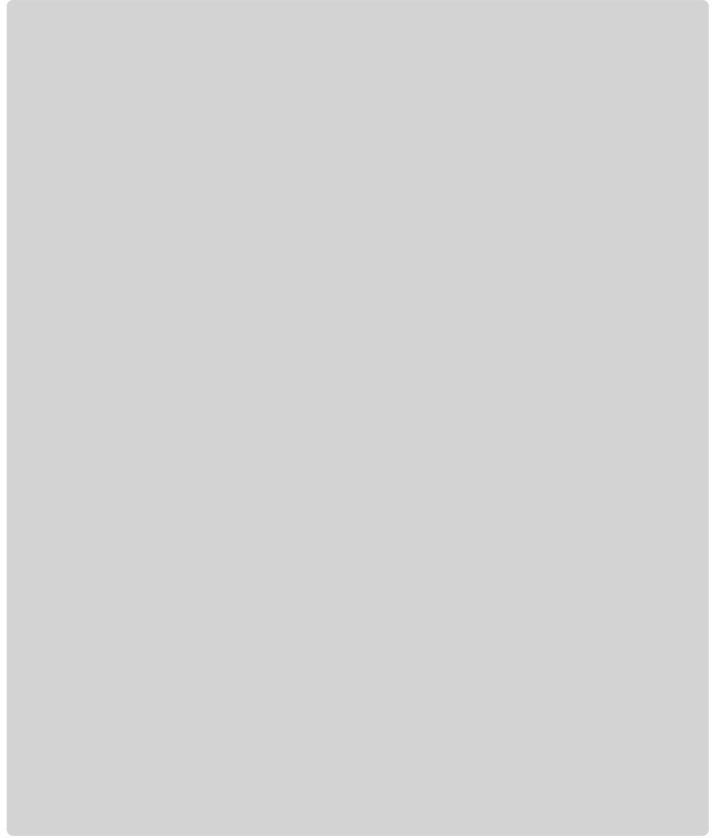
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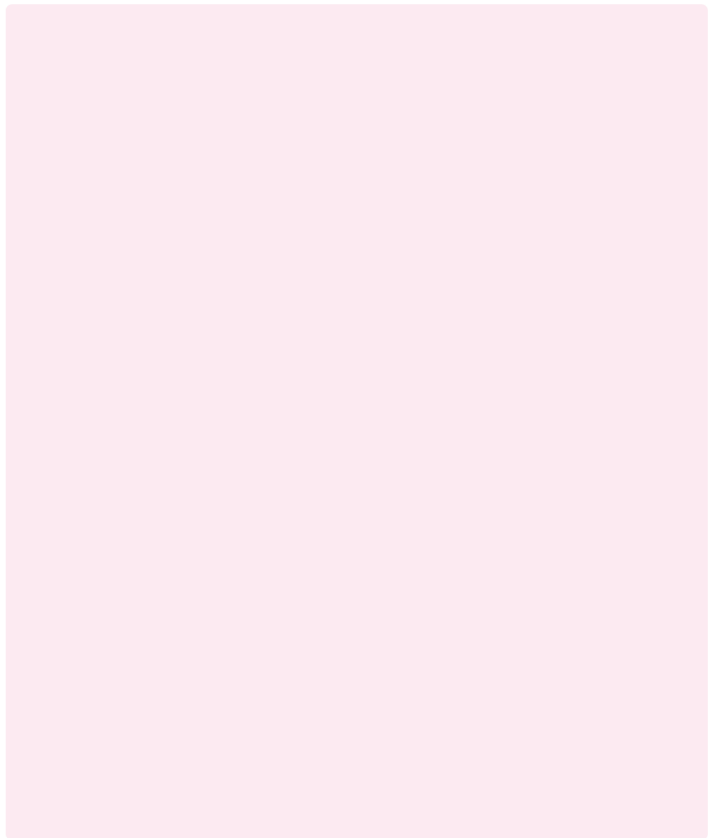
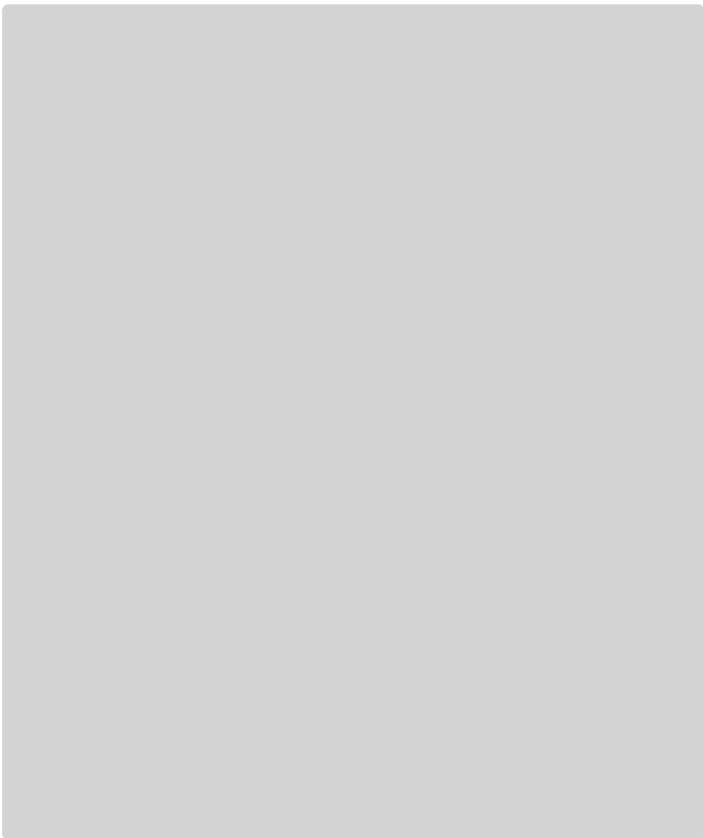
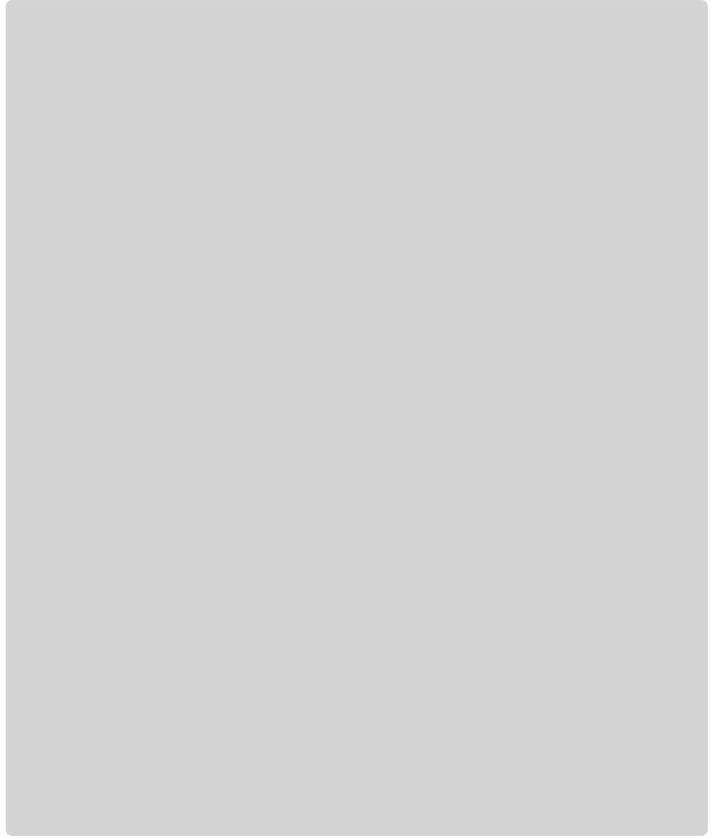
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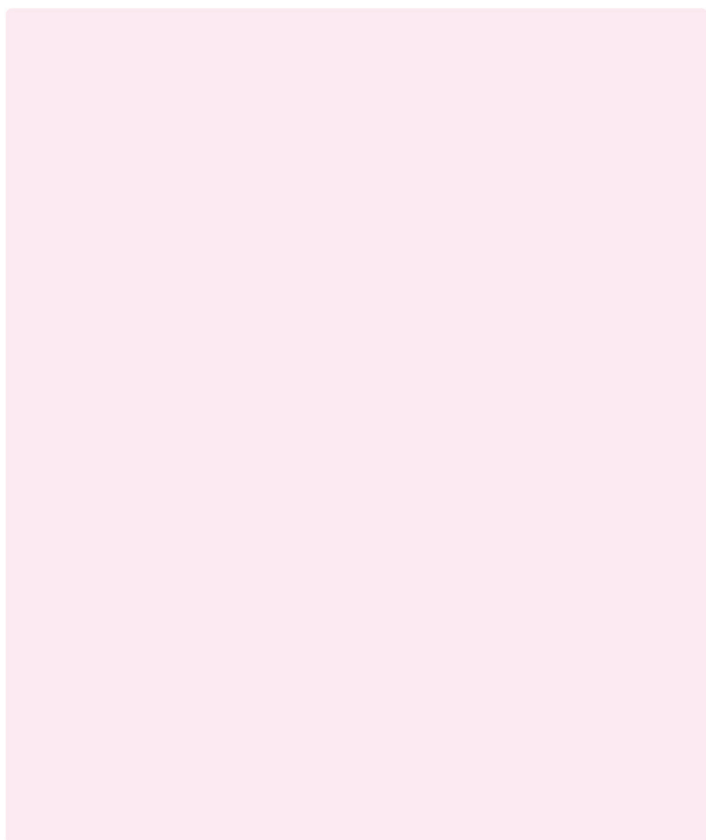
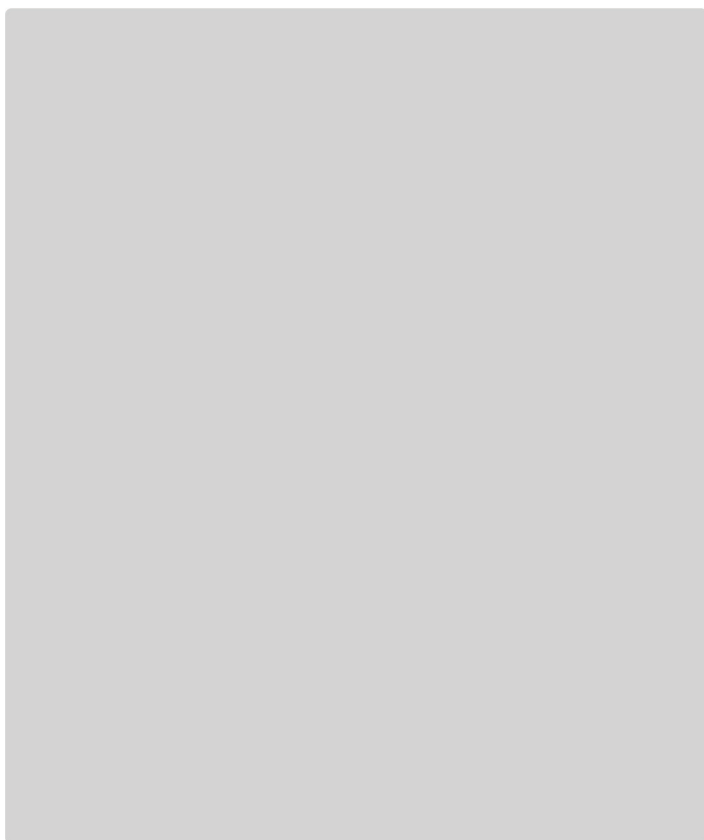
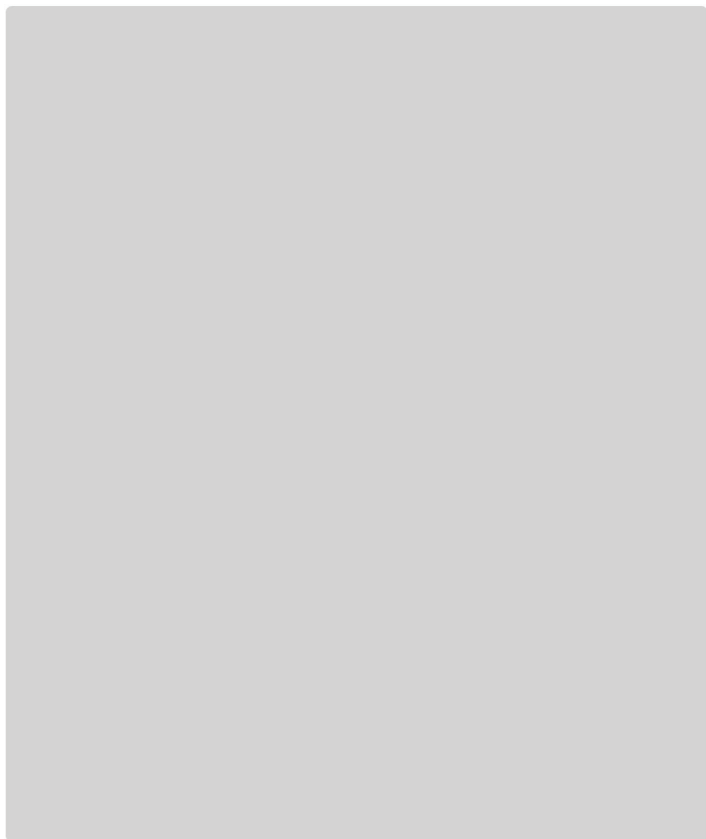
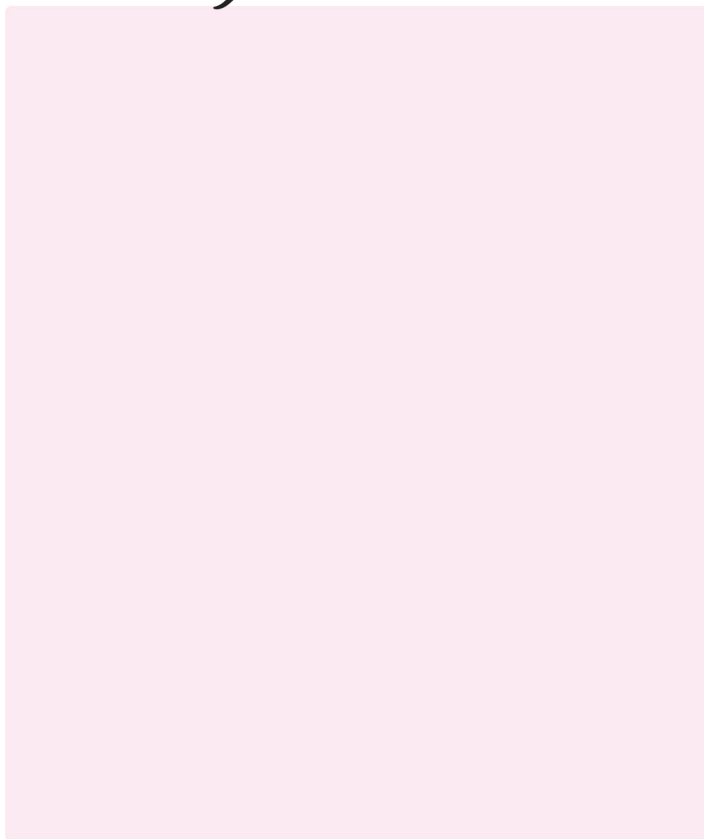


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MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

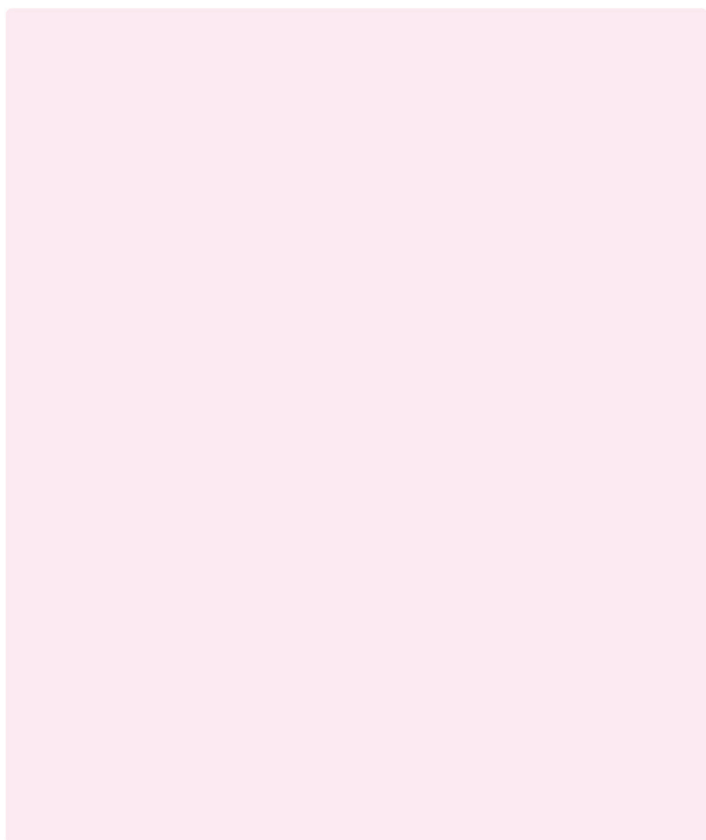
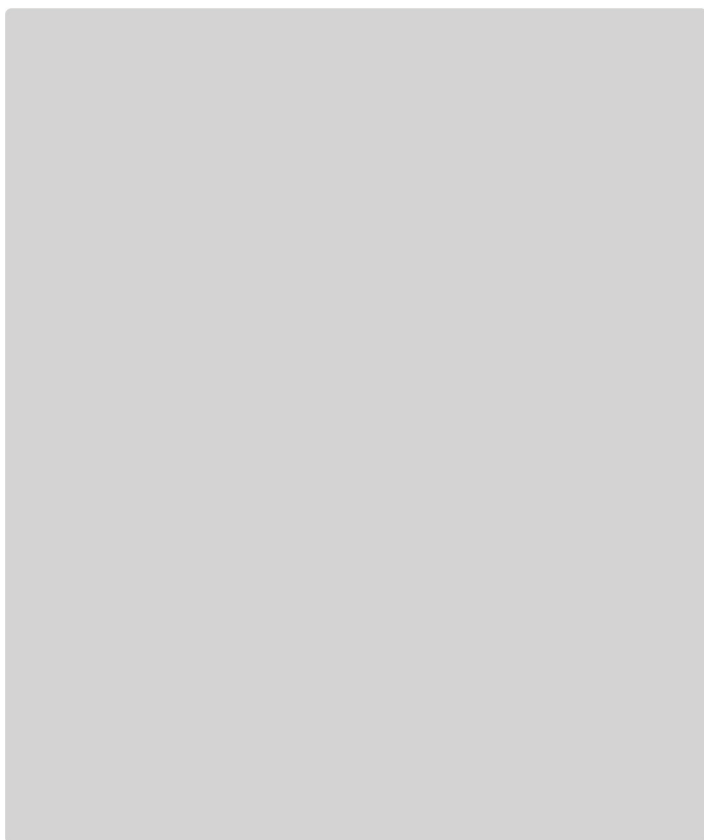
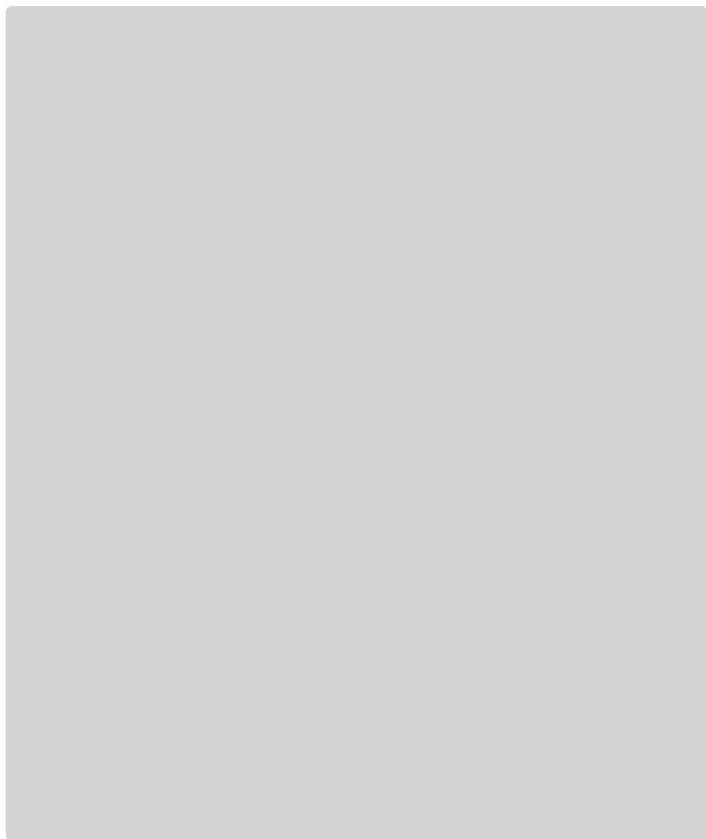
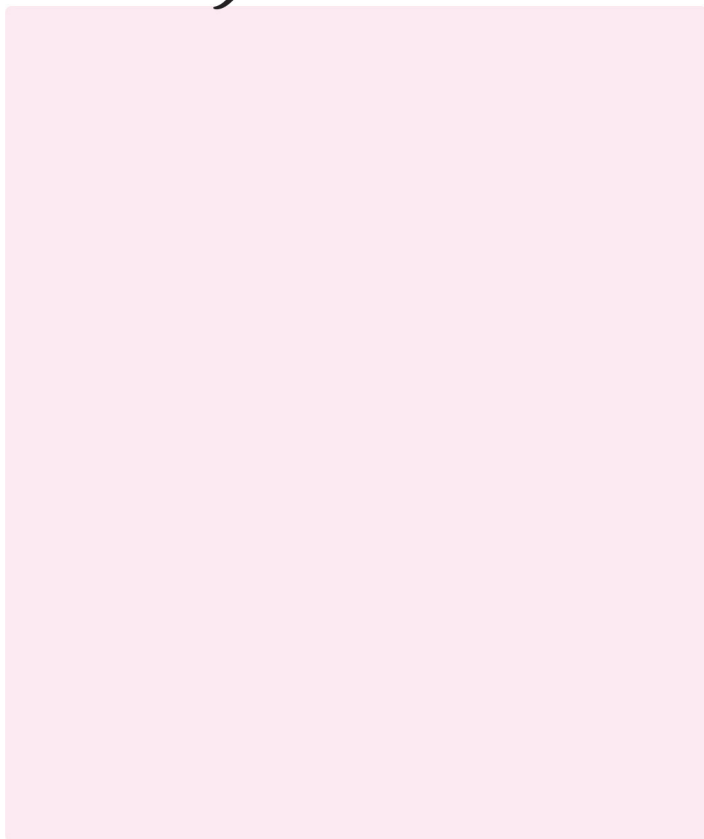


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

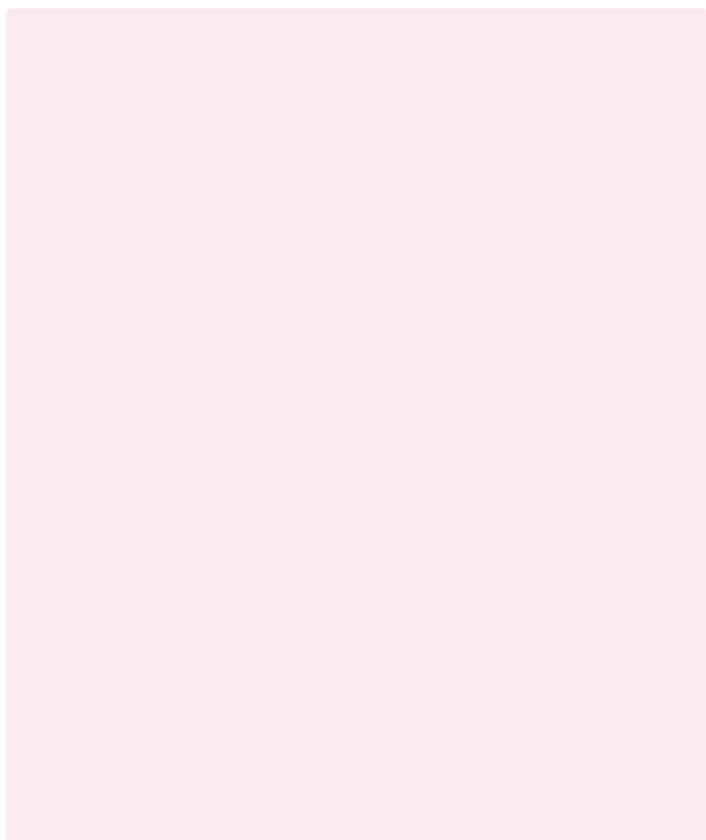
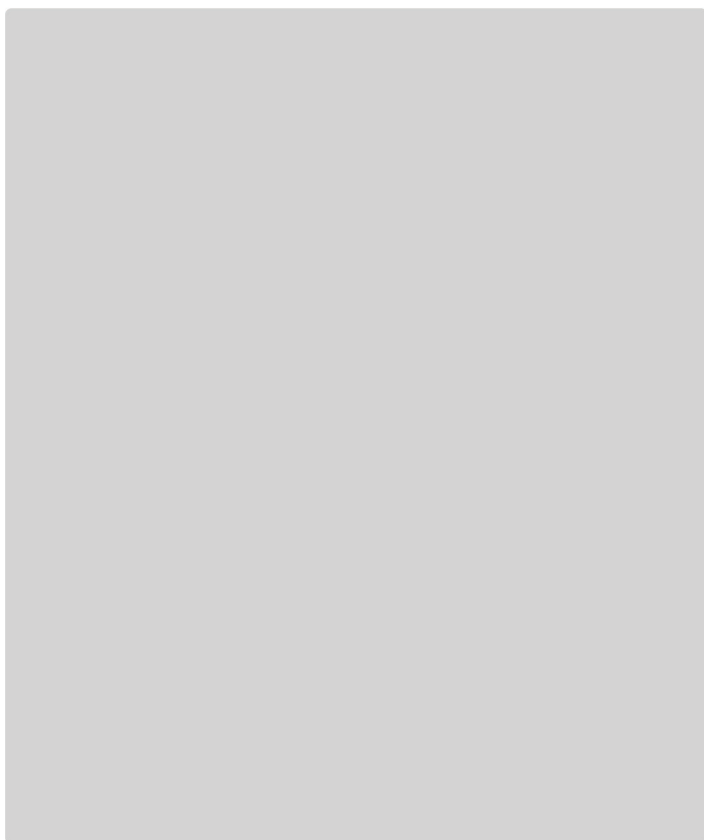
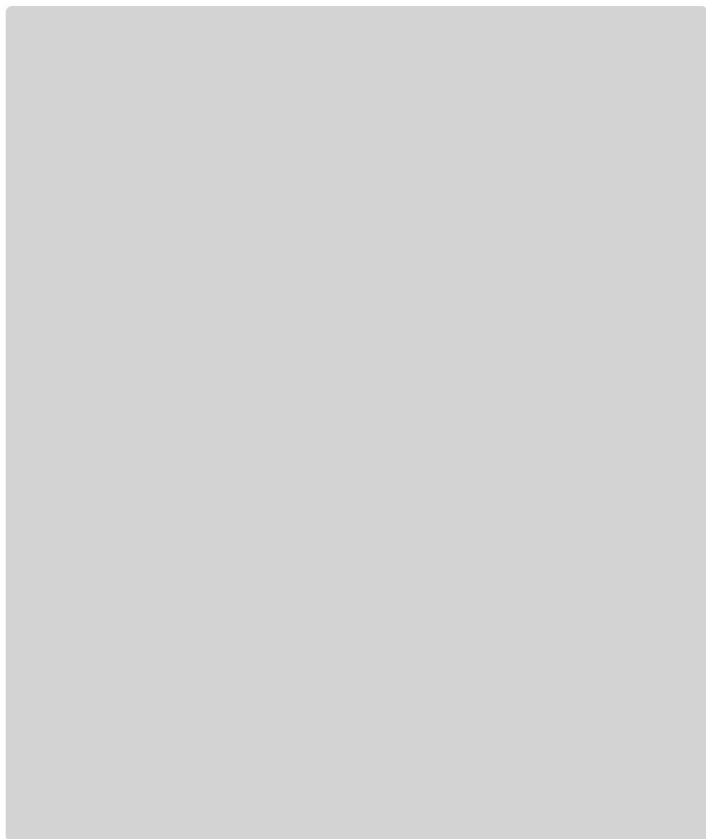
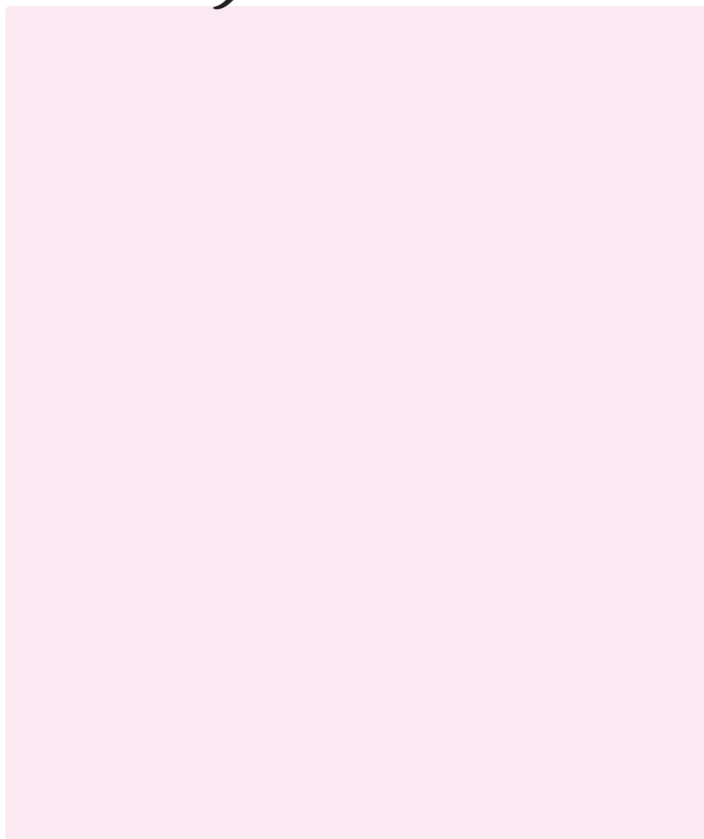


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

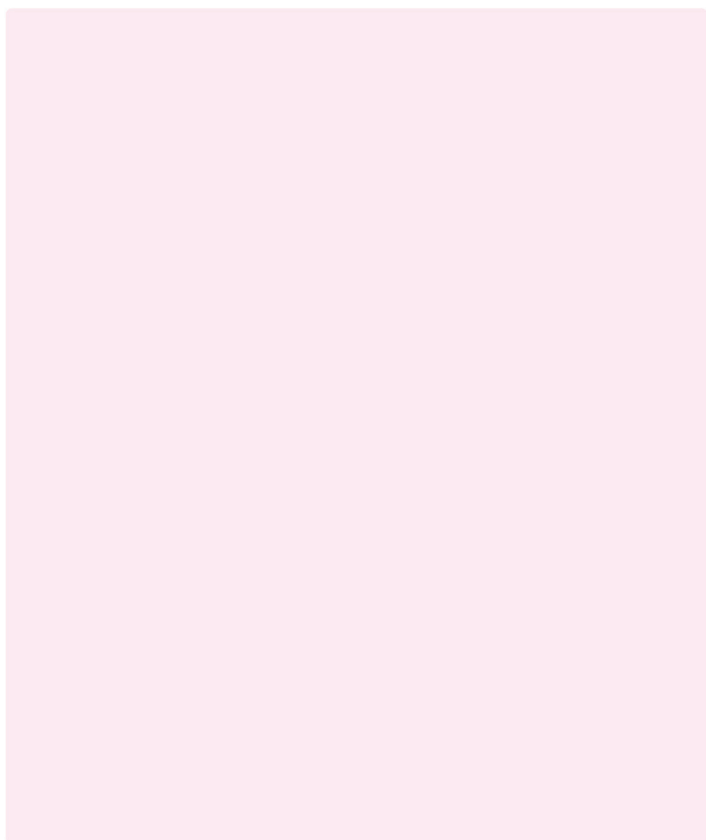
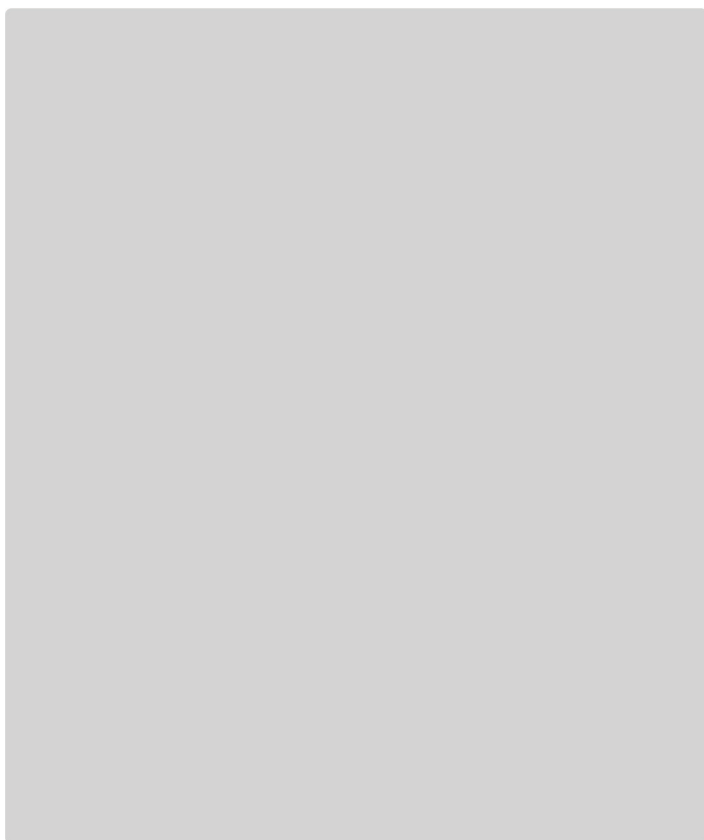
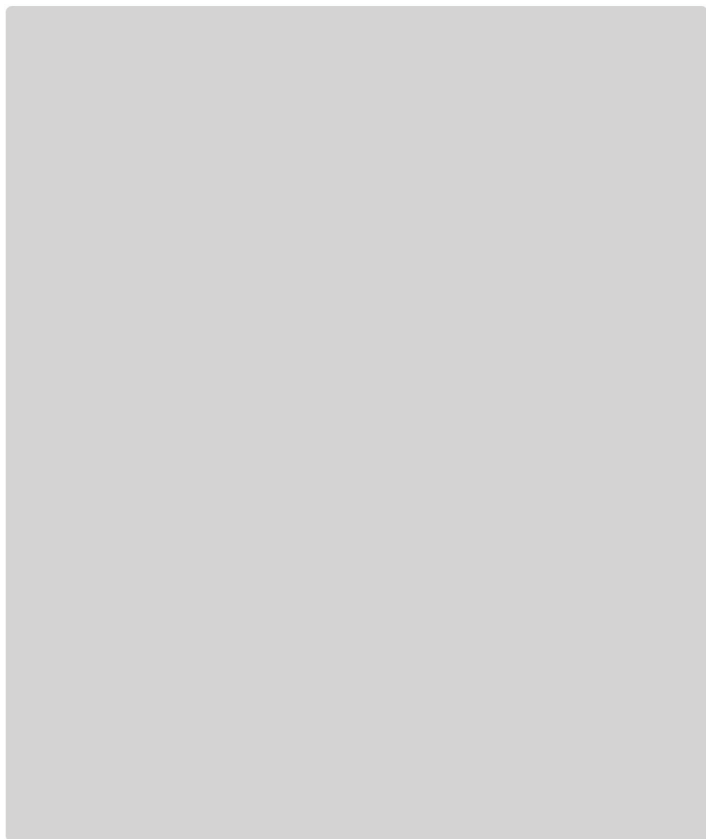
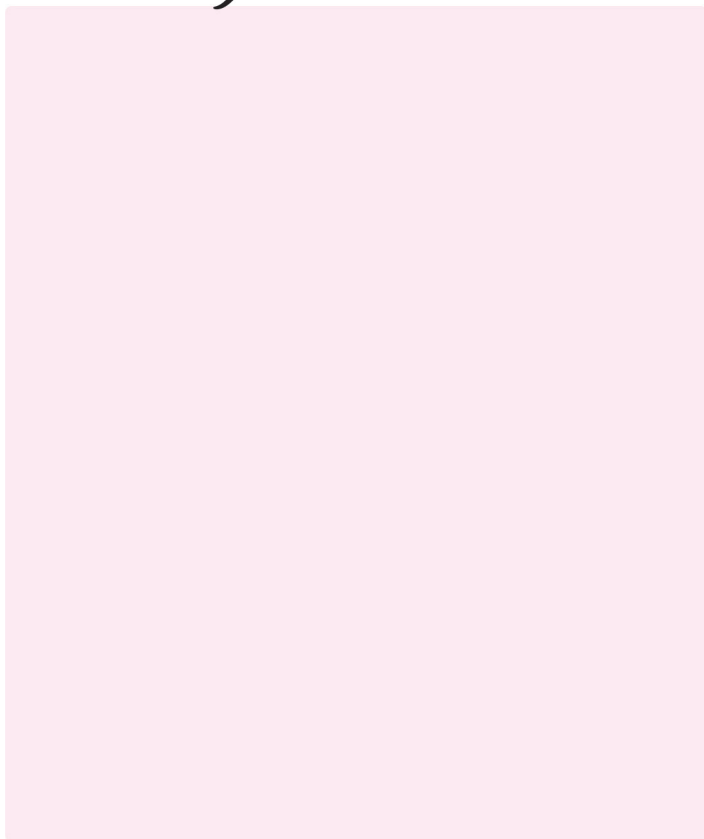


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:



december 2014

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31

THURSDAY

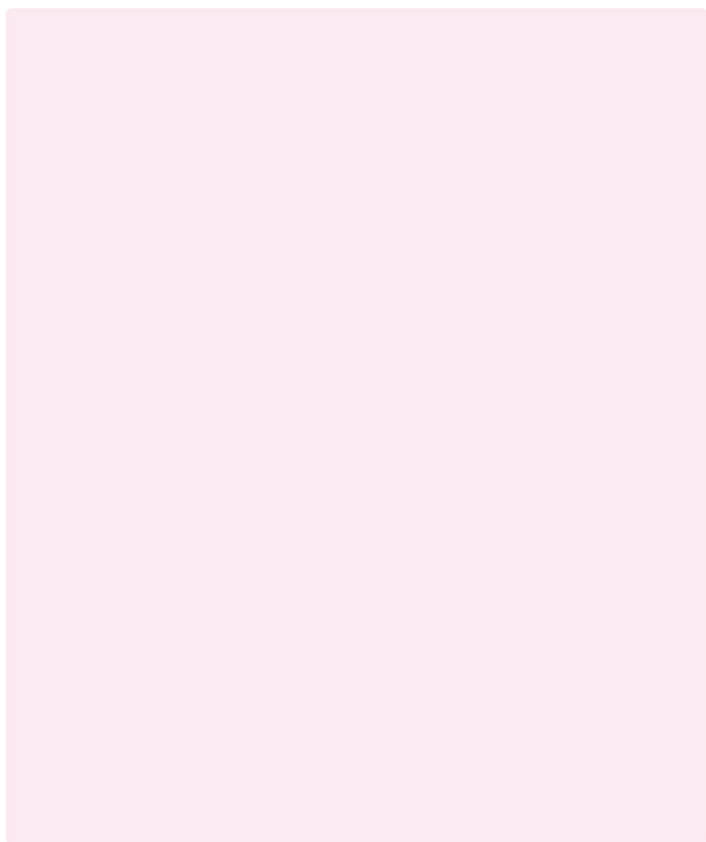
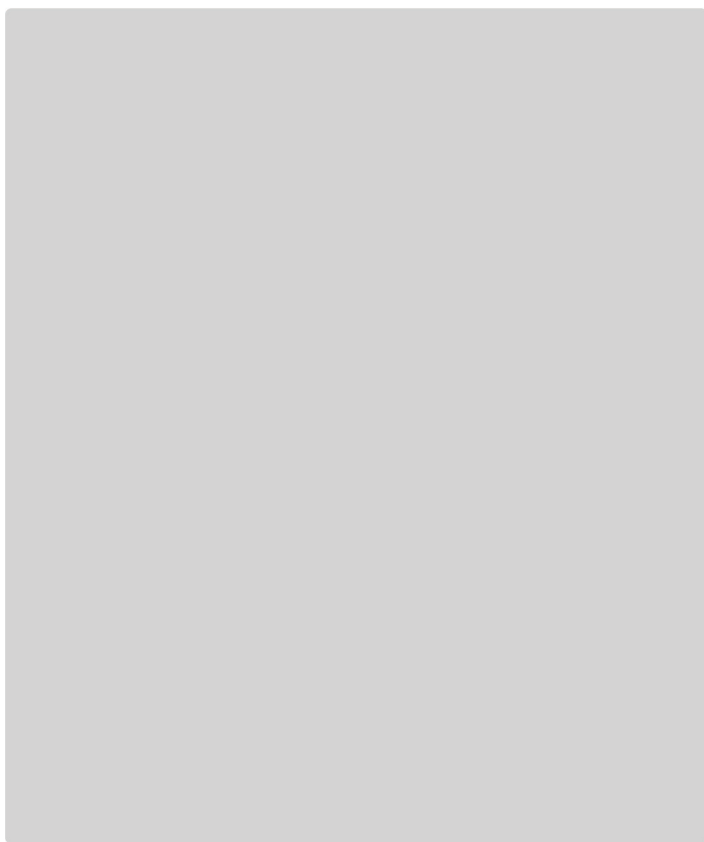
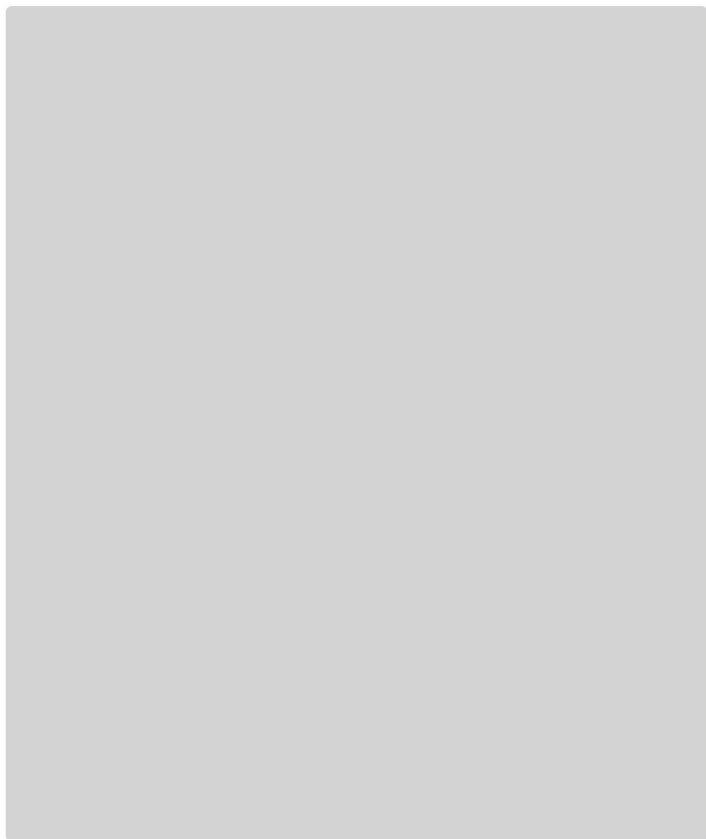
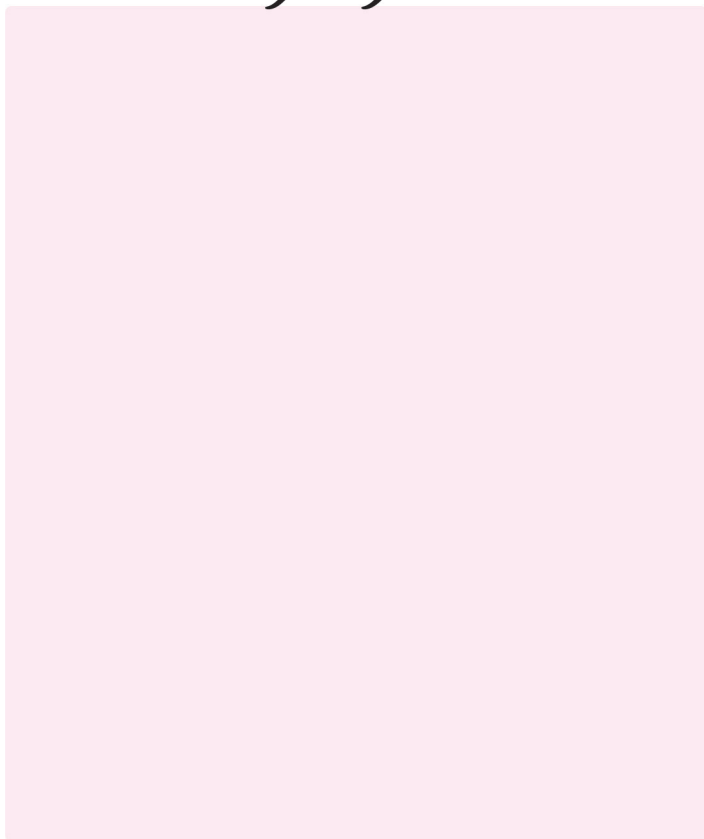
FRIDAY

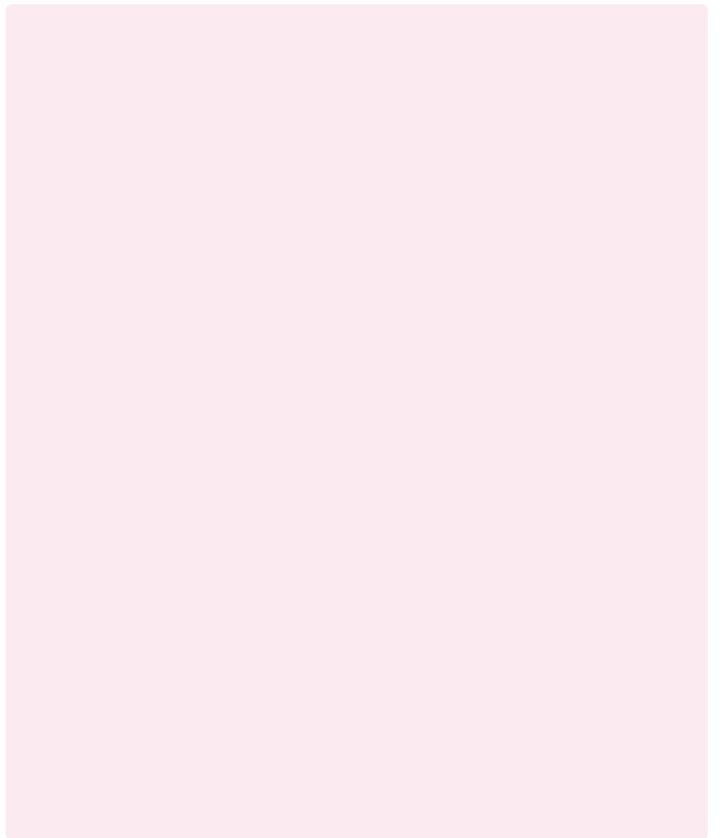
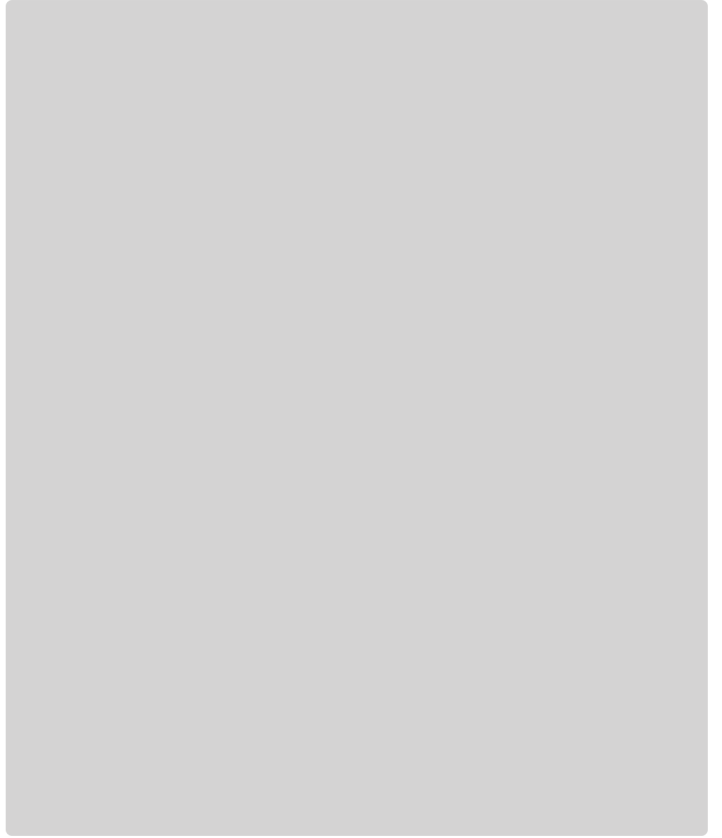
SATURDAY

4	5	6
11	12	13
18	19	20
25	26	27

monthly notes

monthly goals:



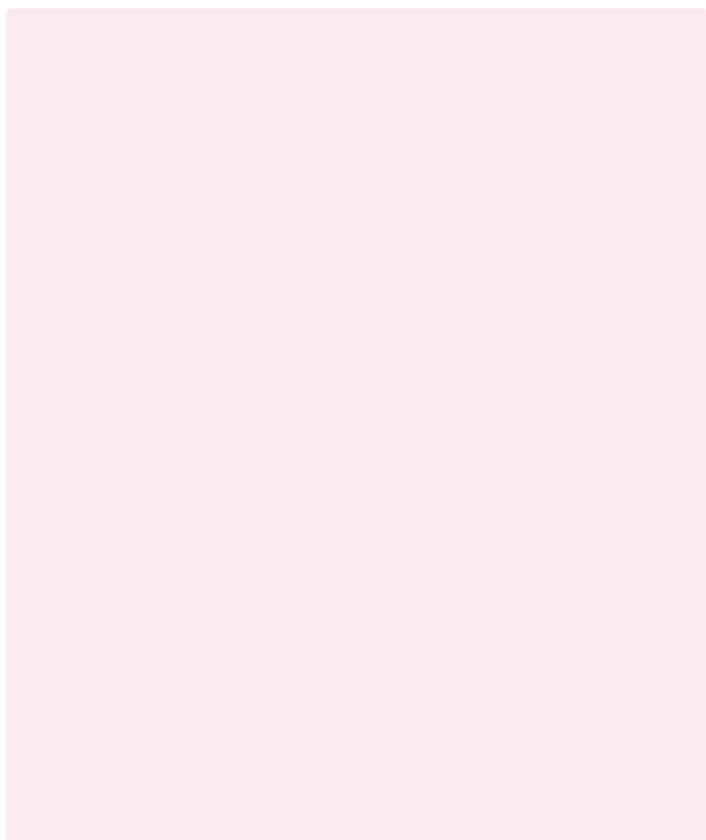
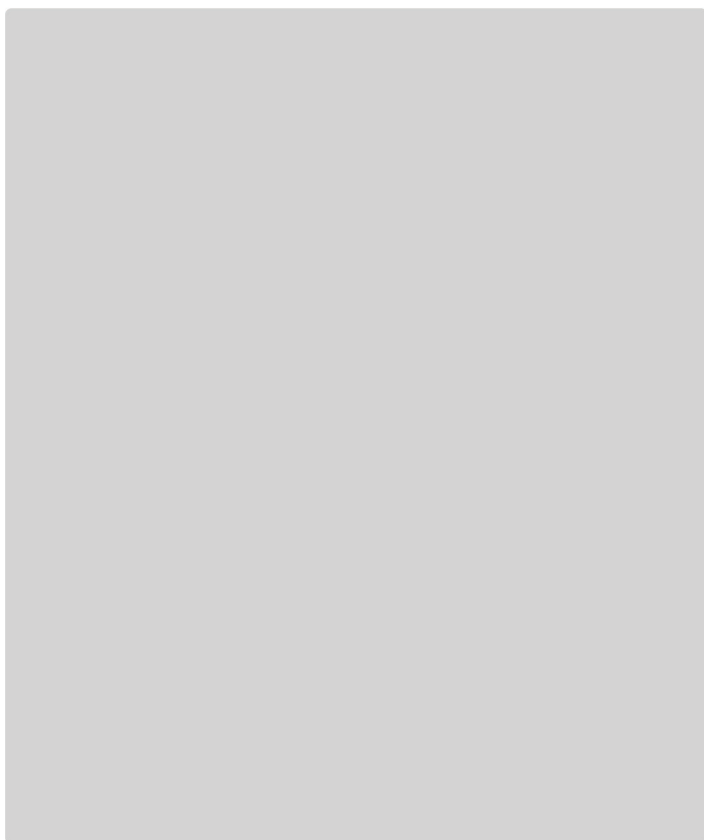
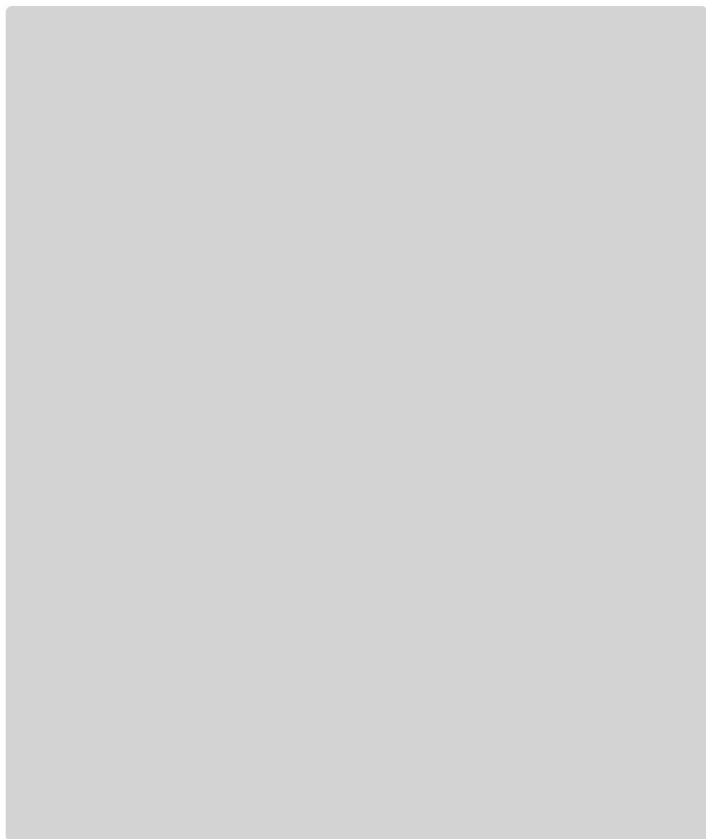
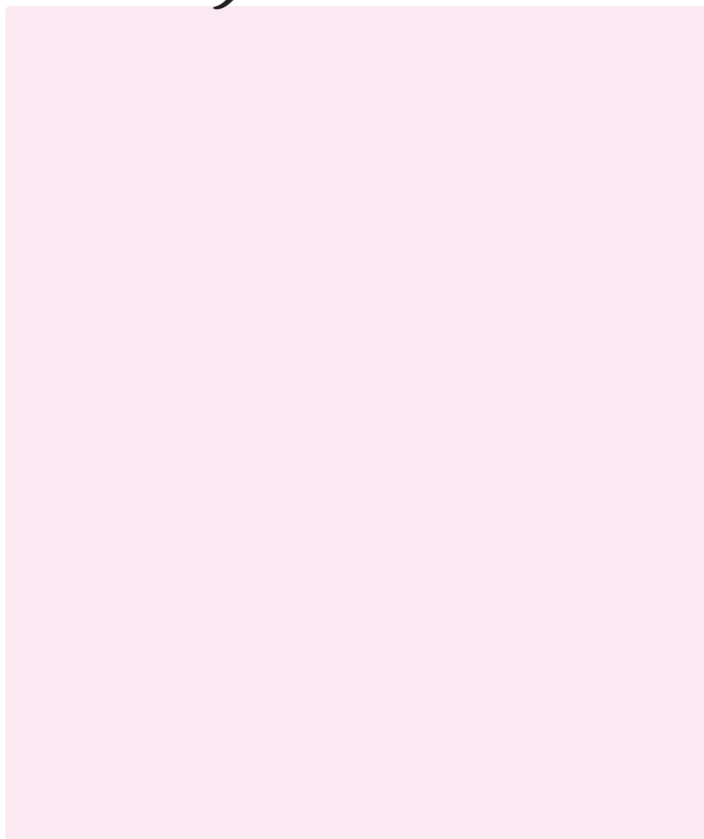


for the week of:

MEALS

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WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

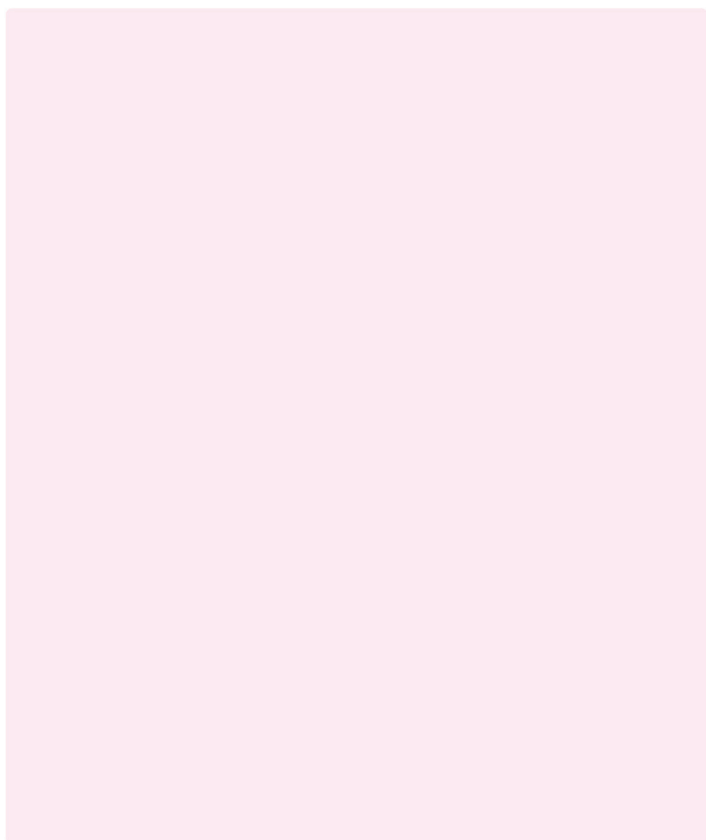
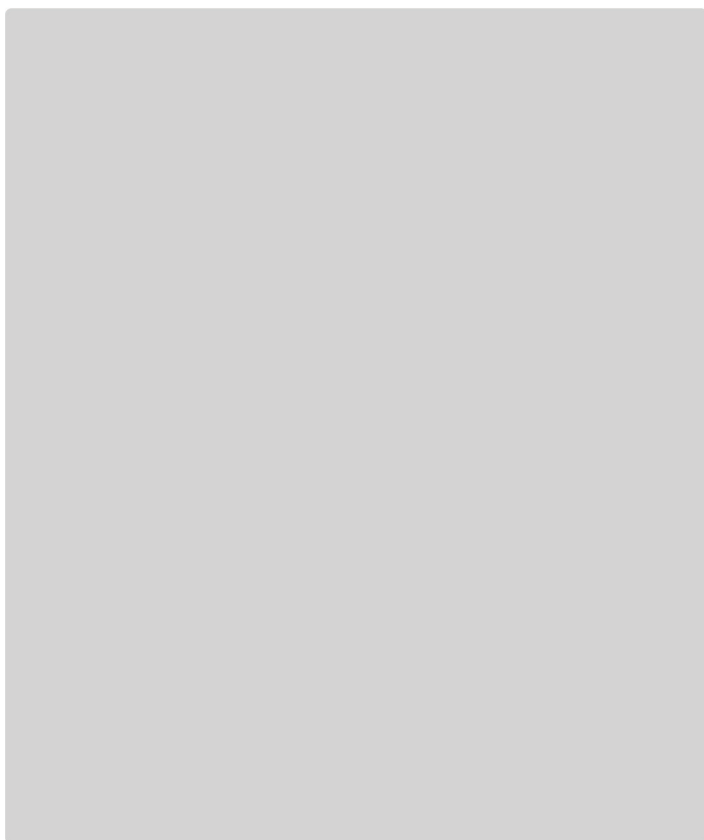
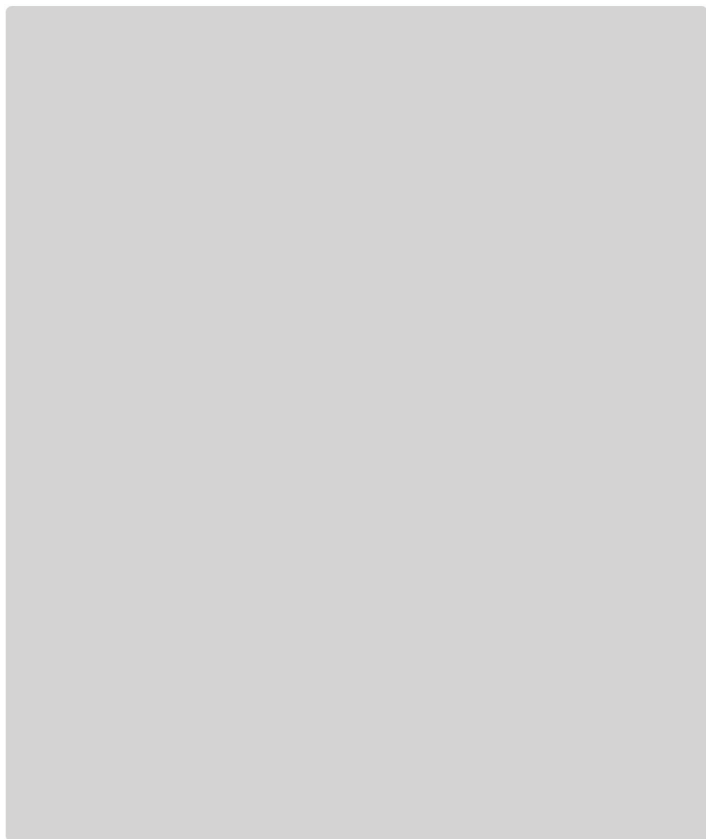
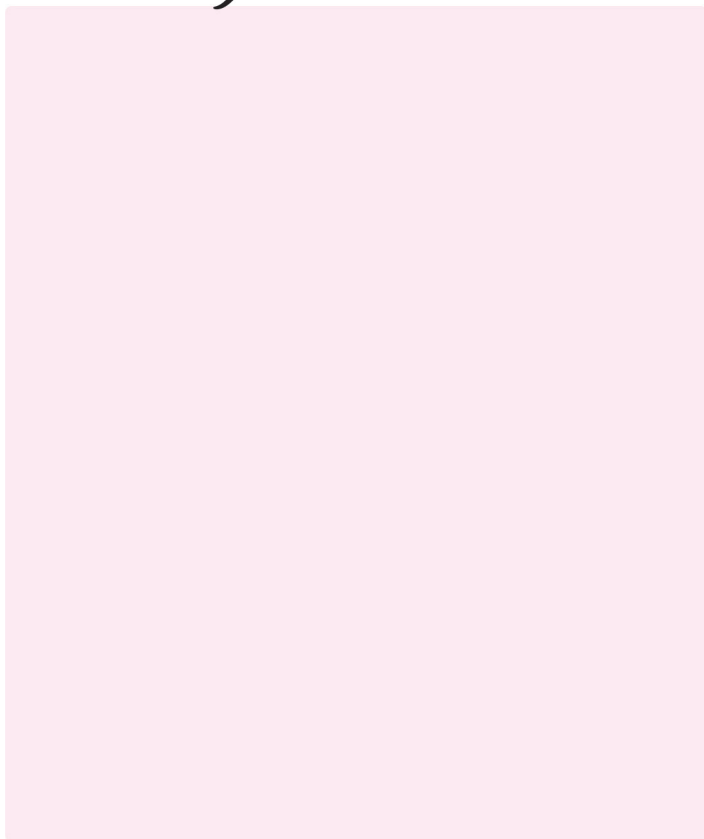


for the week of:

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SUNDAY	

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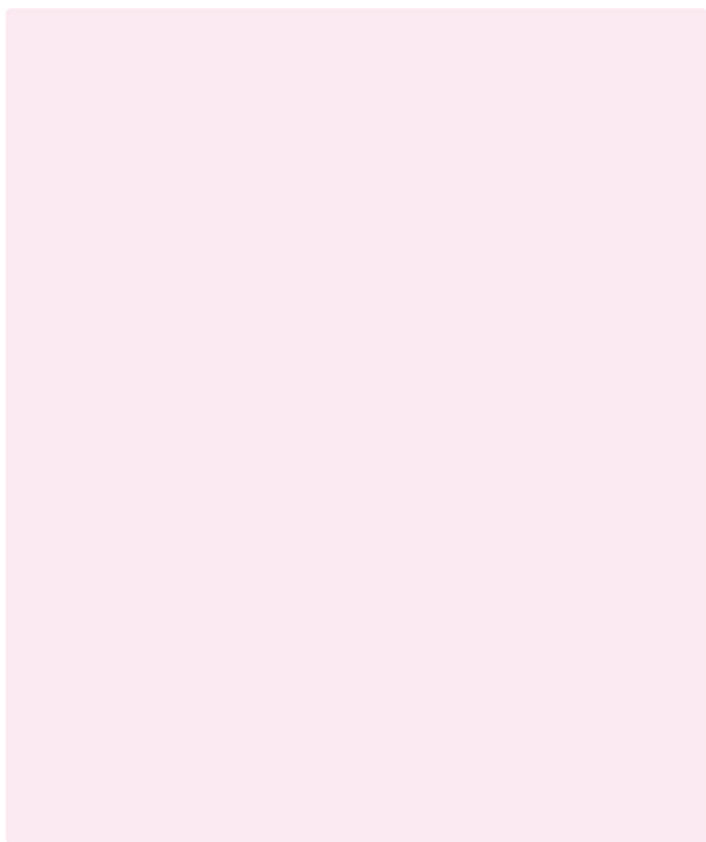
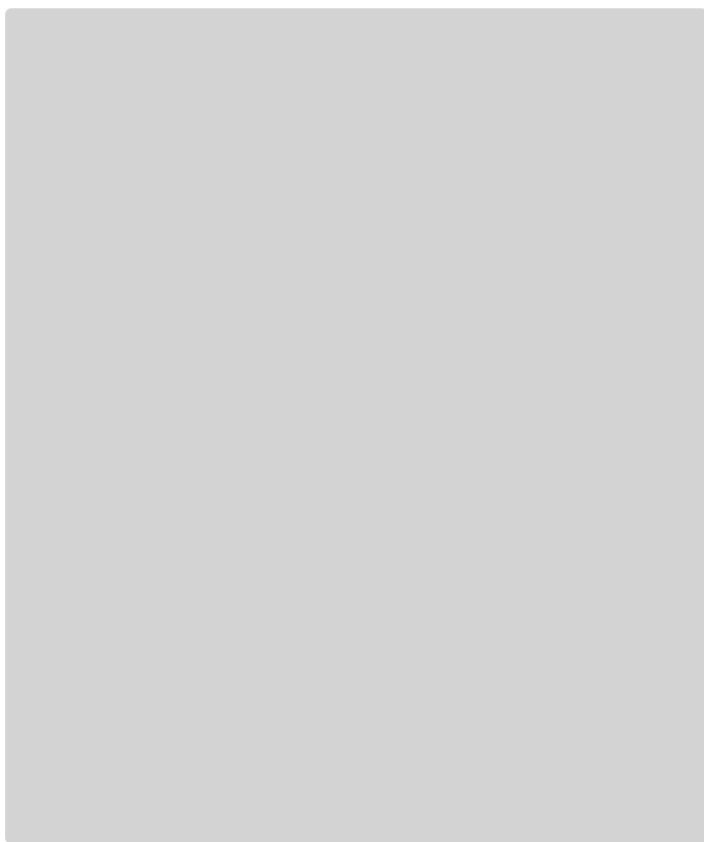
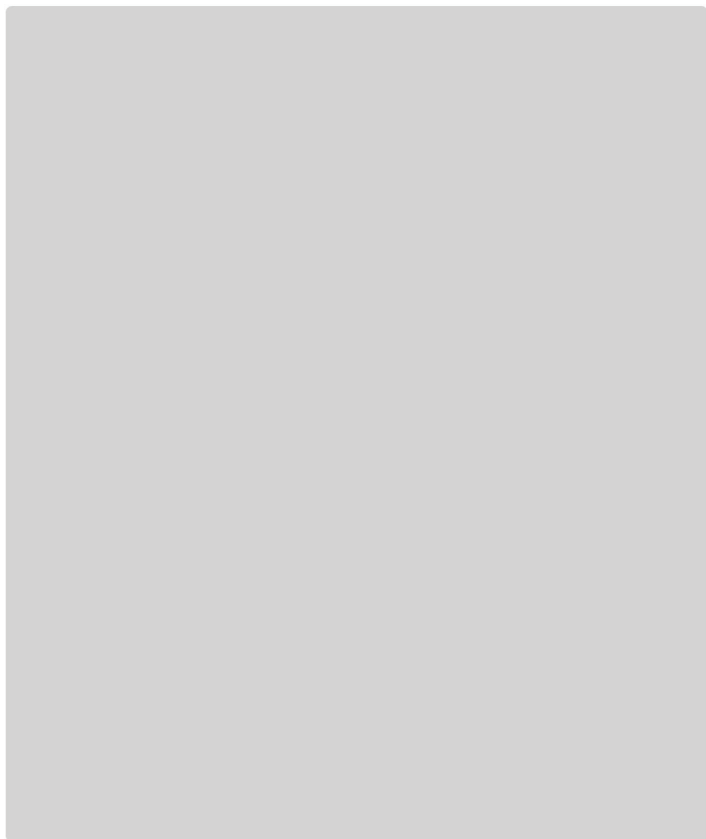
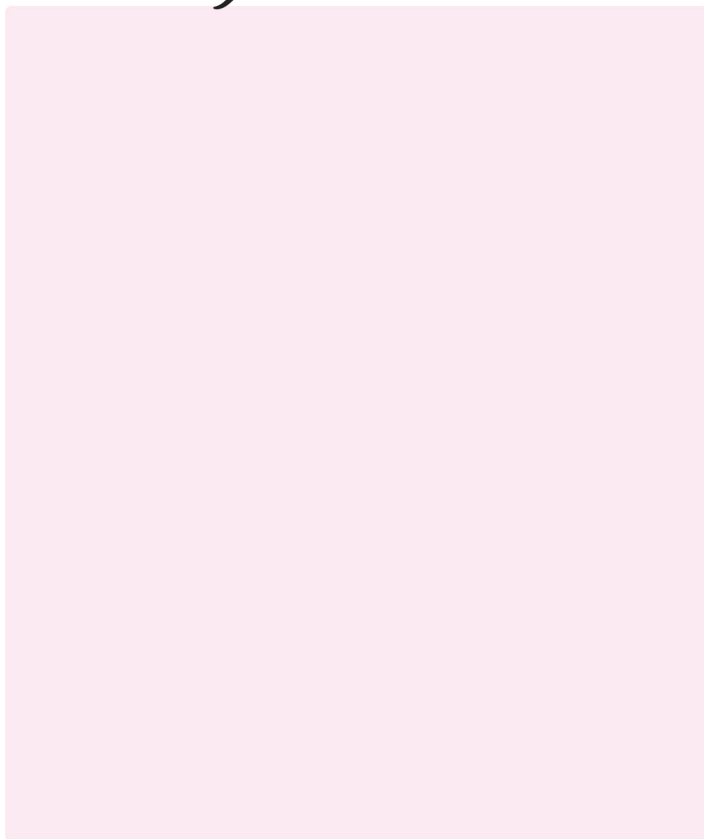


for the week of:

MEALS

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WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

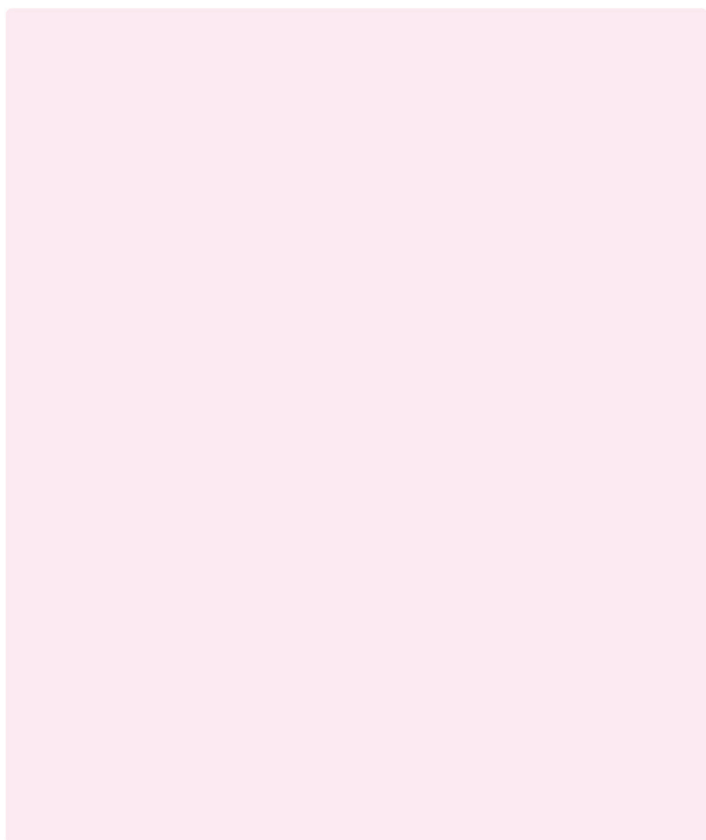
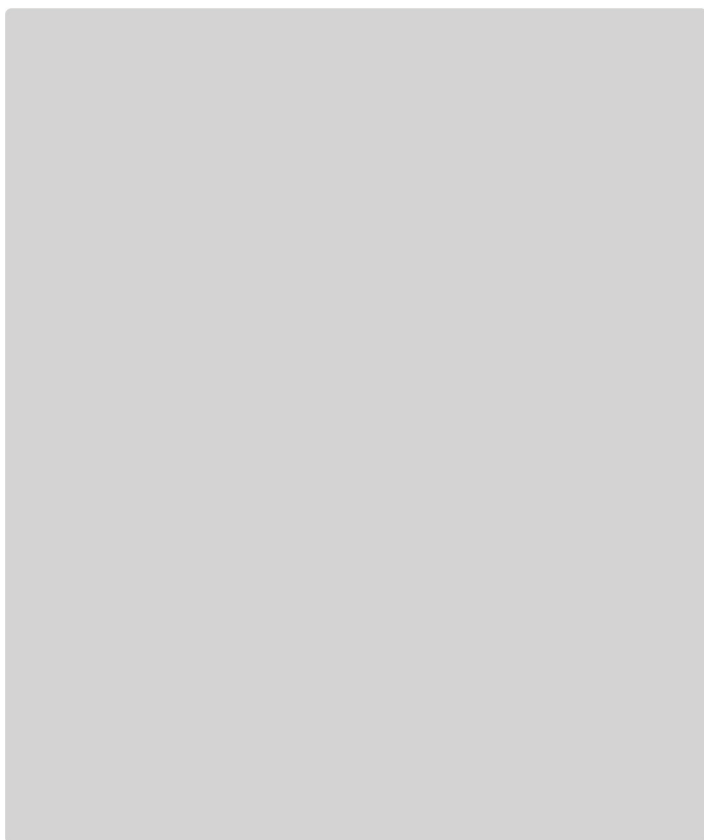
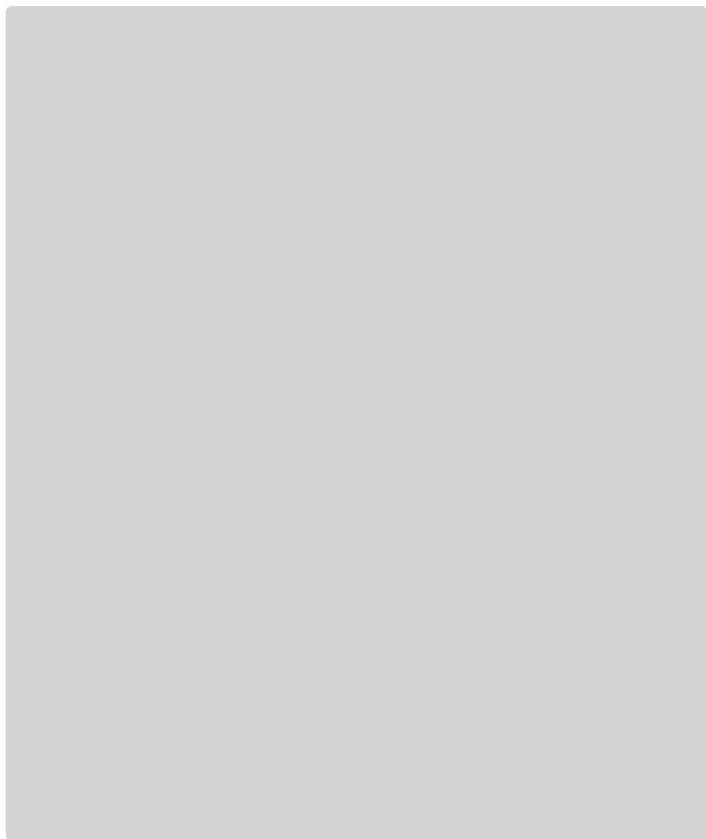
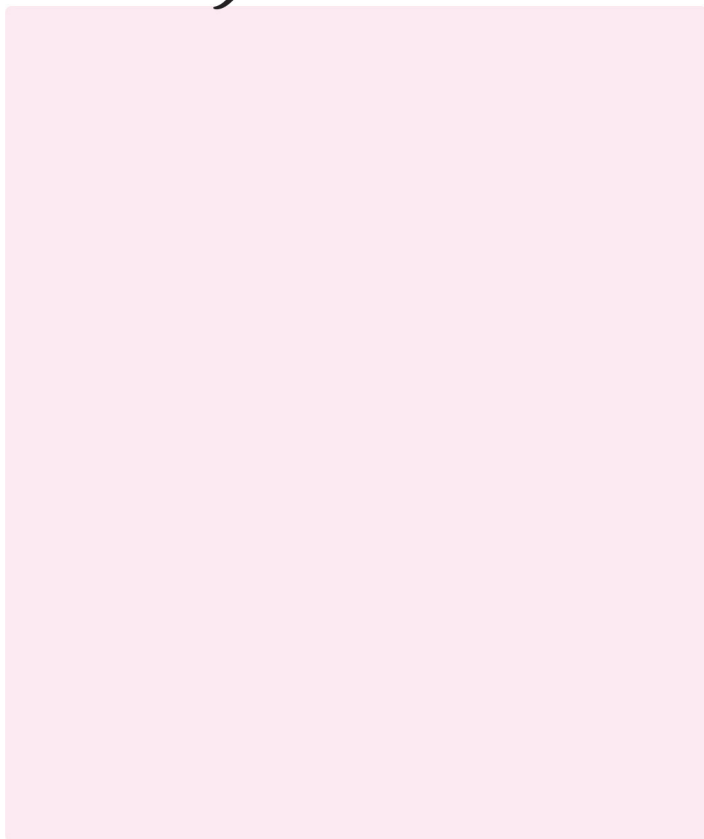


for the week of:

MEALS

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WEDNESDAY	
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SATURDAY	
SUNDAY	

weekly to-do lists:

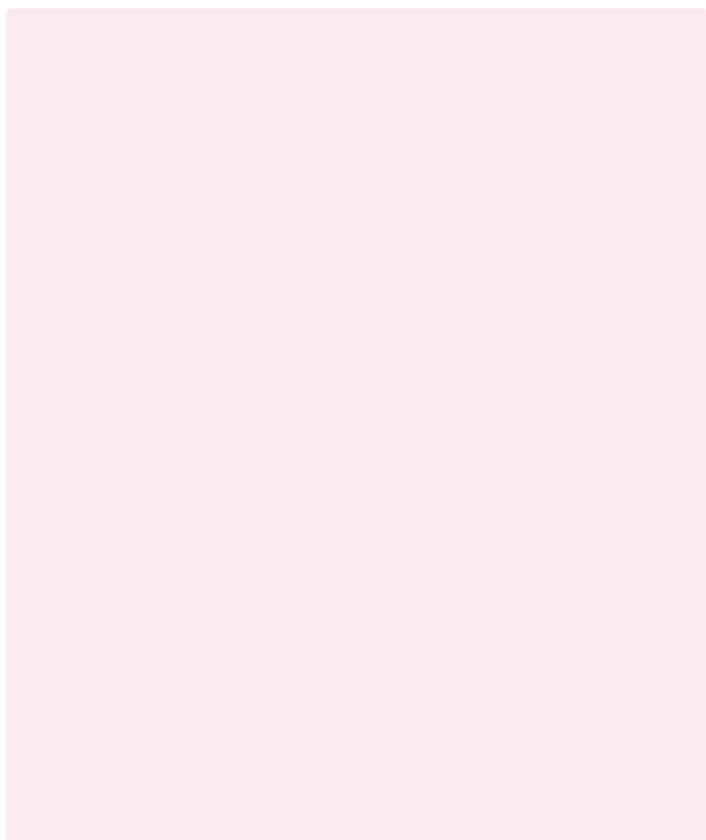
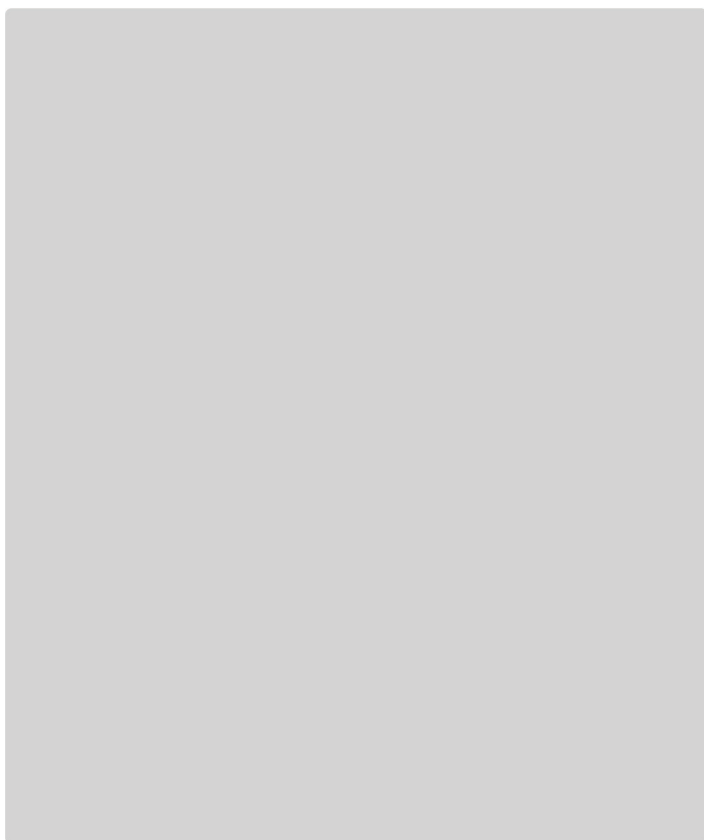
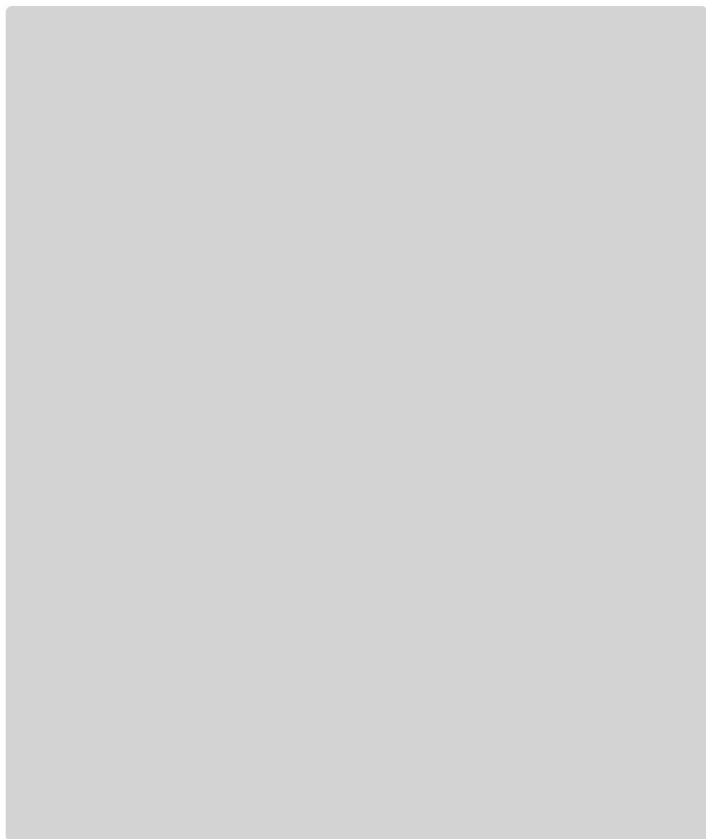
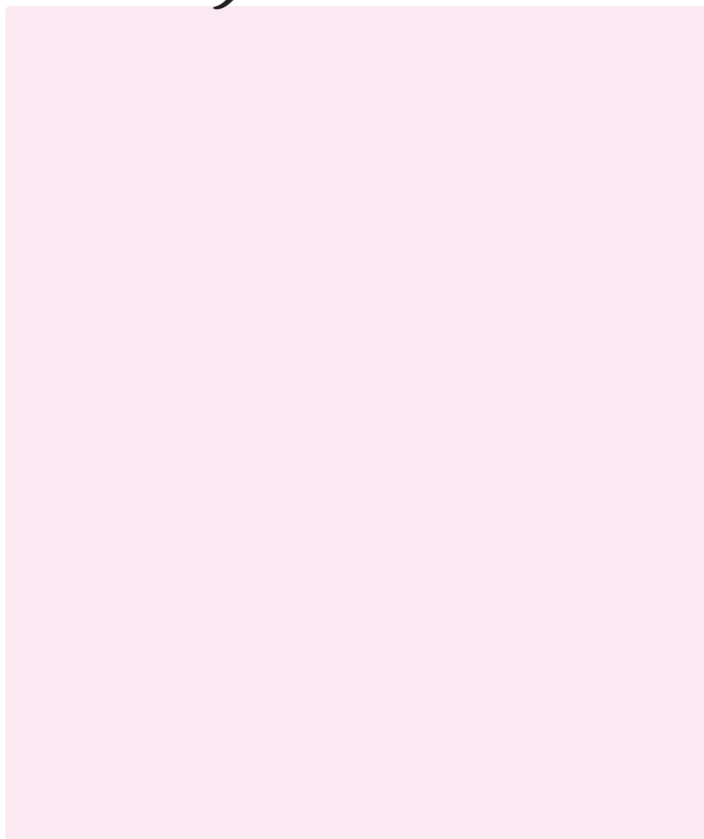


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:



january 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

THURSDAY

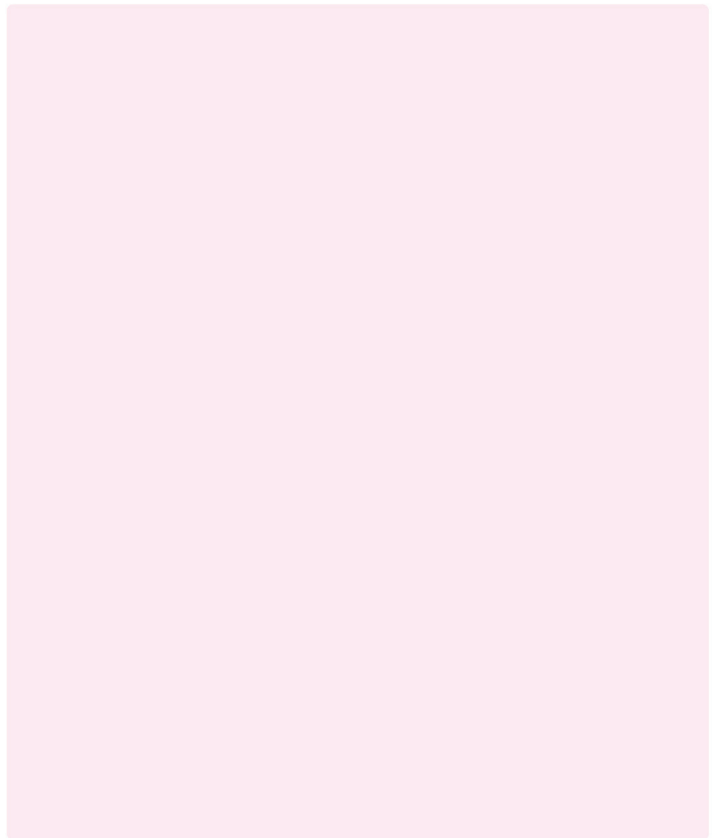
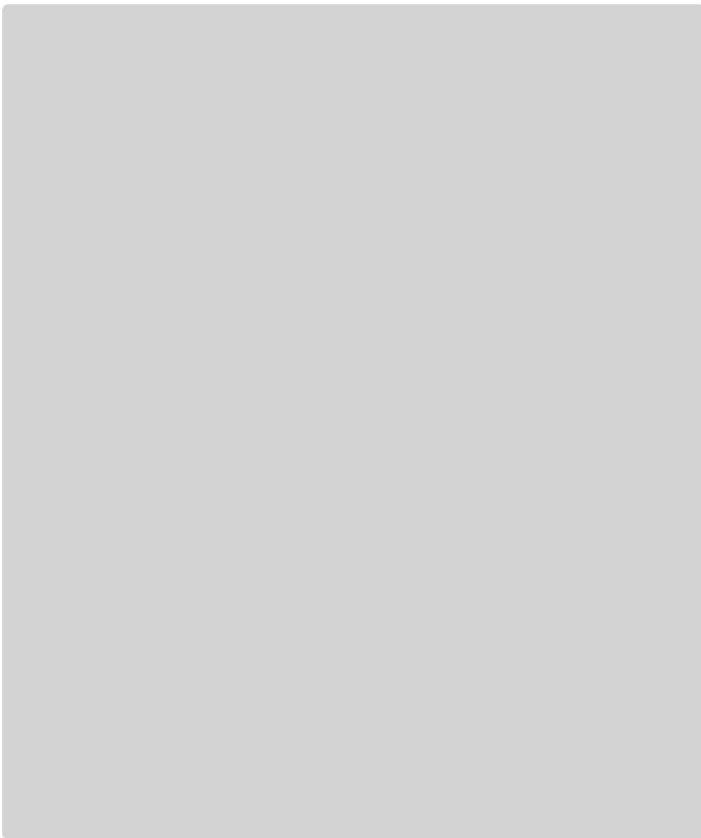
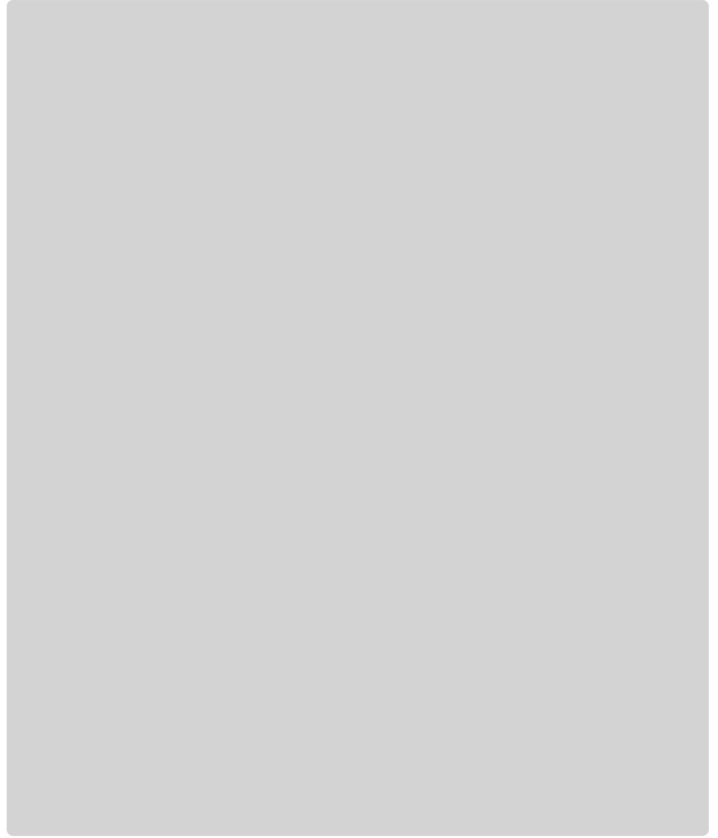
FRIDAY

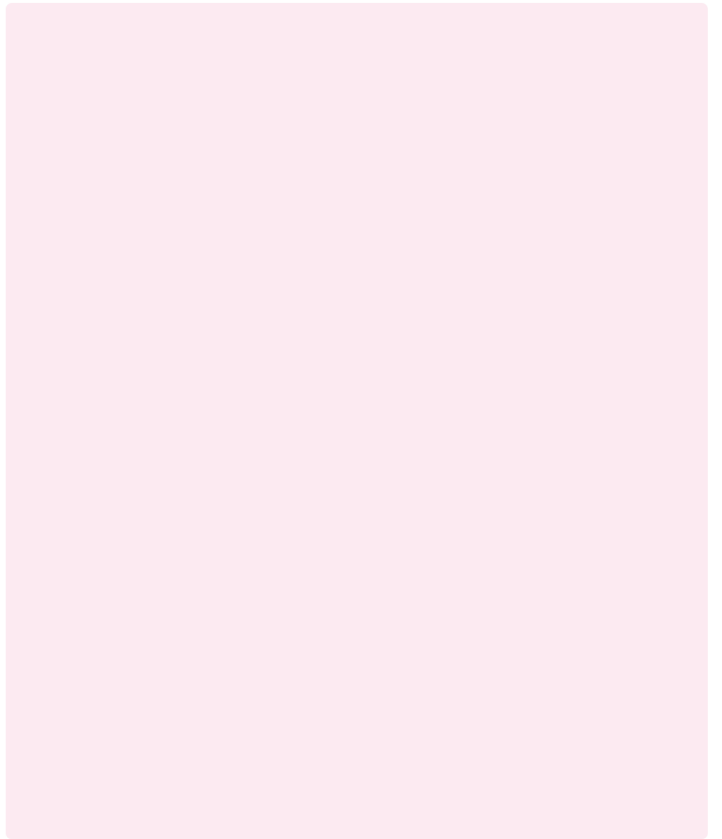
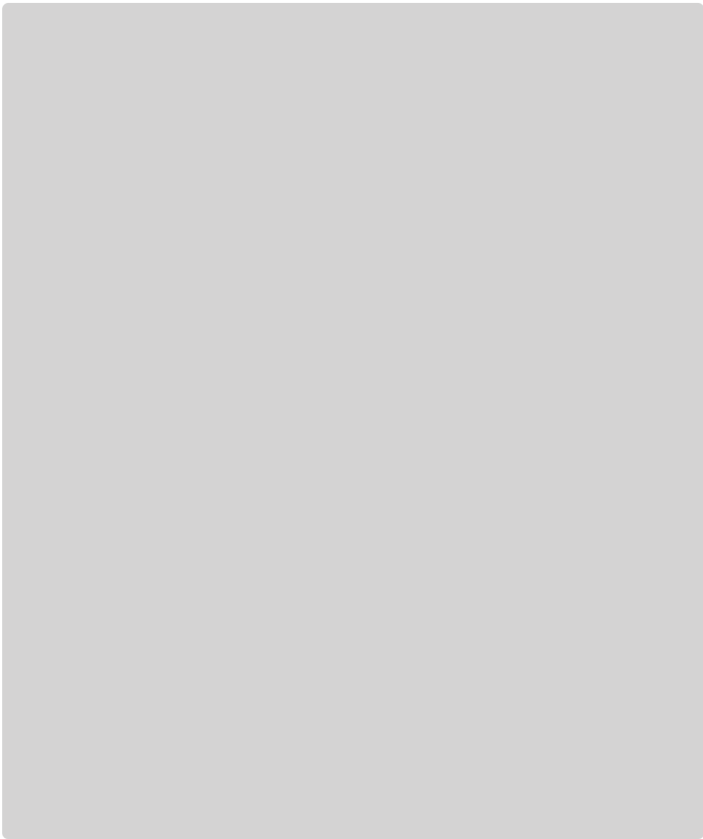
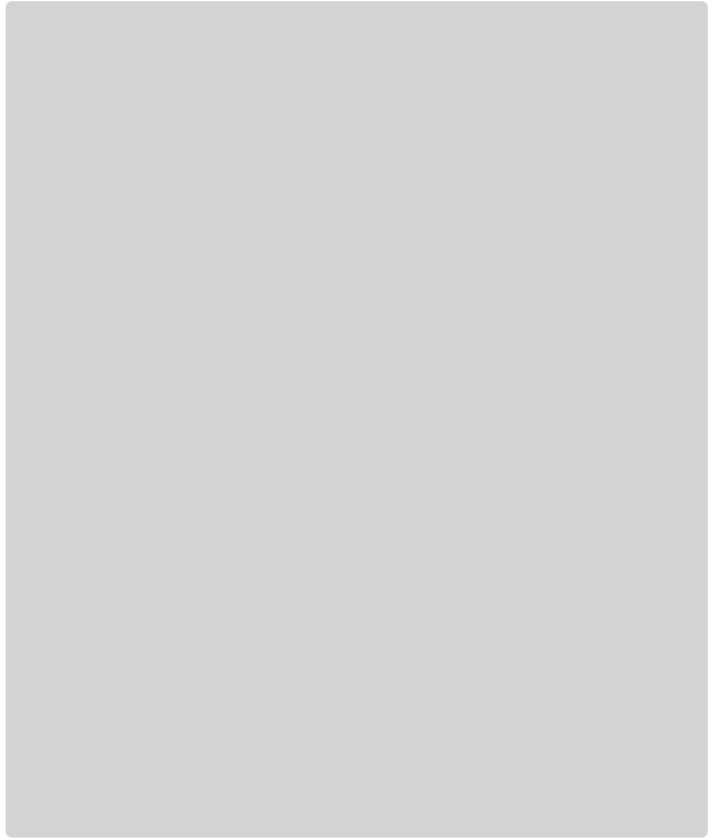
SATURDAY

1	2	3
8	9	10
15	16	17
22	23	24
29	30	31

monthly notes

monthly goals:



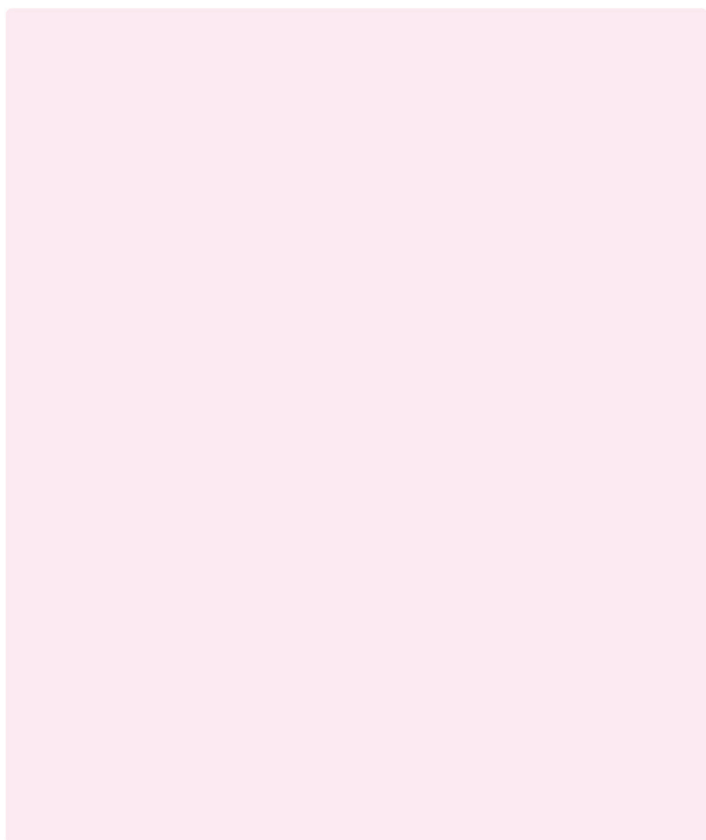
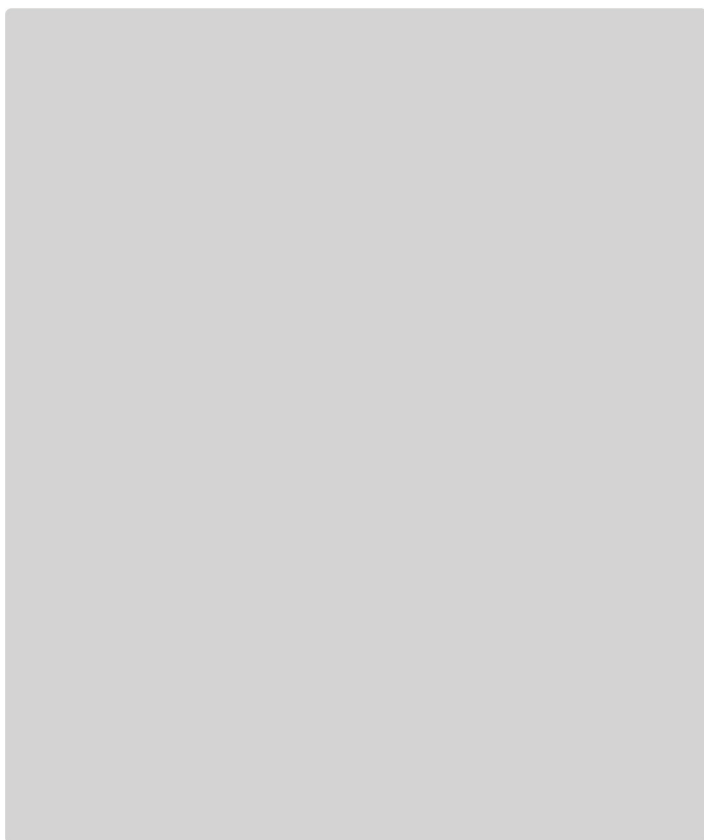
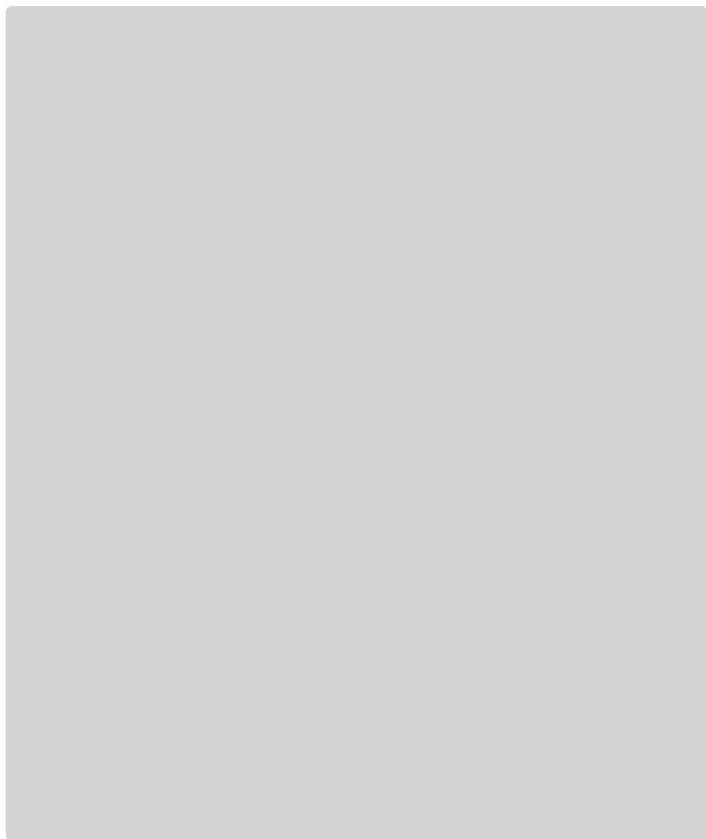
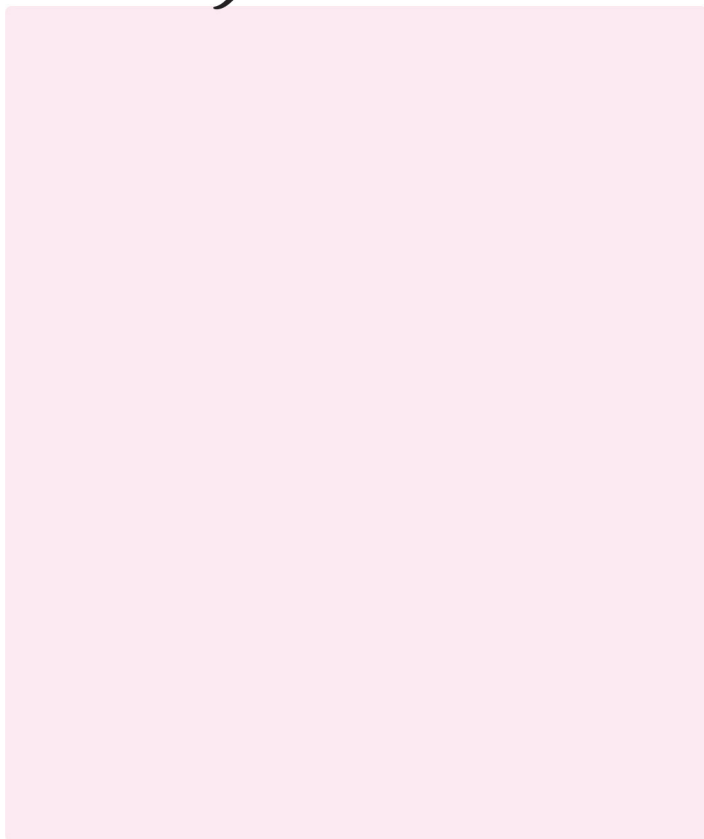


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

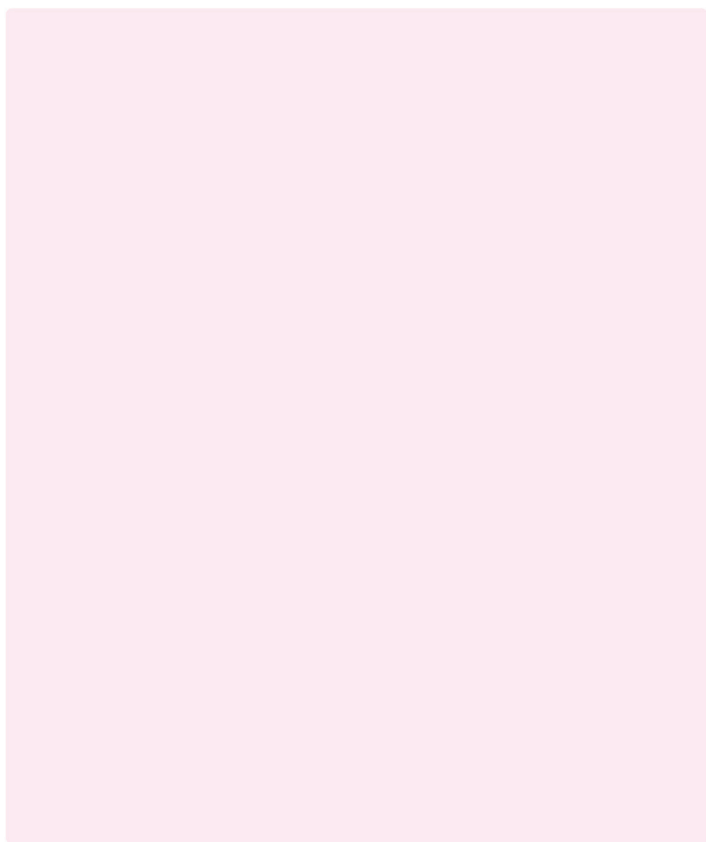
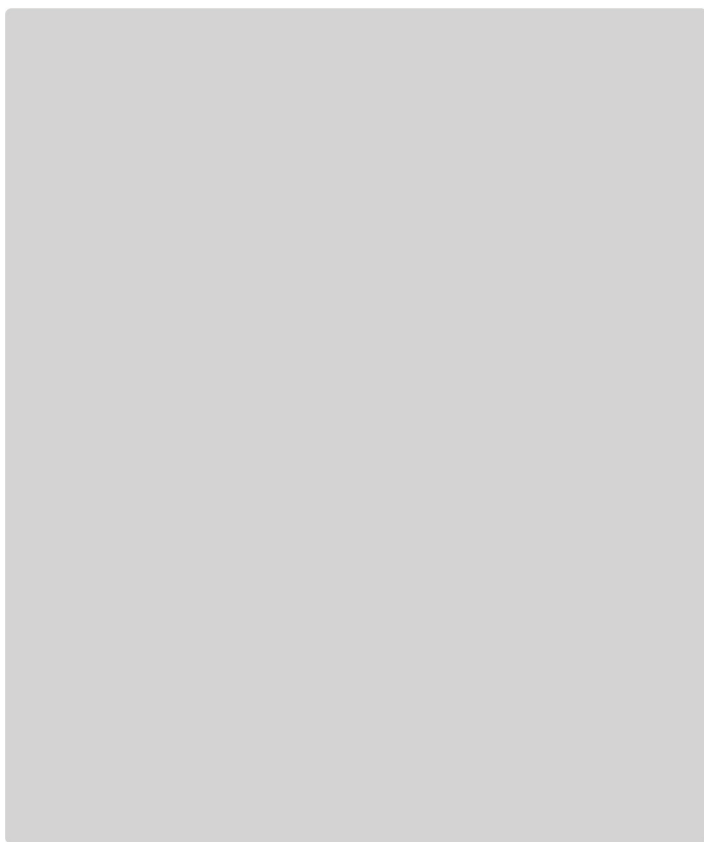
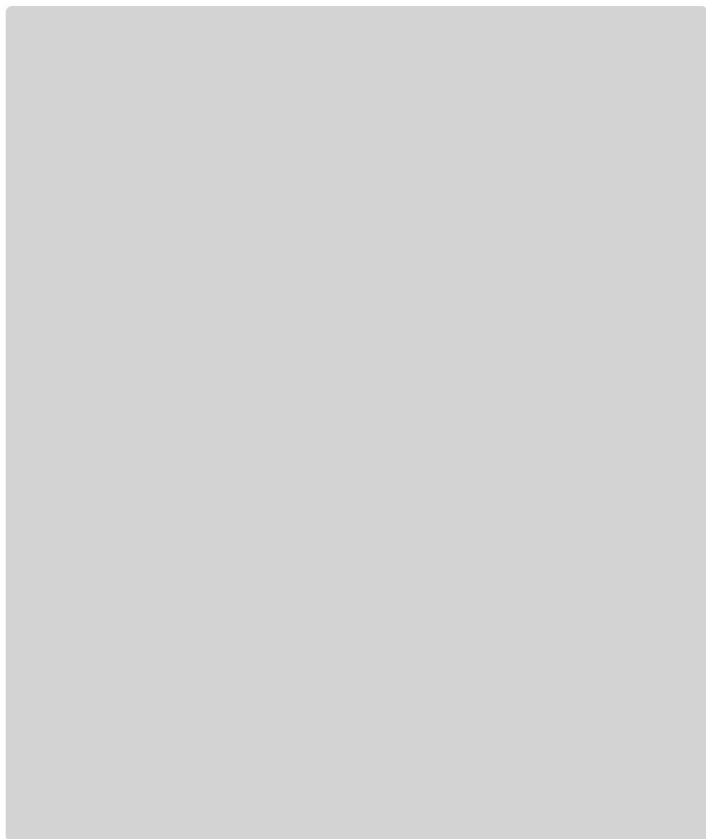
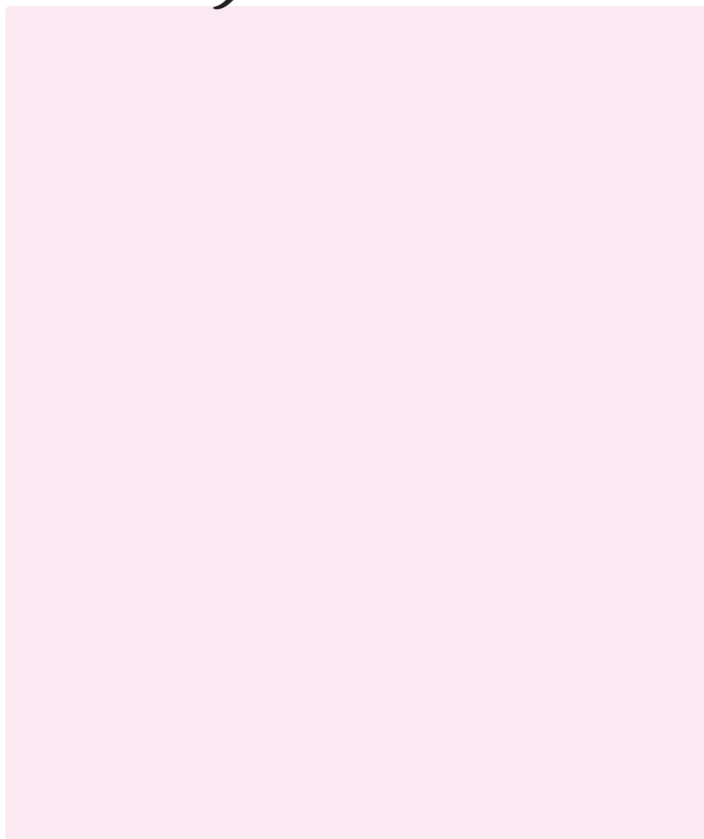


for the week of:

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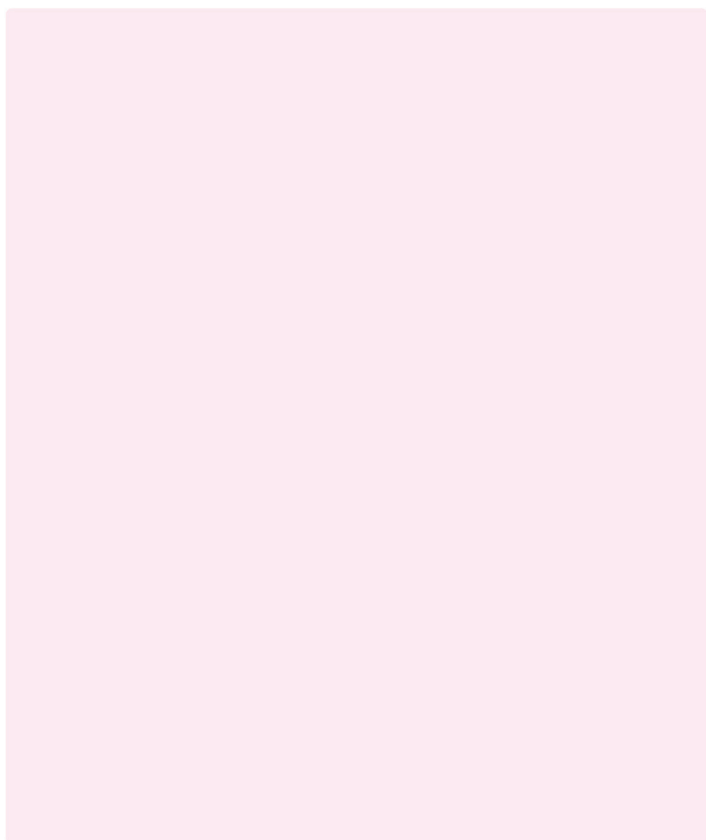
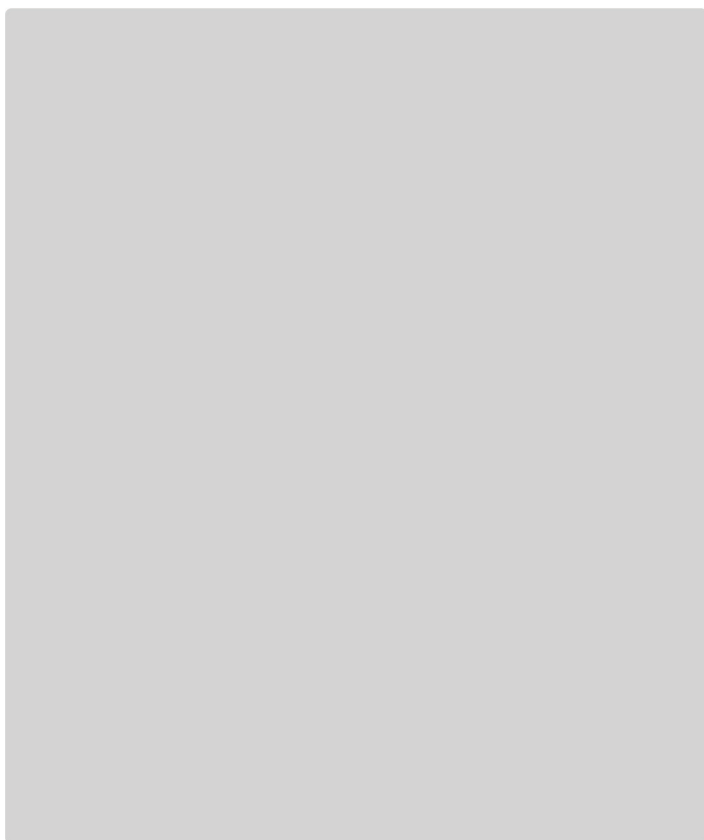
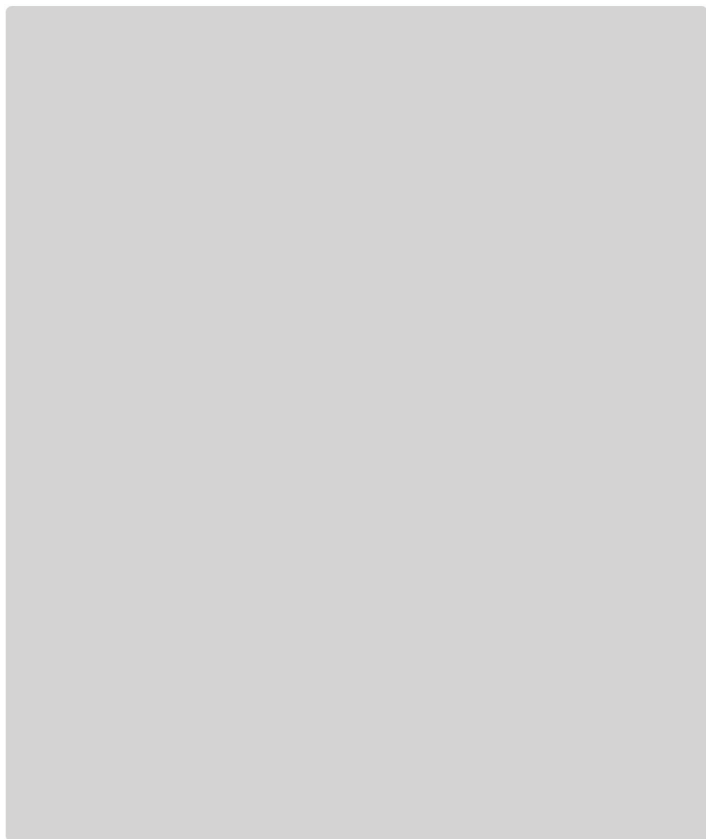
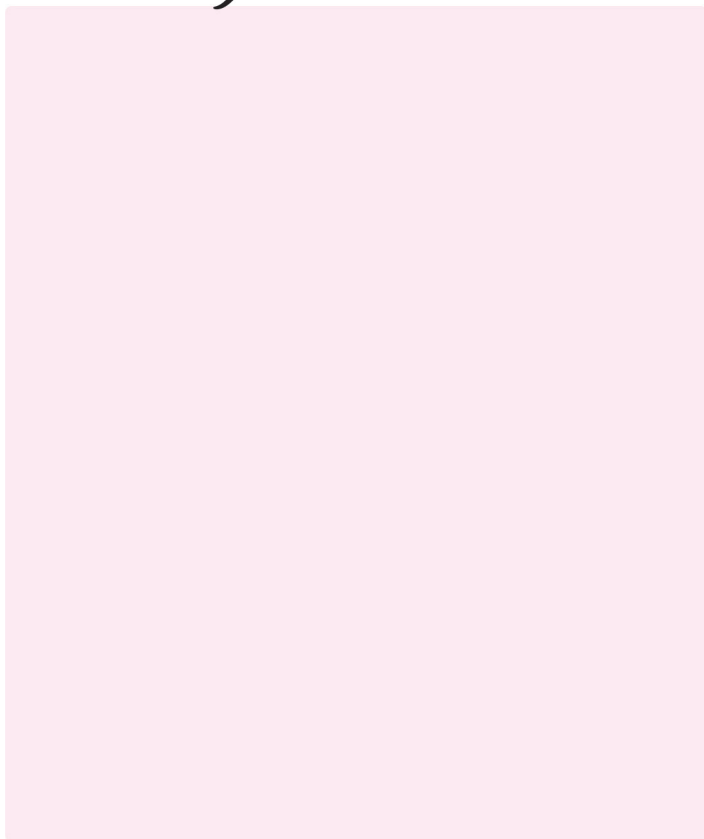


for the week of:

MEALS

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SUNDAY	

weekly to-do lists:

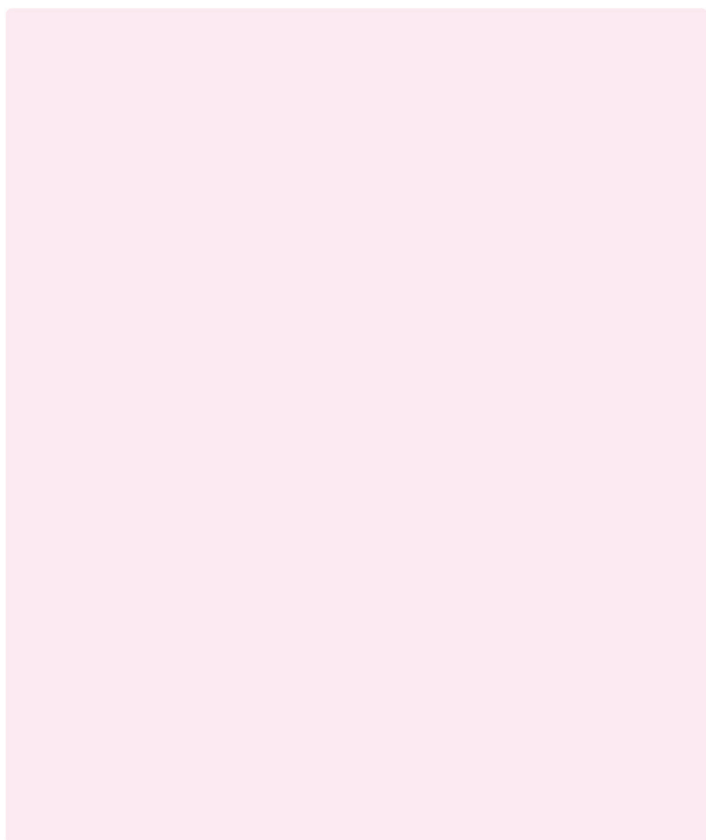
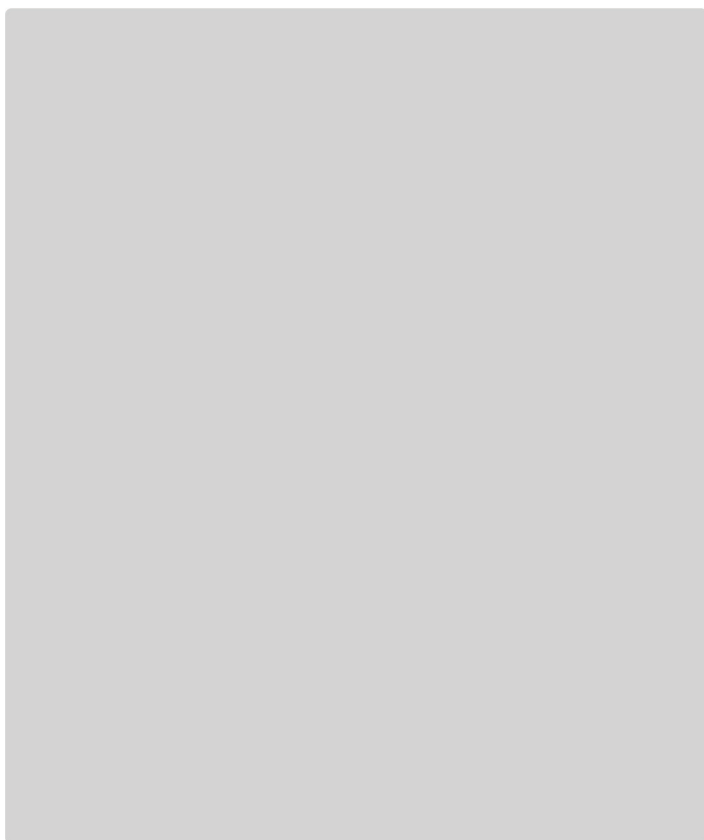
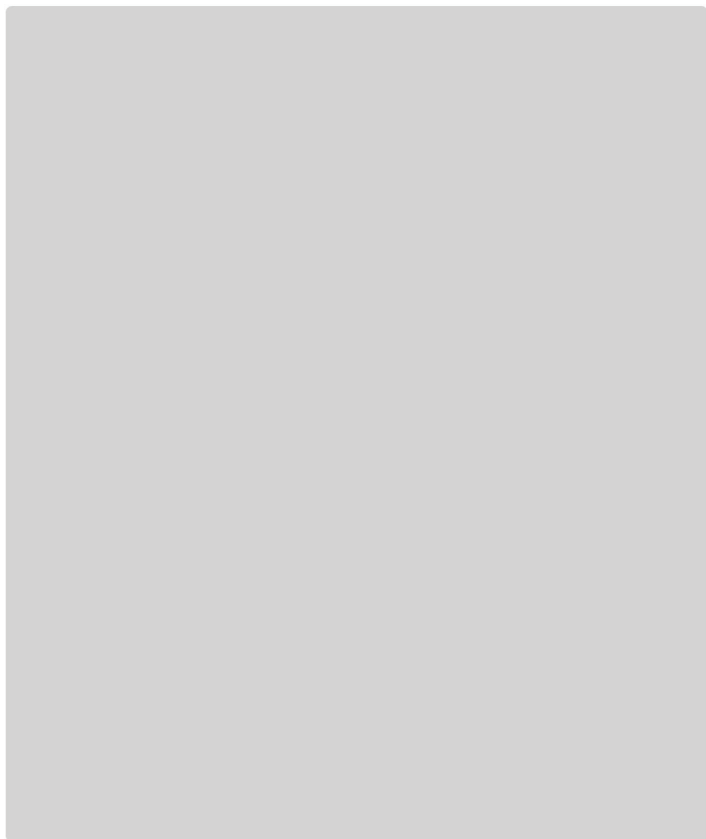
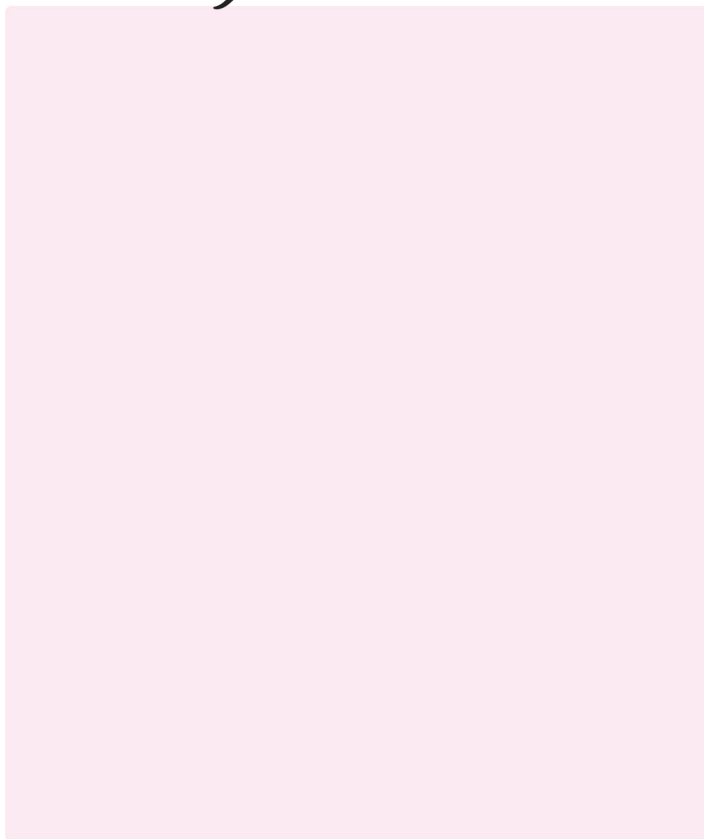


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:



February 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25

THURSDAY

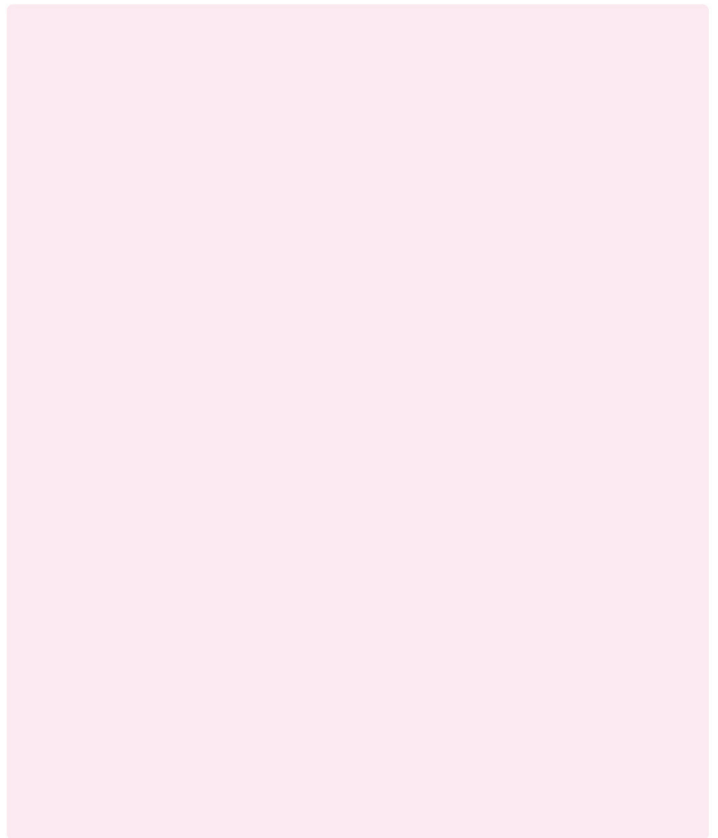
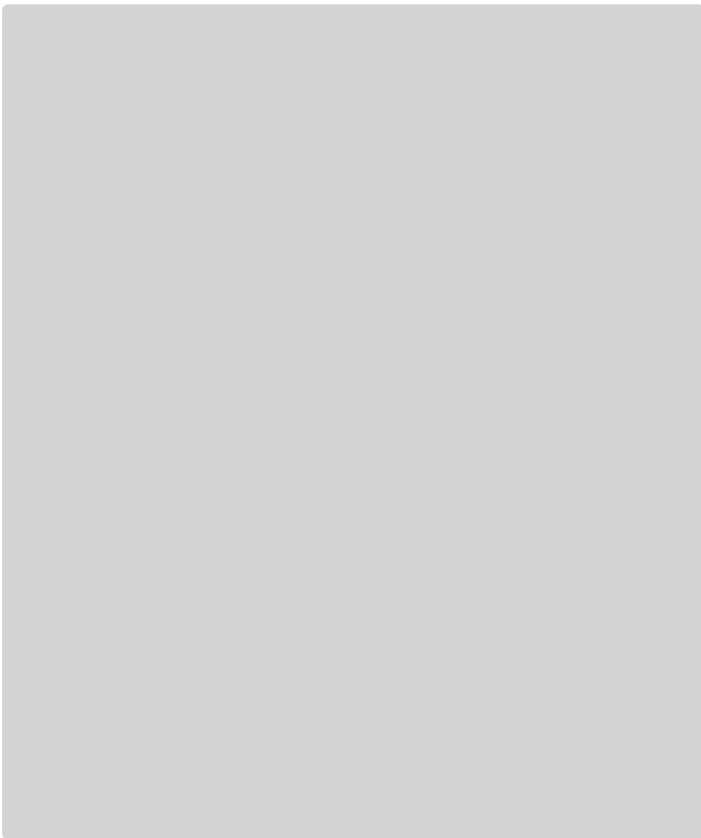
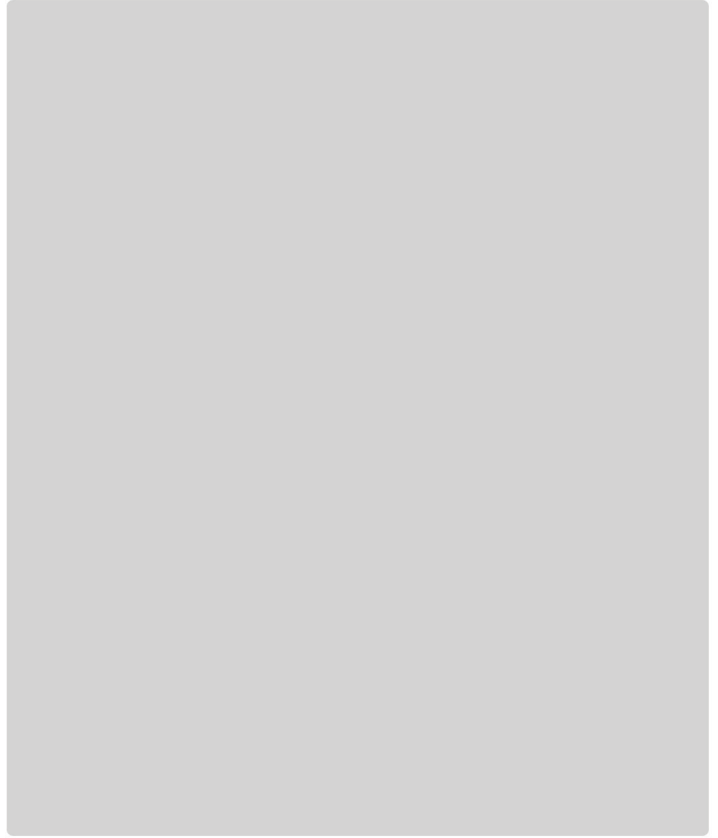
FRIDAY

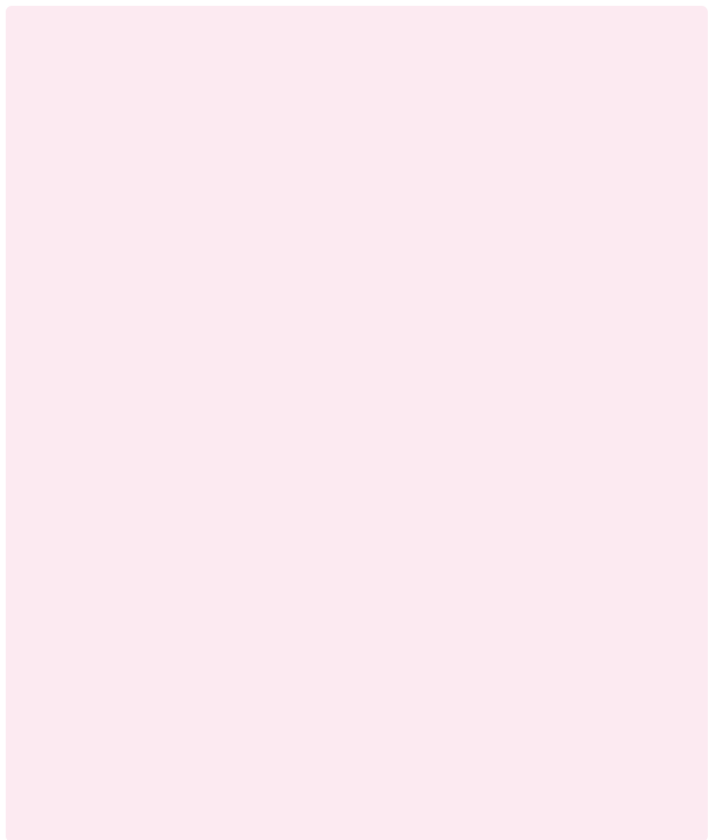
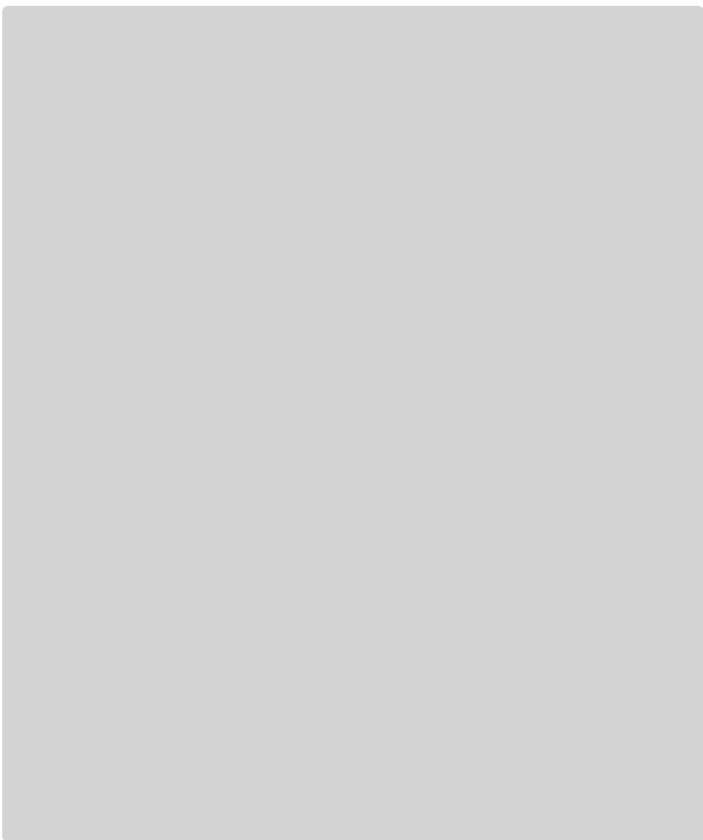
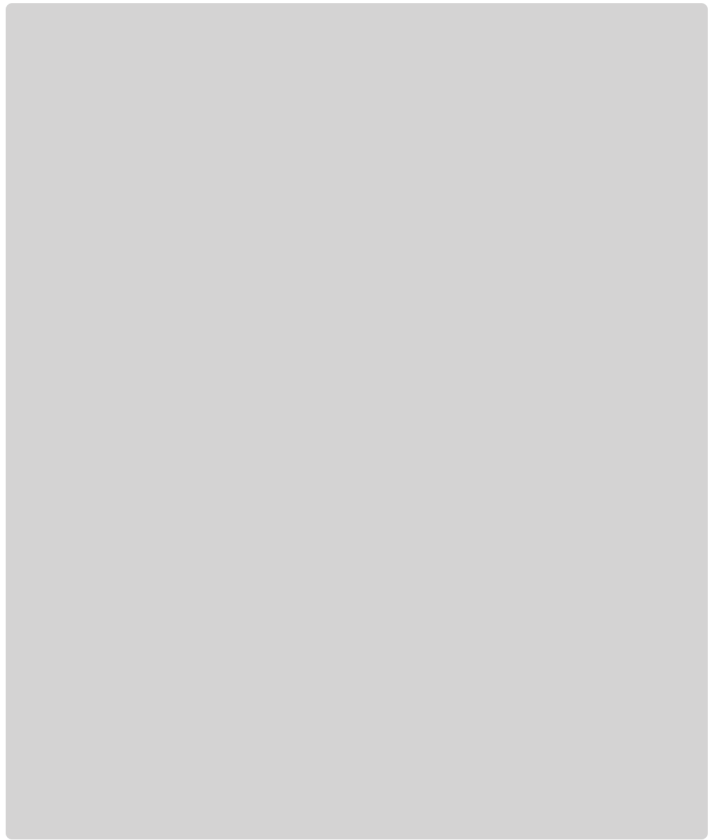
SATURDAY

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12	13	14
19	20	21
26	27	28

monthly notes

monthly goals:



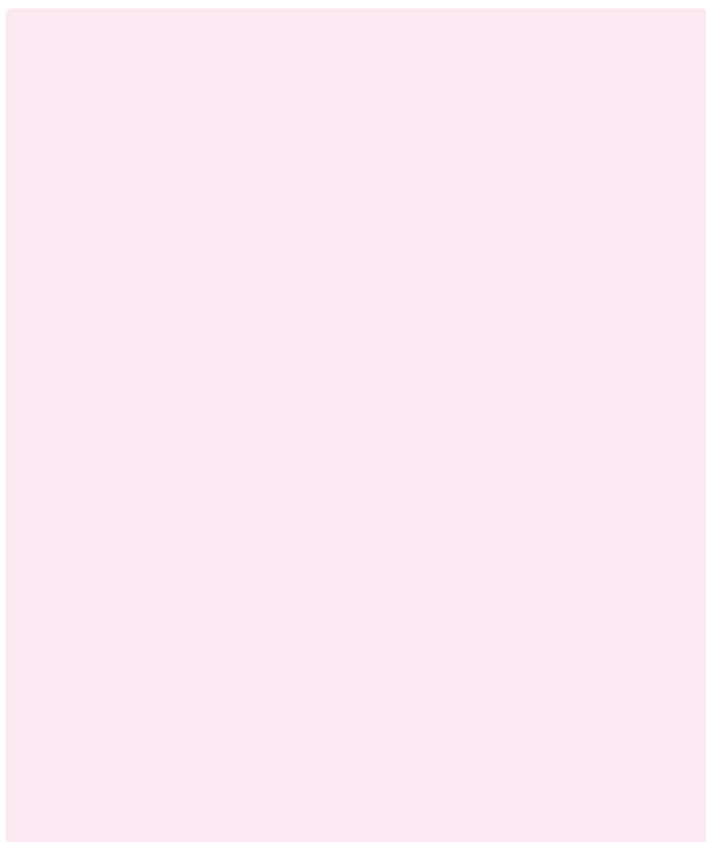
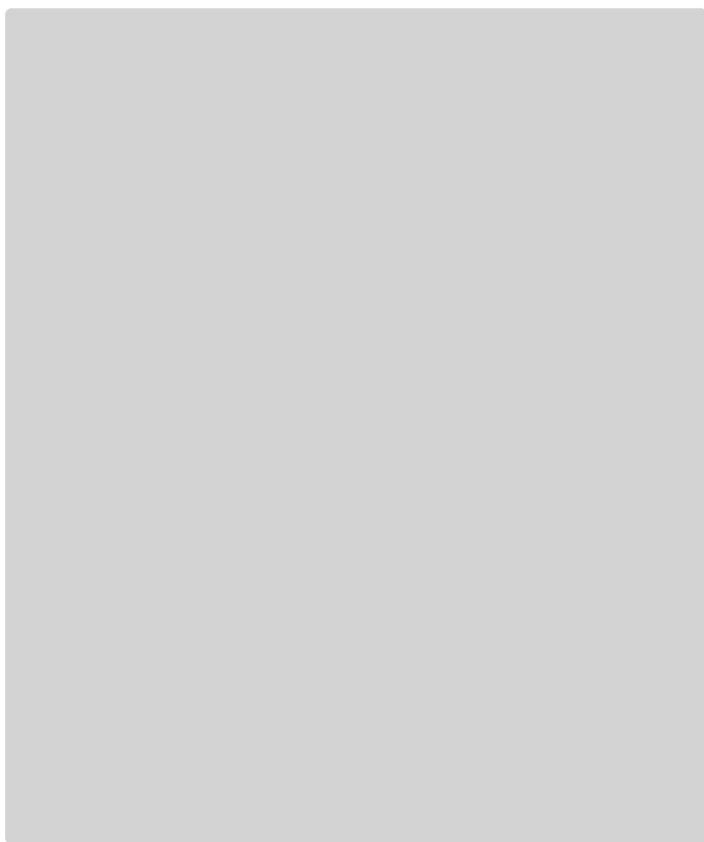
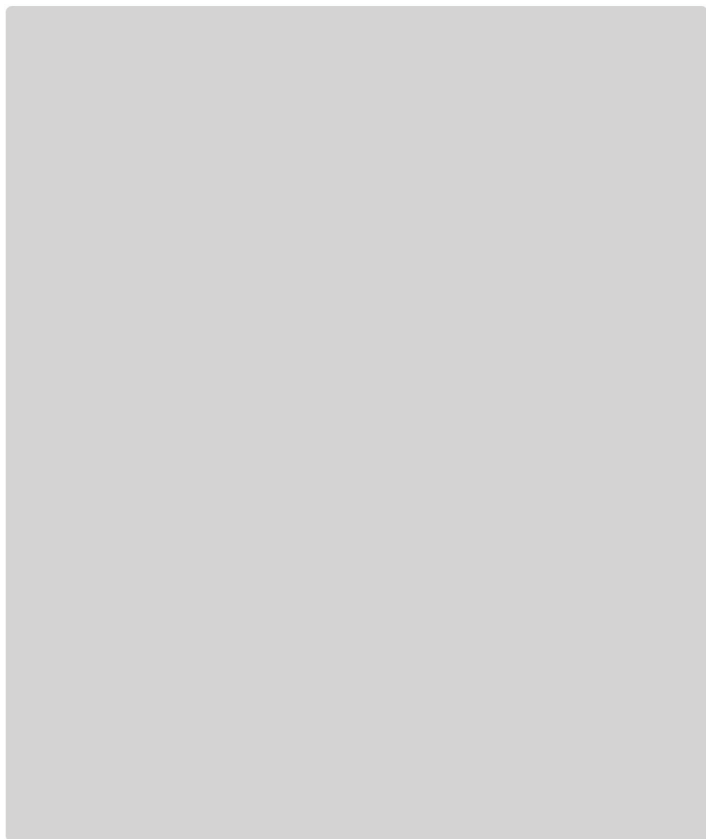
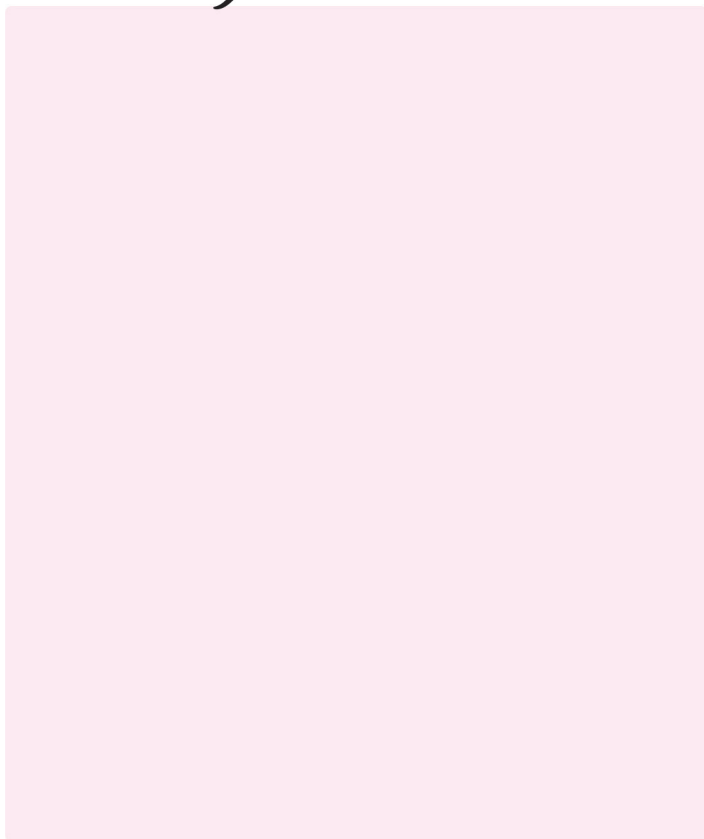


for the week of:

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SUNDAY	

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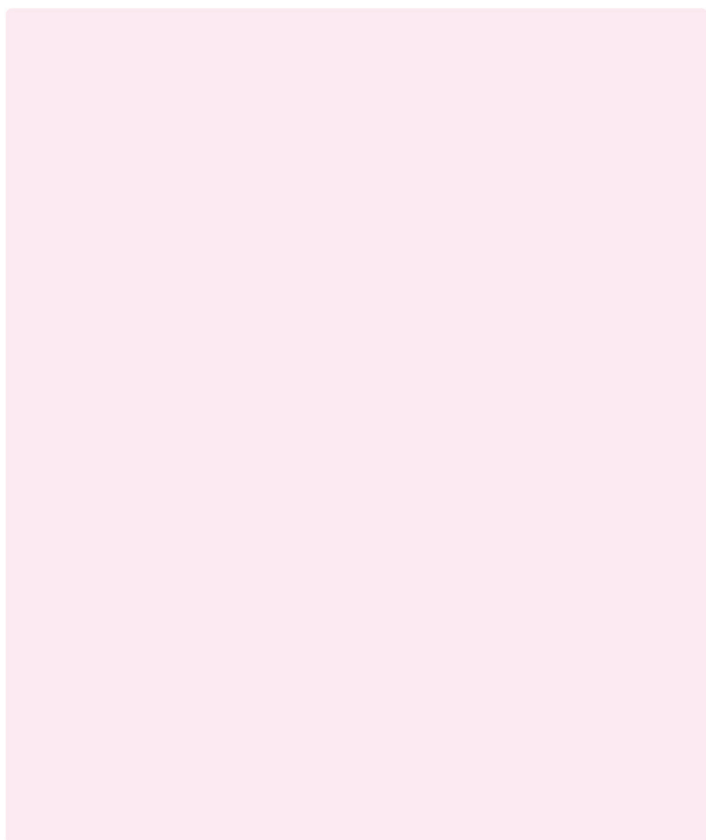
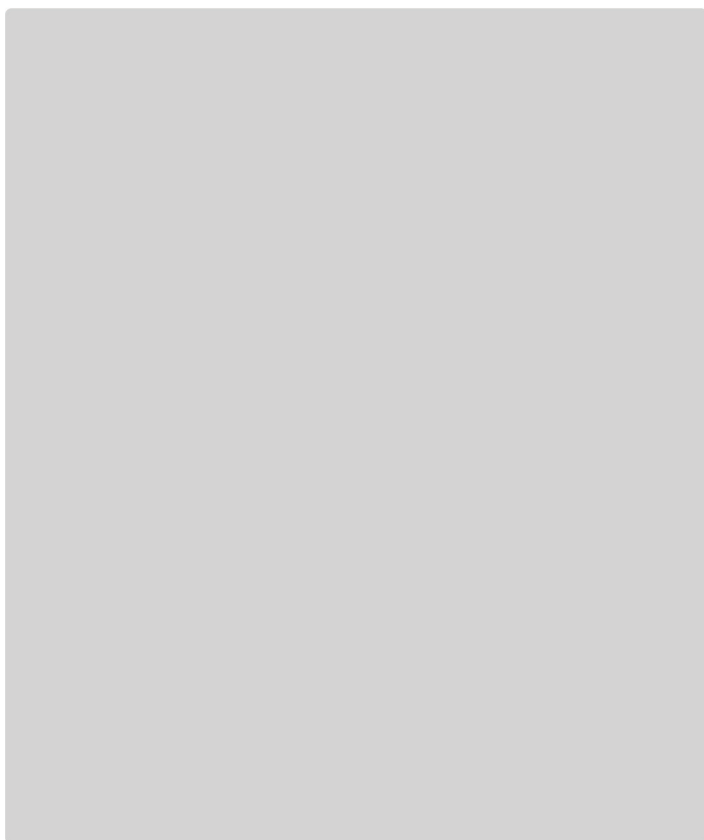
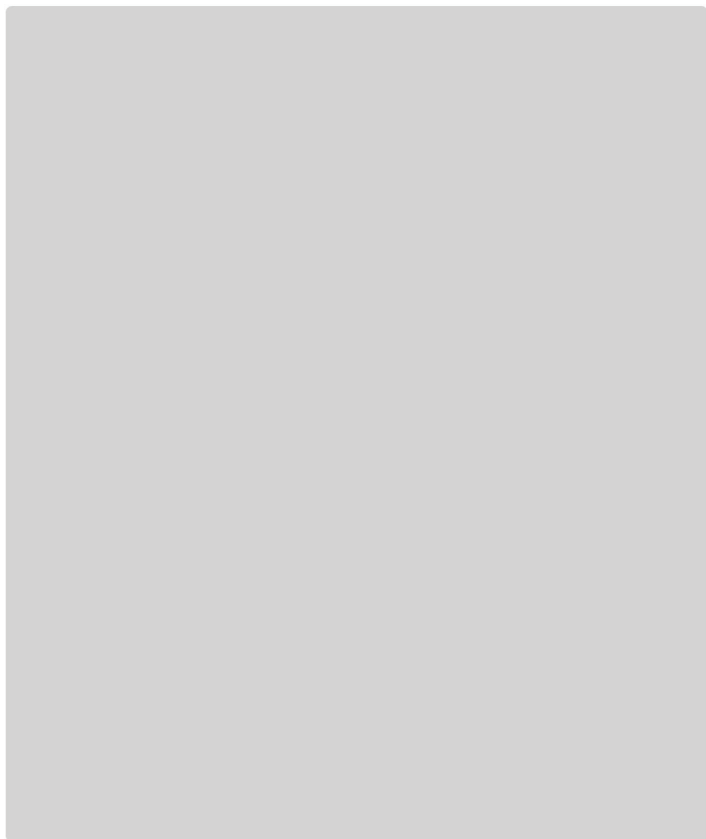
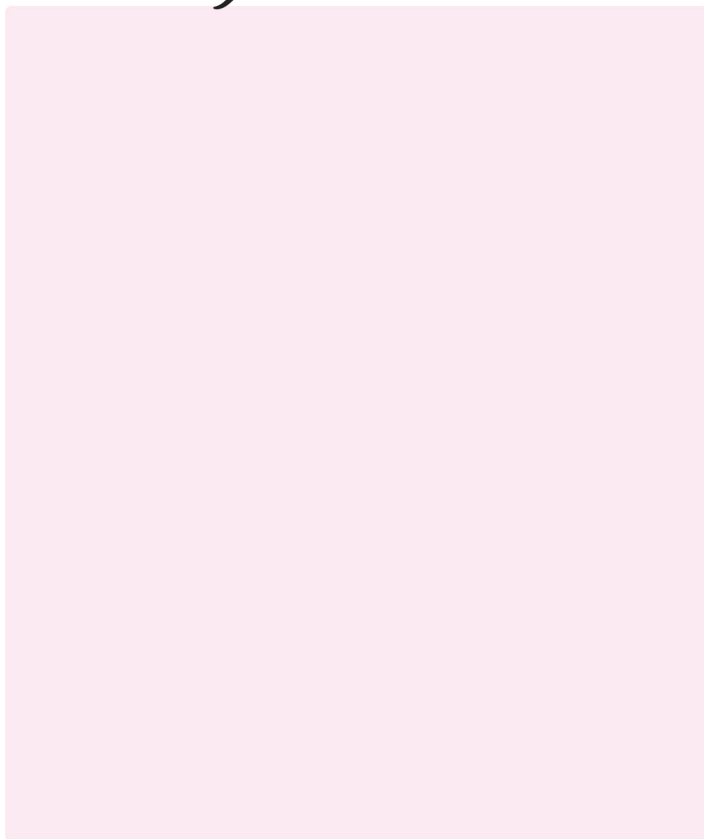


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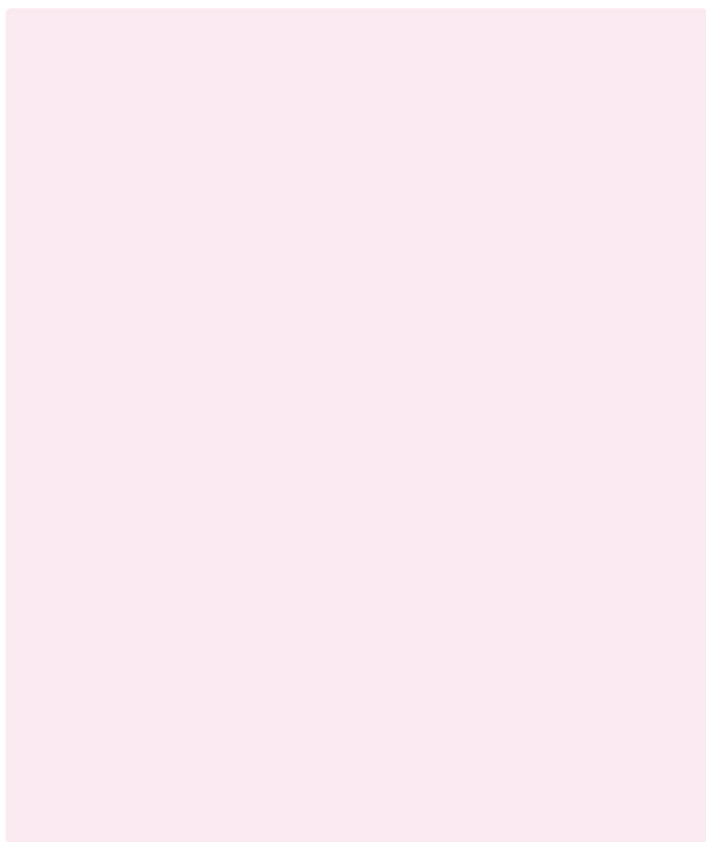
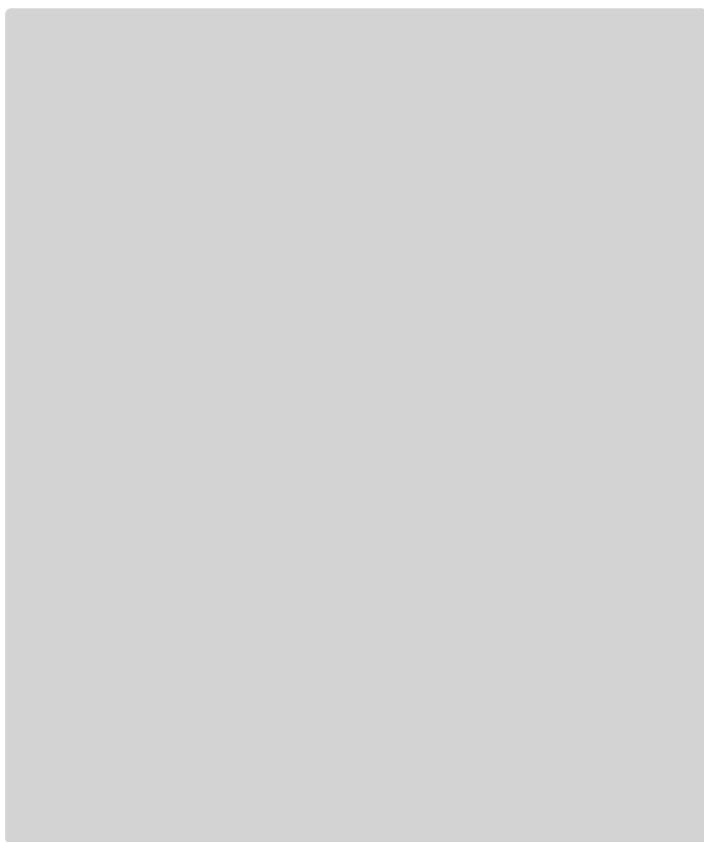
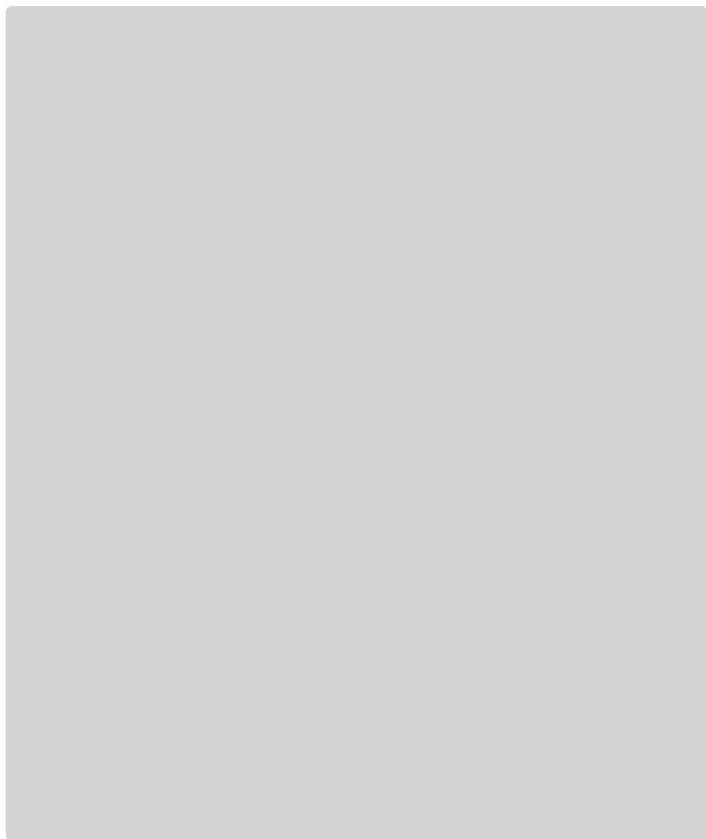
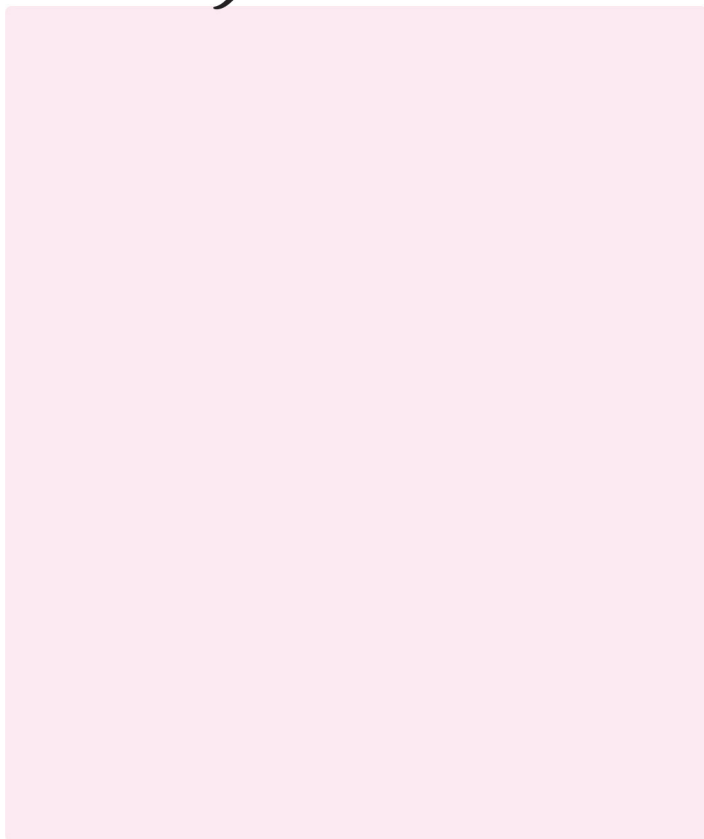


for the week of:

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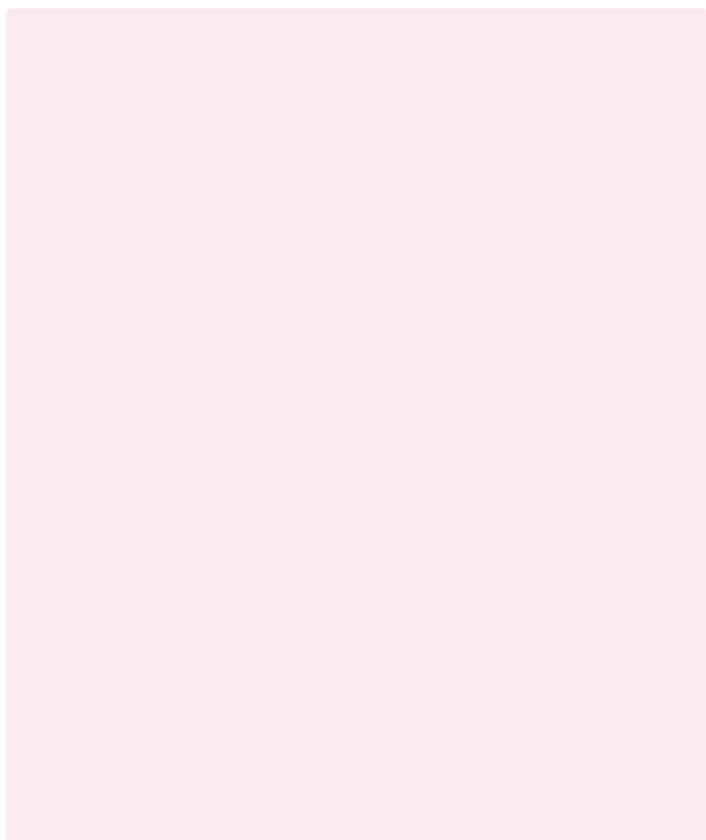
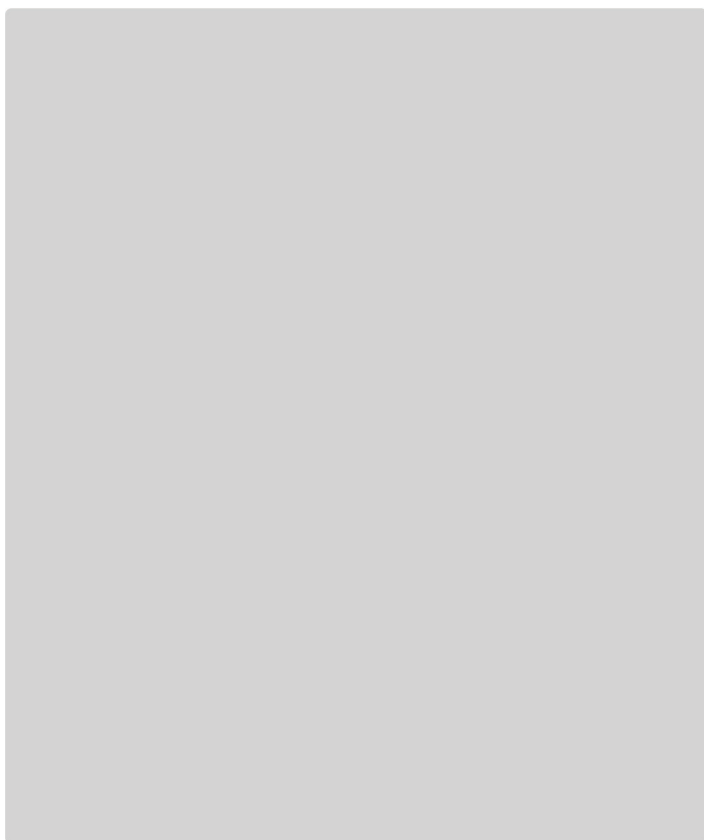
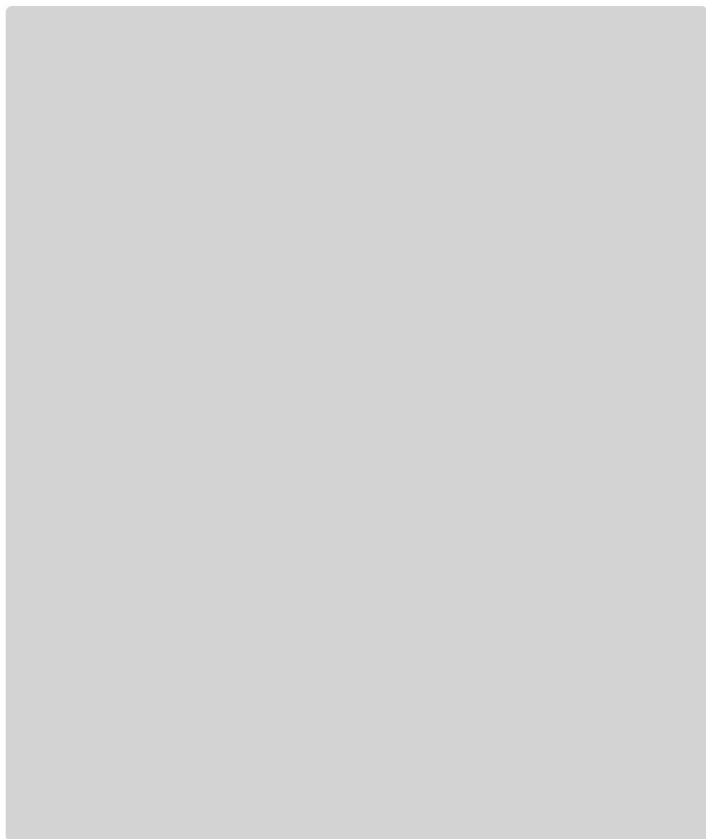
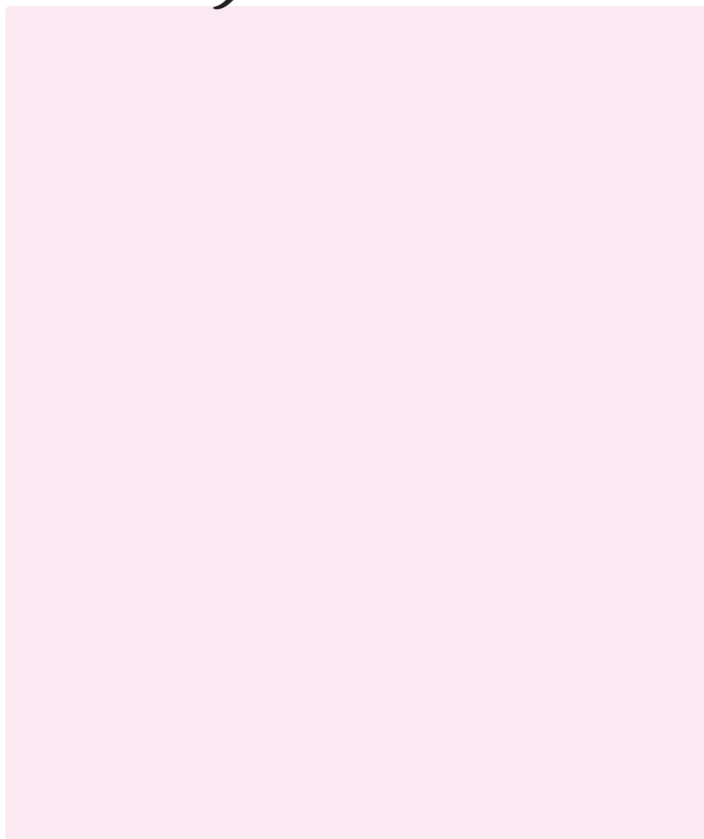


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:



March 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	

THURSDAY

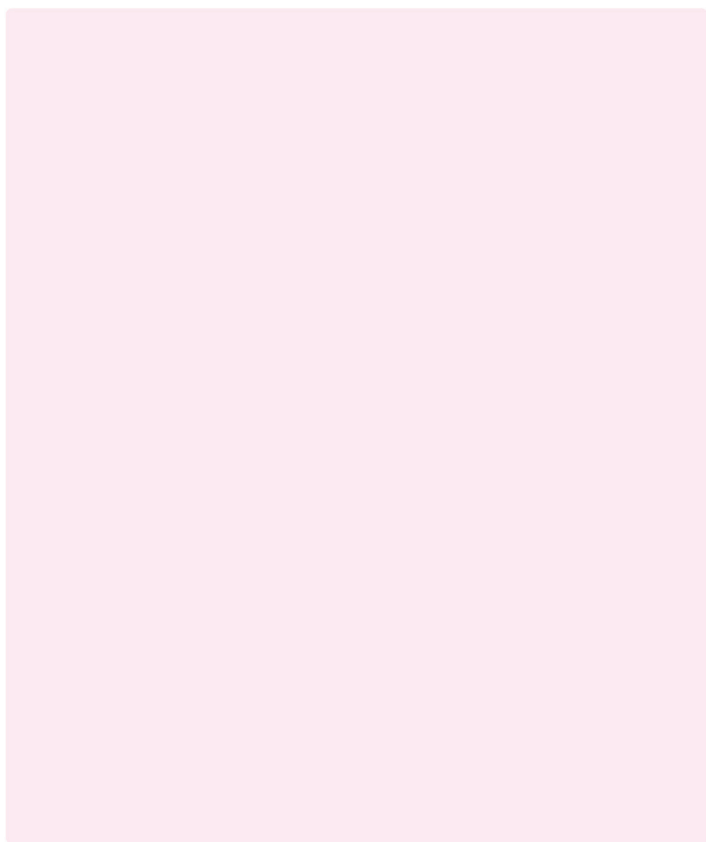
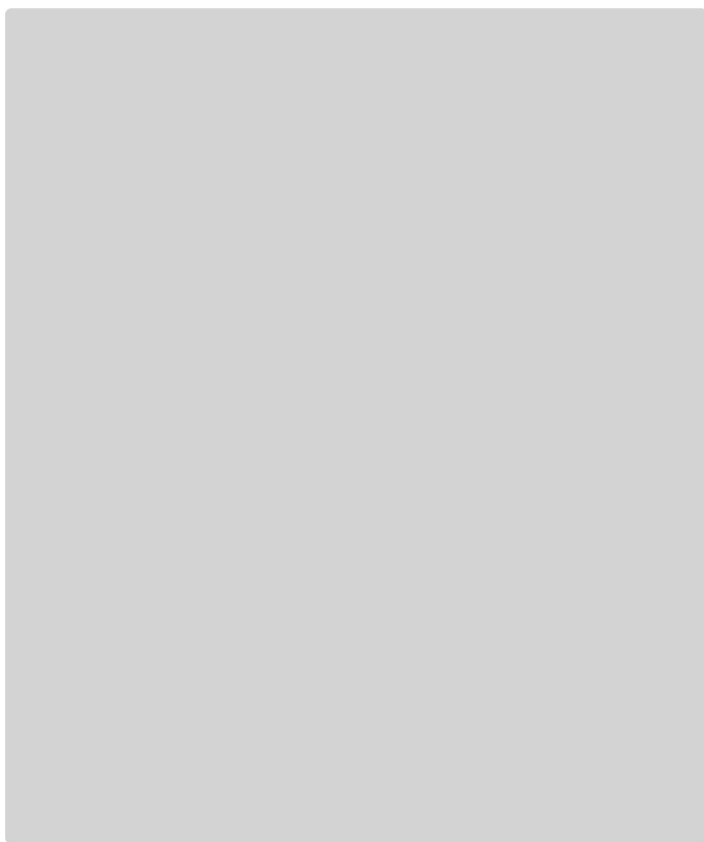
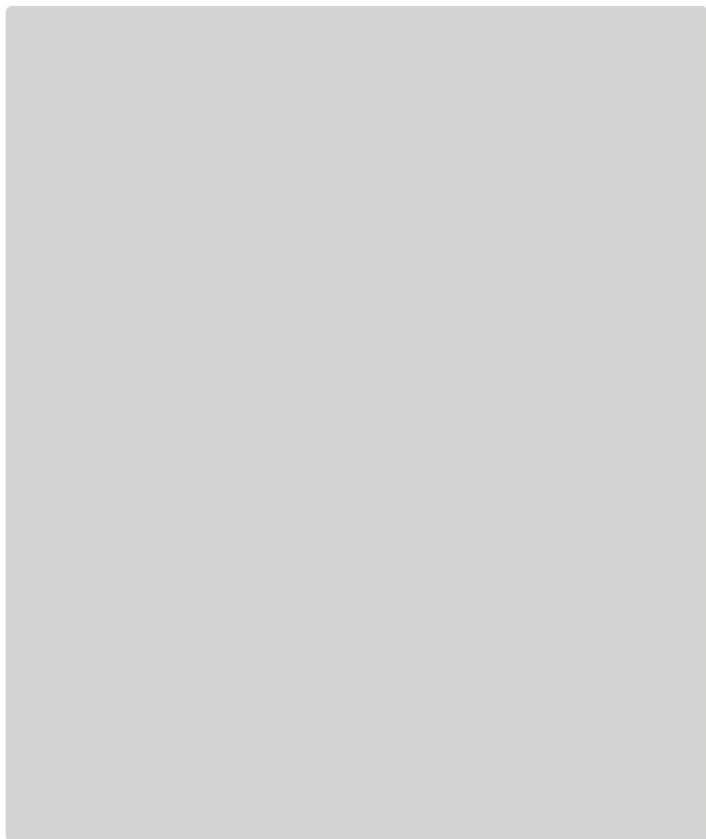
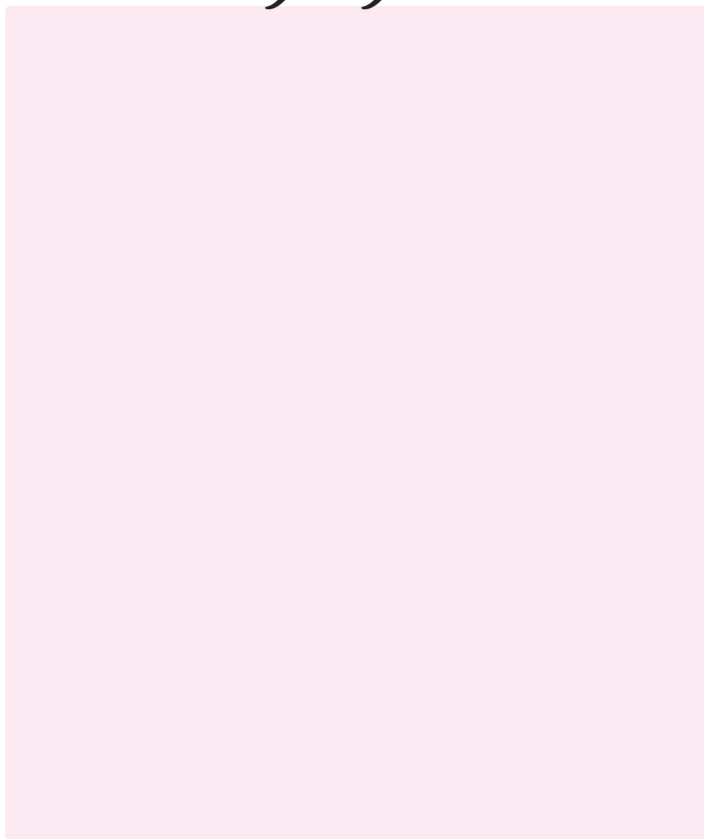
FRIDAY

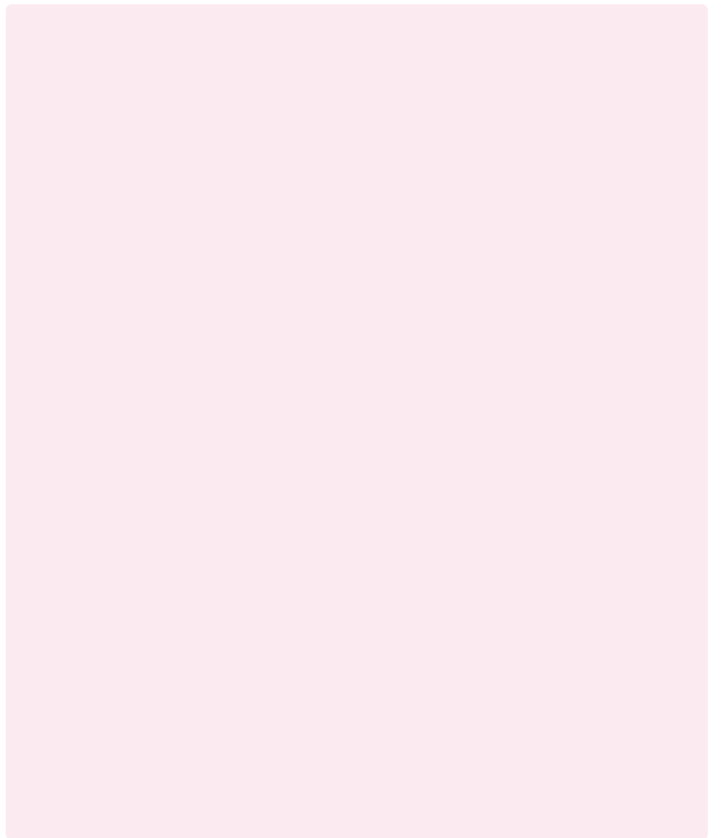
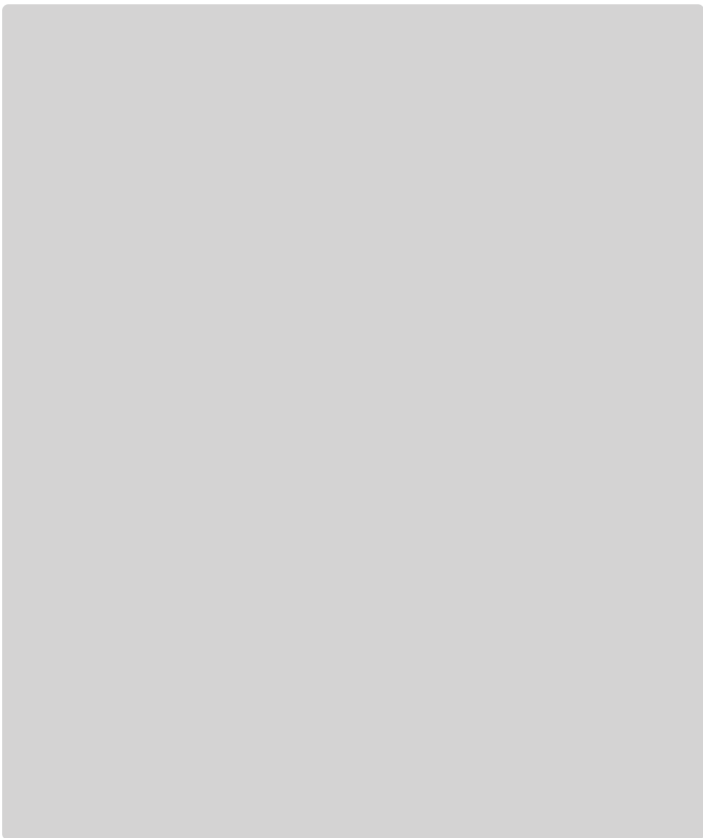
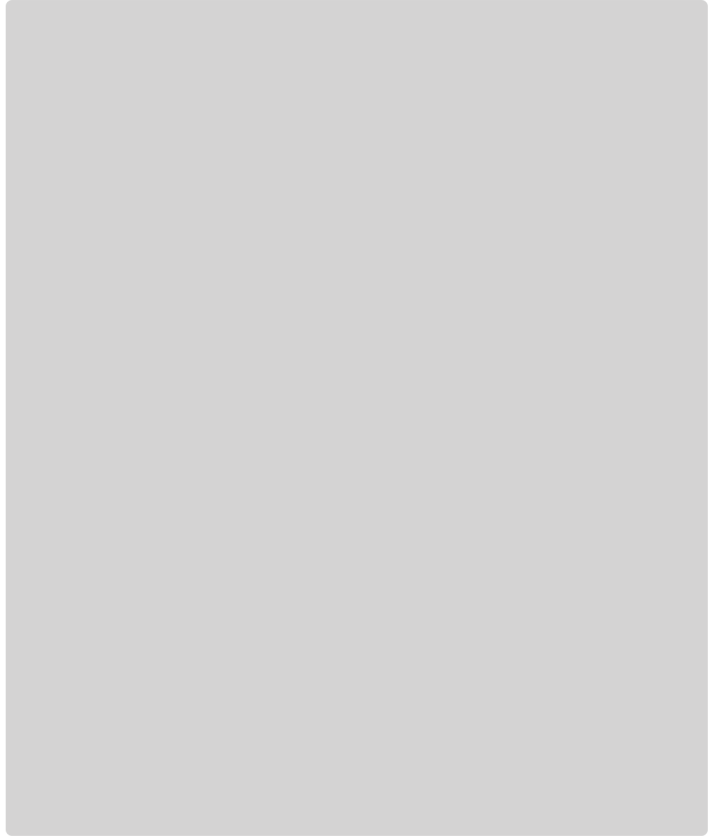
SATURDAY

5	6	7
12	13	14
19	20	21
26	27	28

monthly notes

monthly goals:



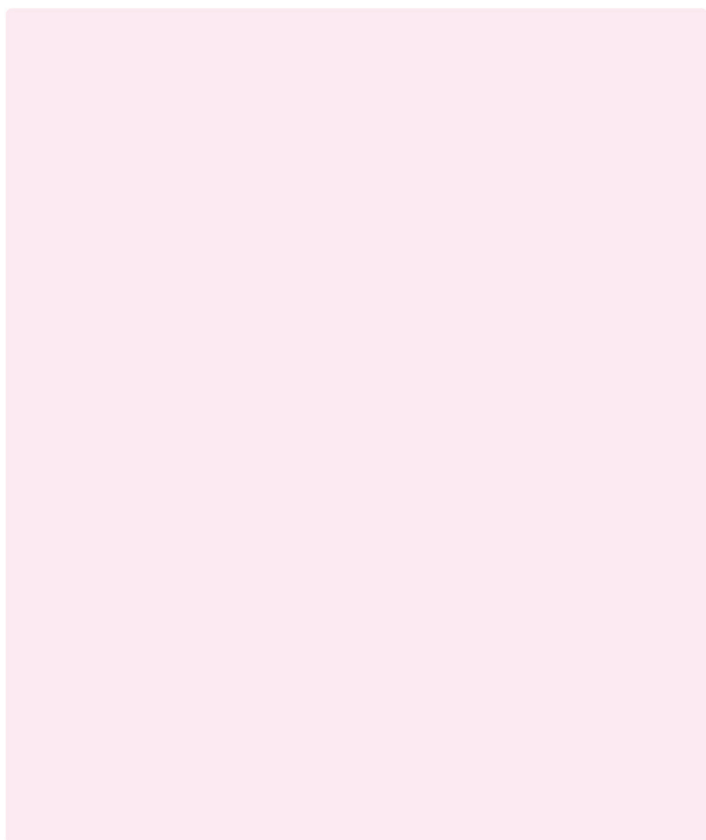
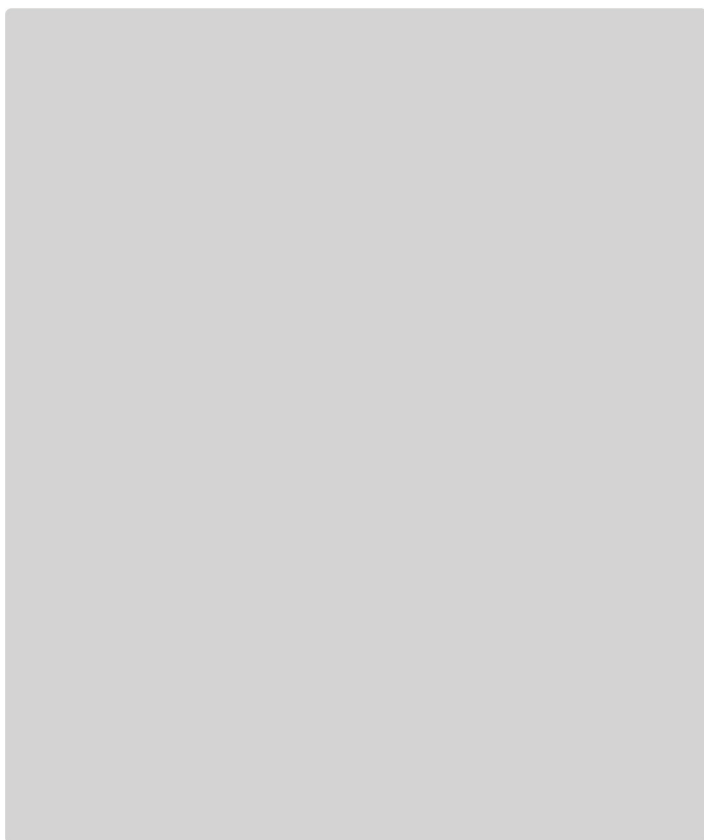
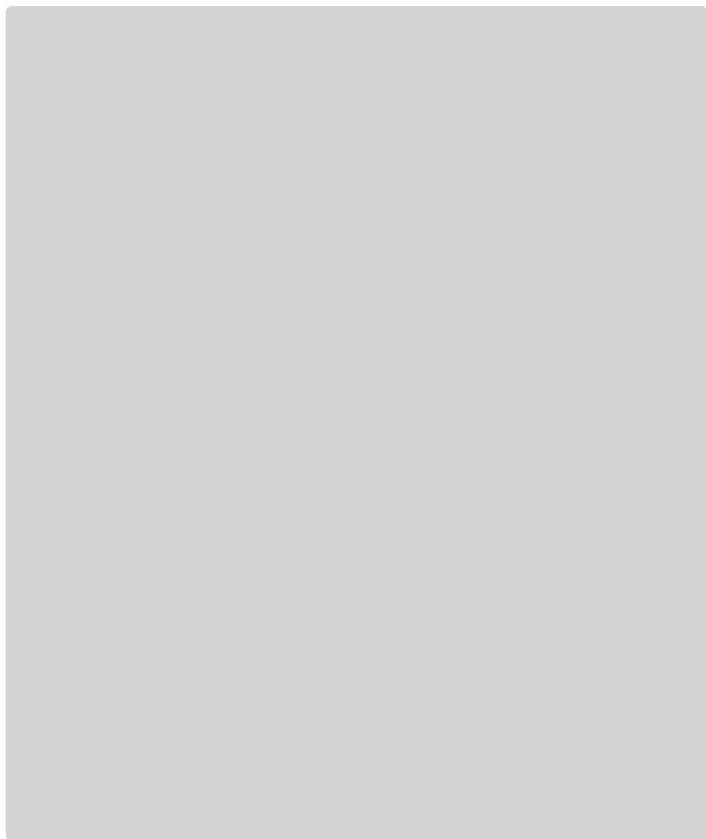
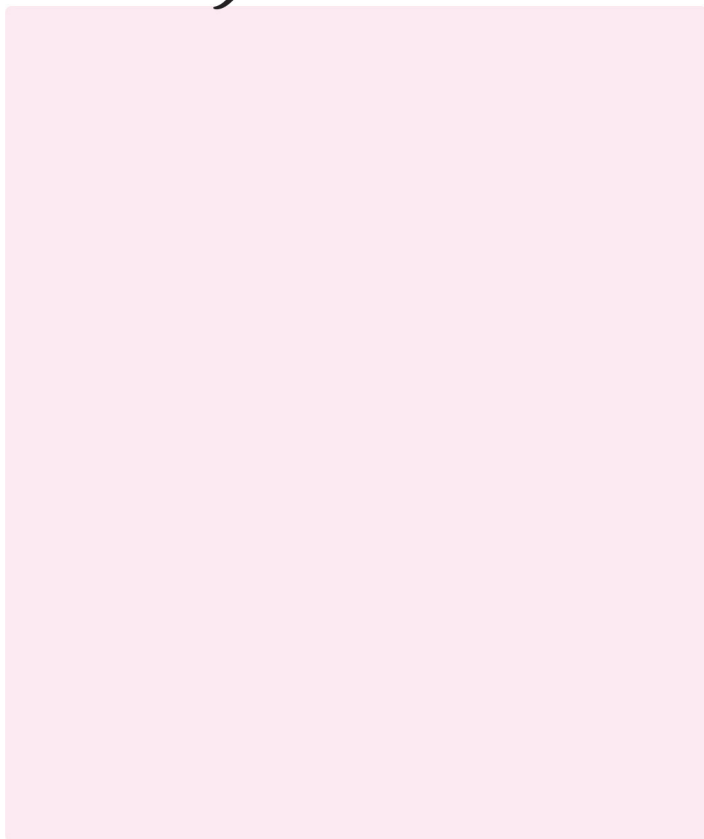


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

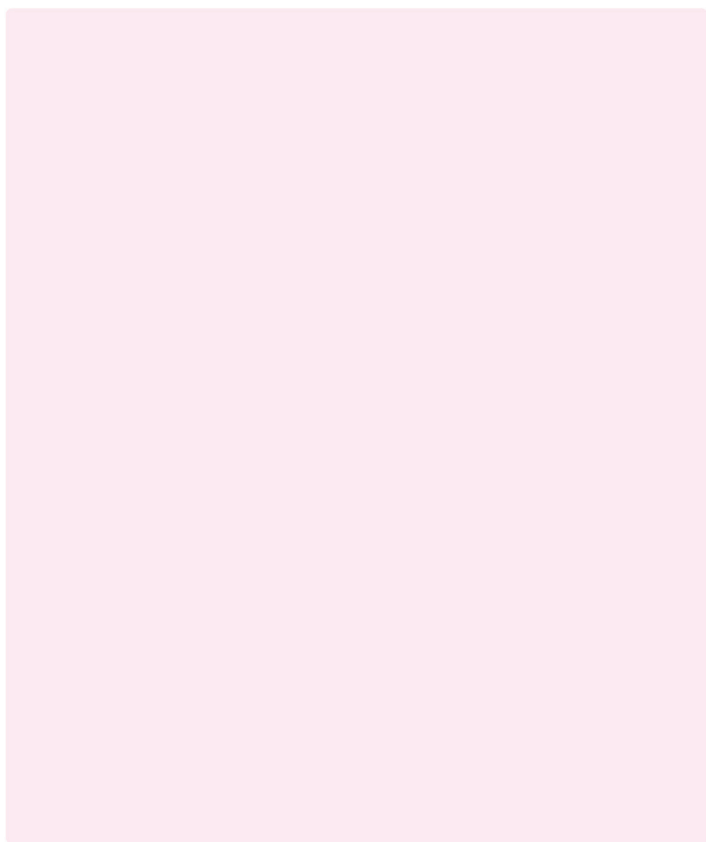
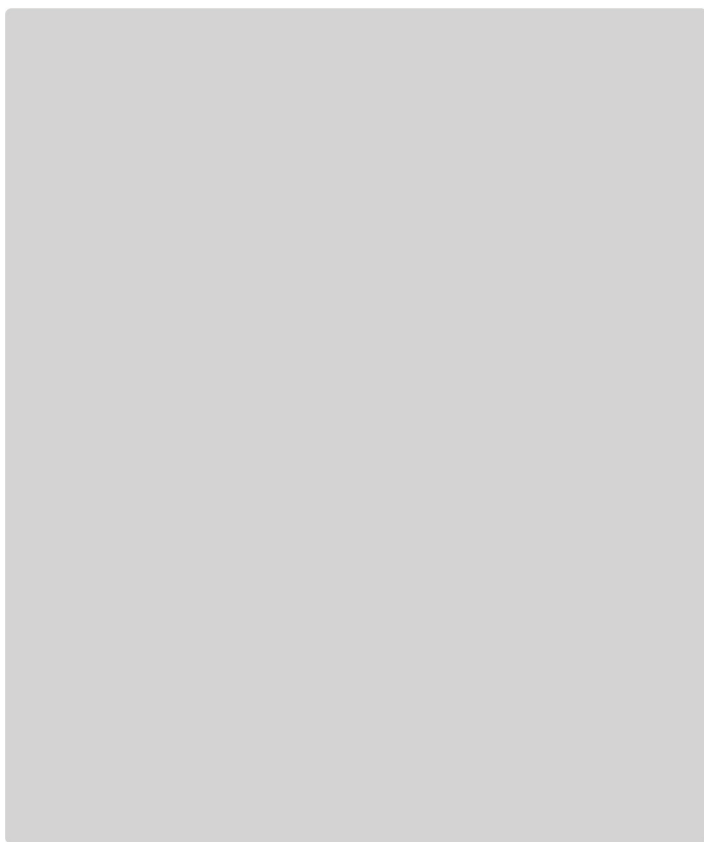
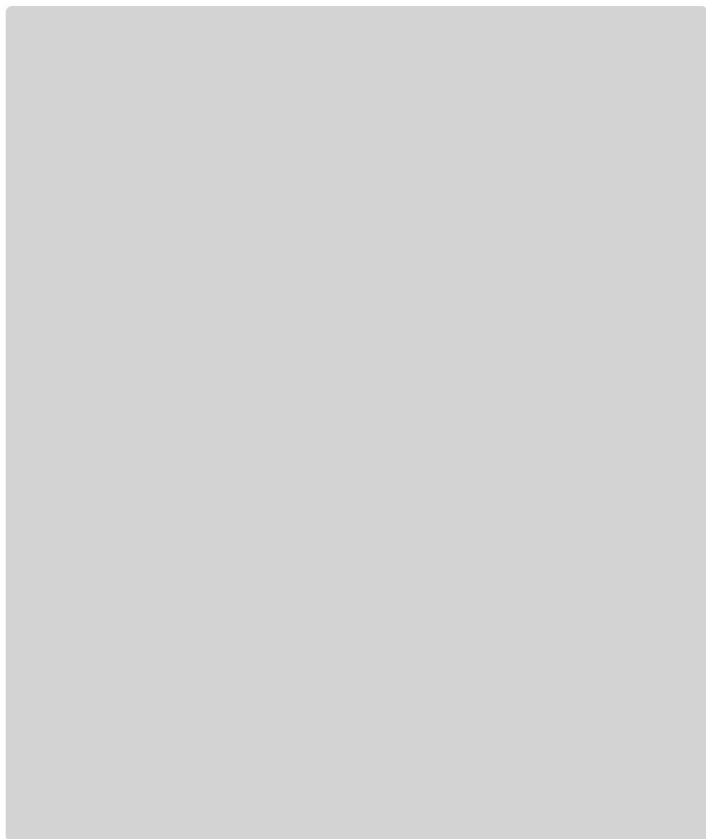
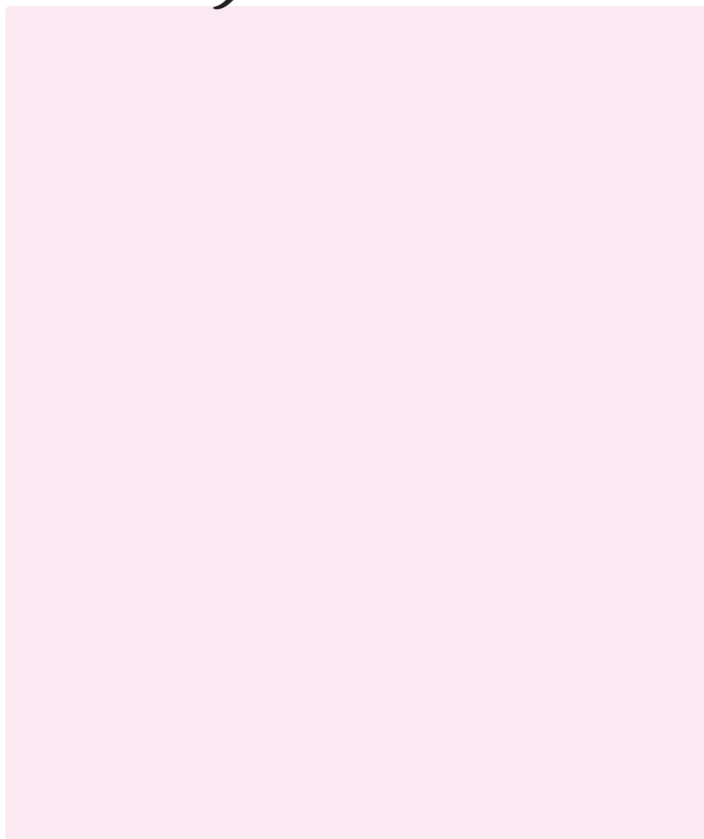


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

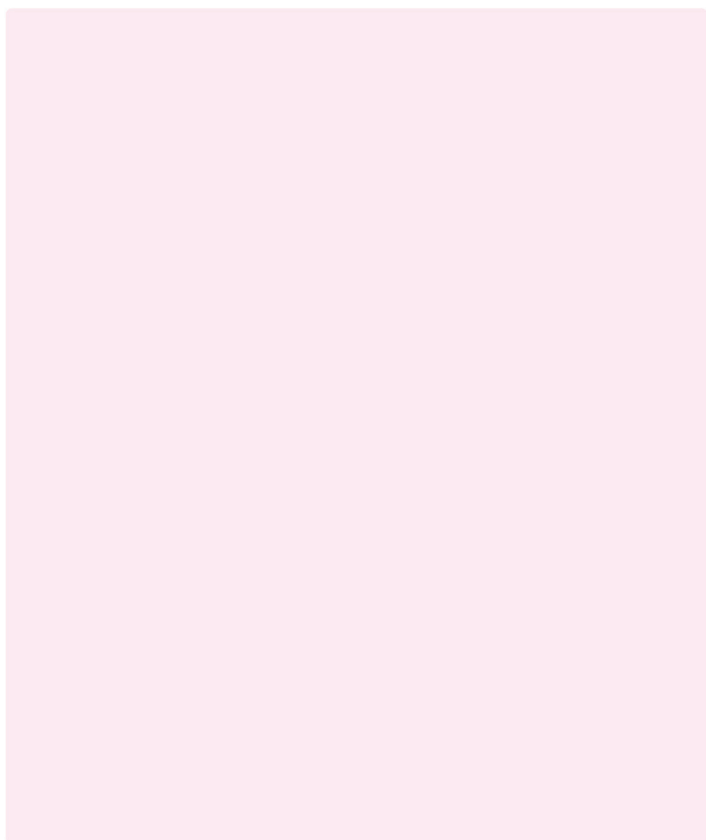
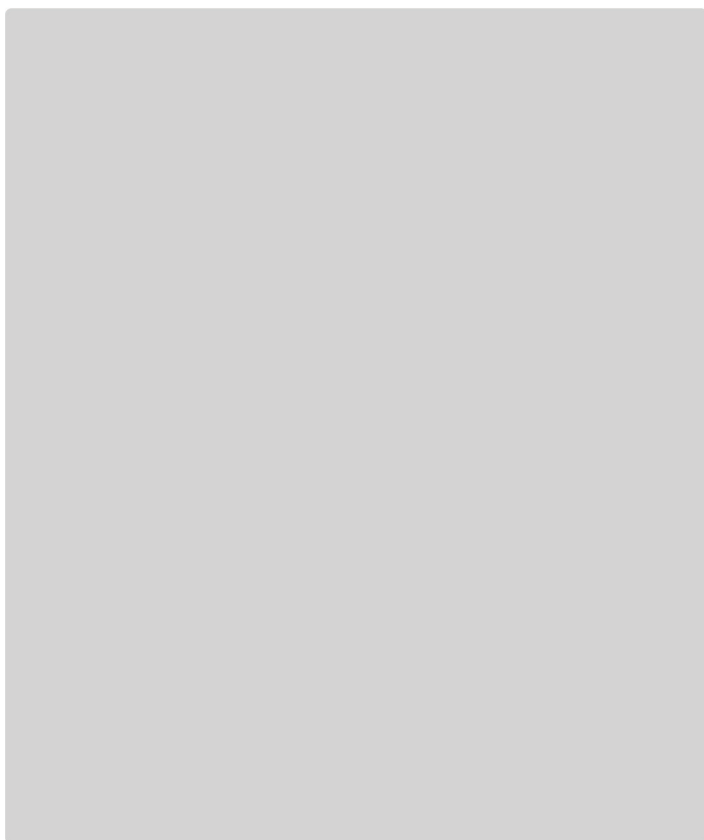
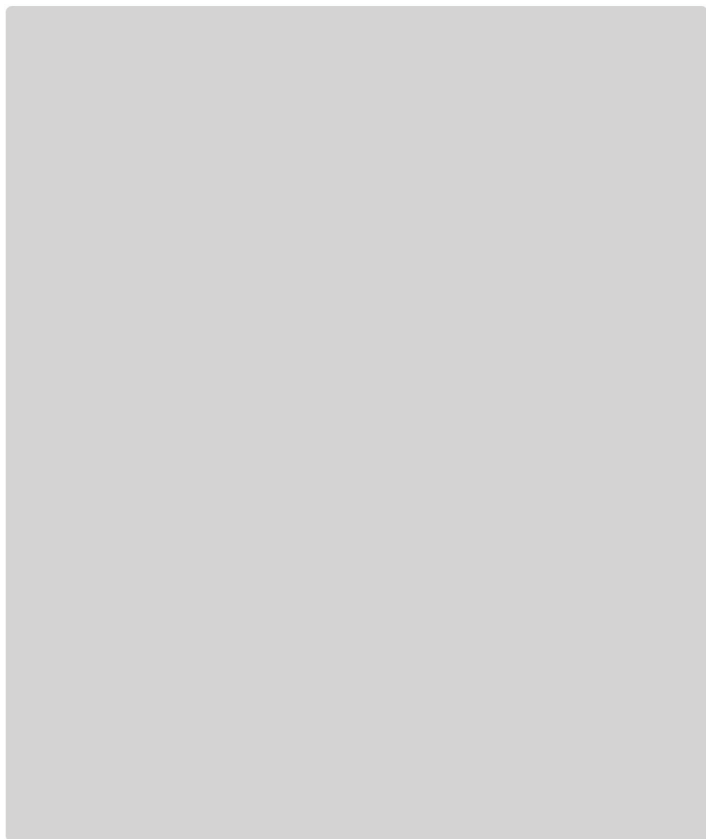
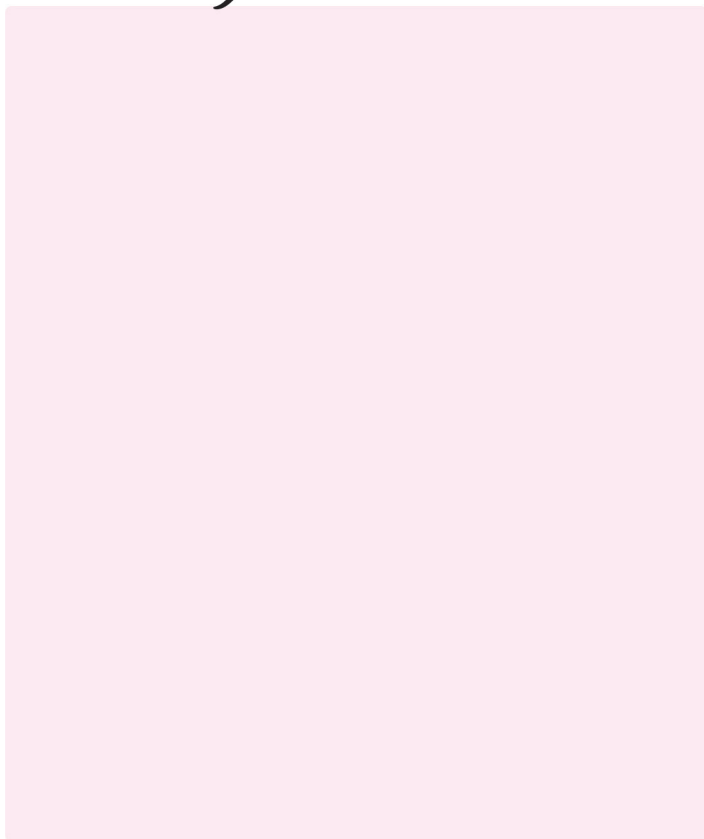


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

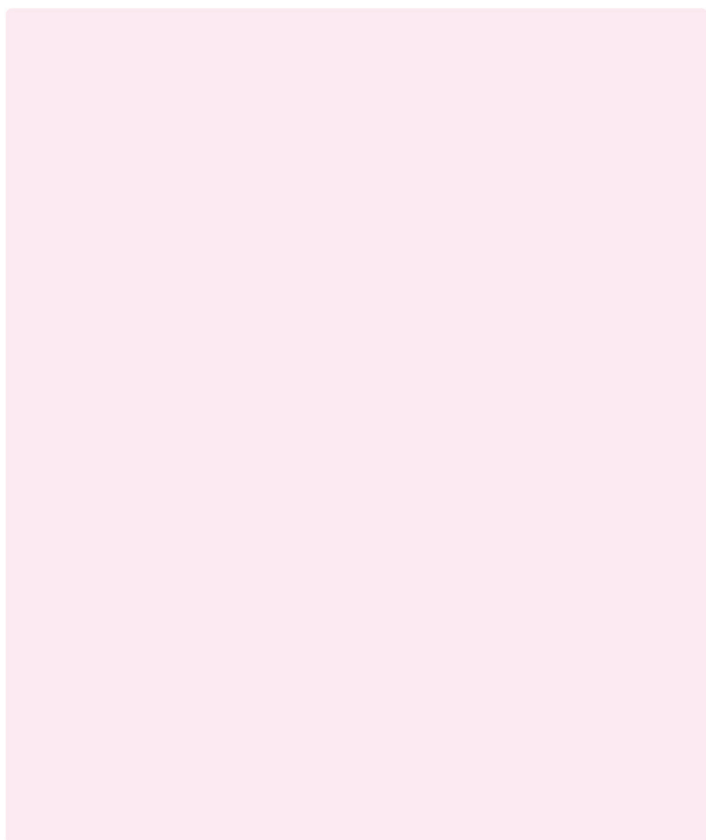
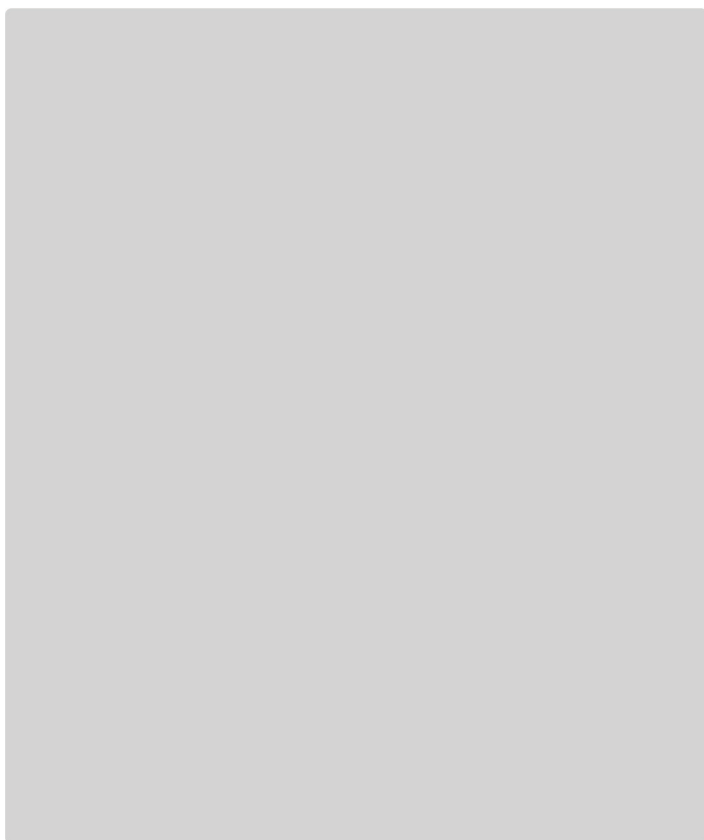
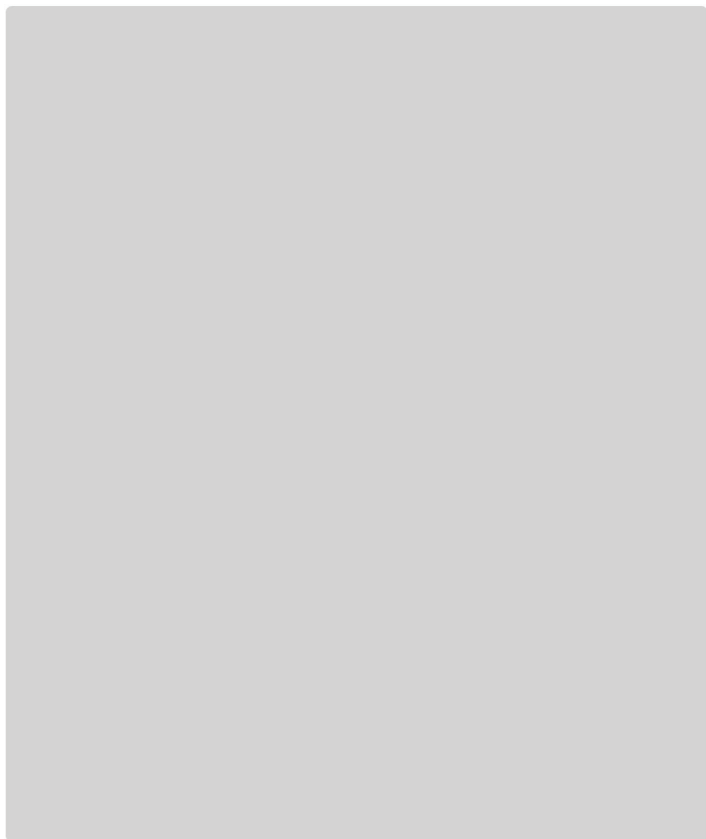
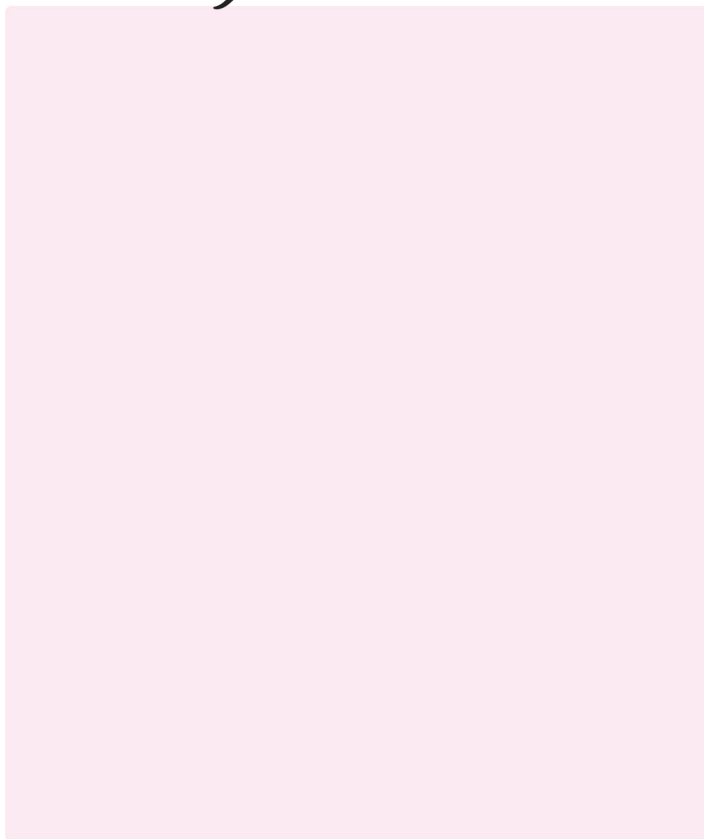


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
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SATURDAY	
SUNDAY	

weekly to-do lists:

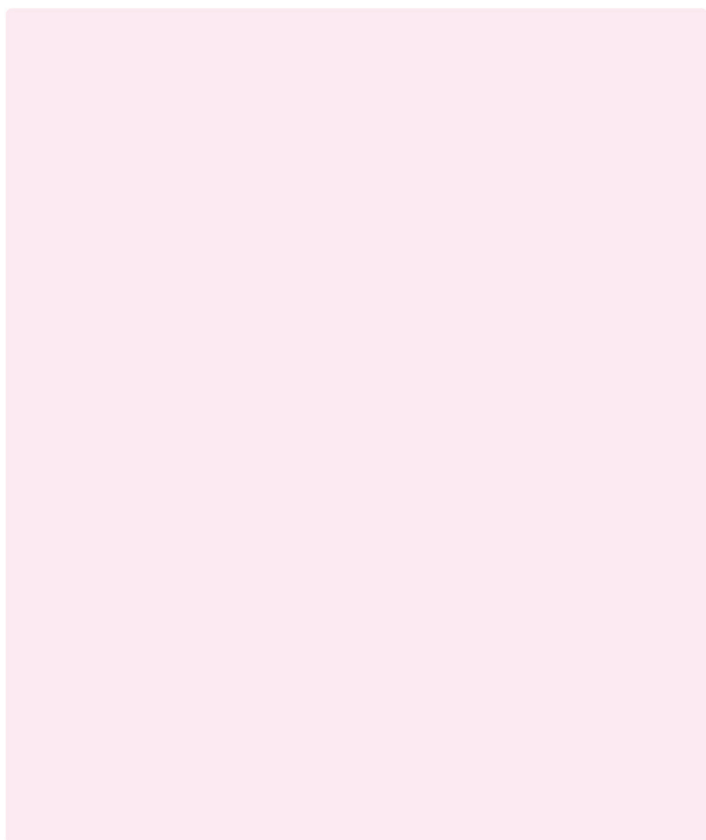
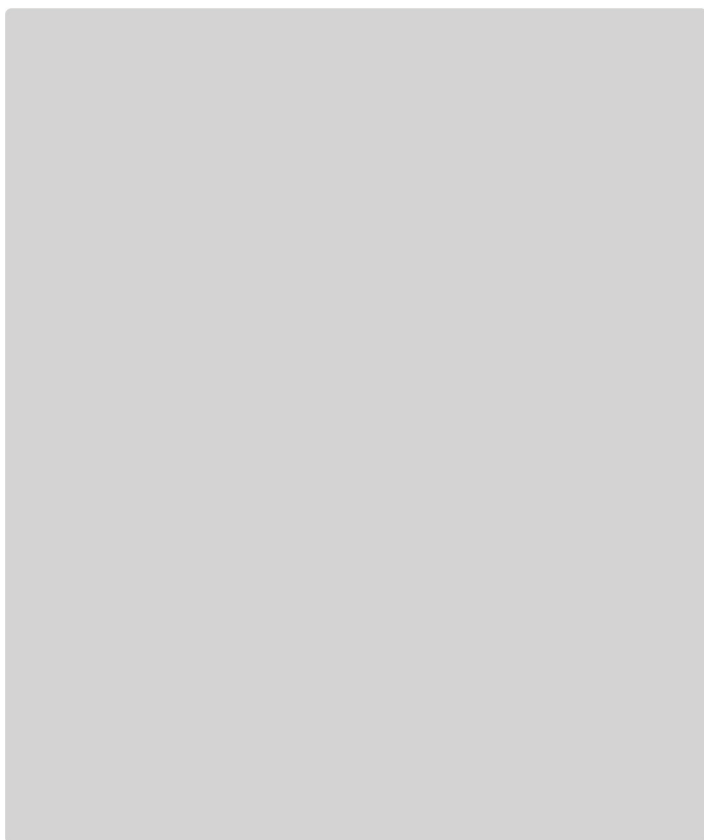
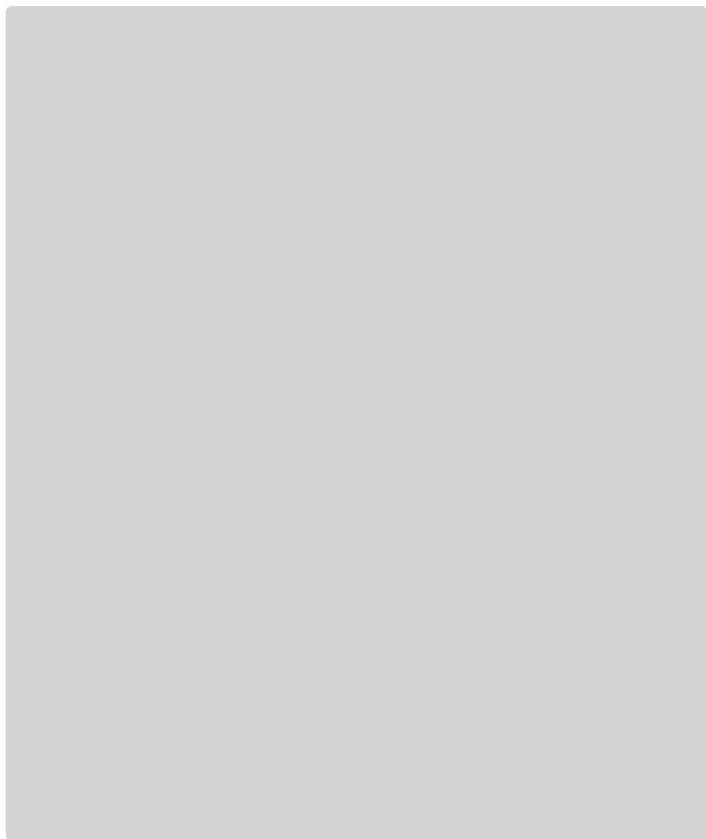
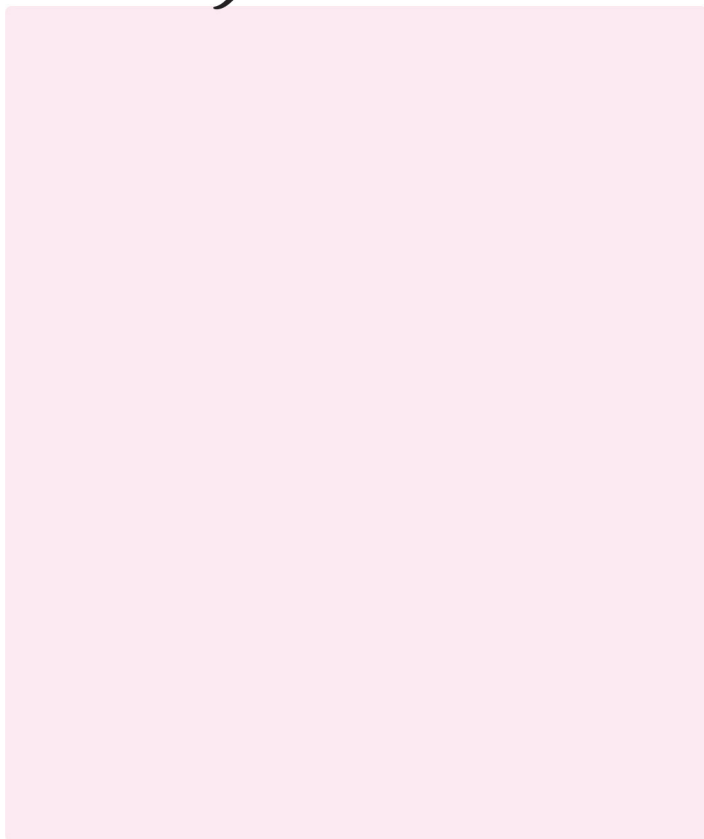


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:



april 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

THURSDAY

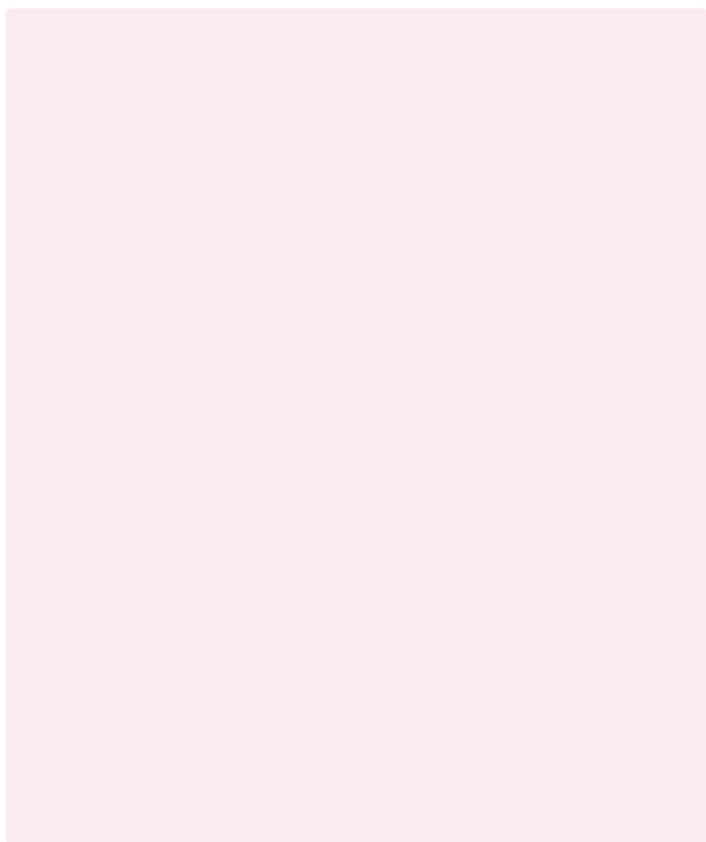
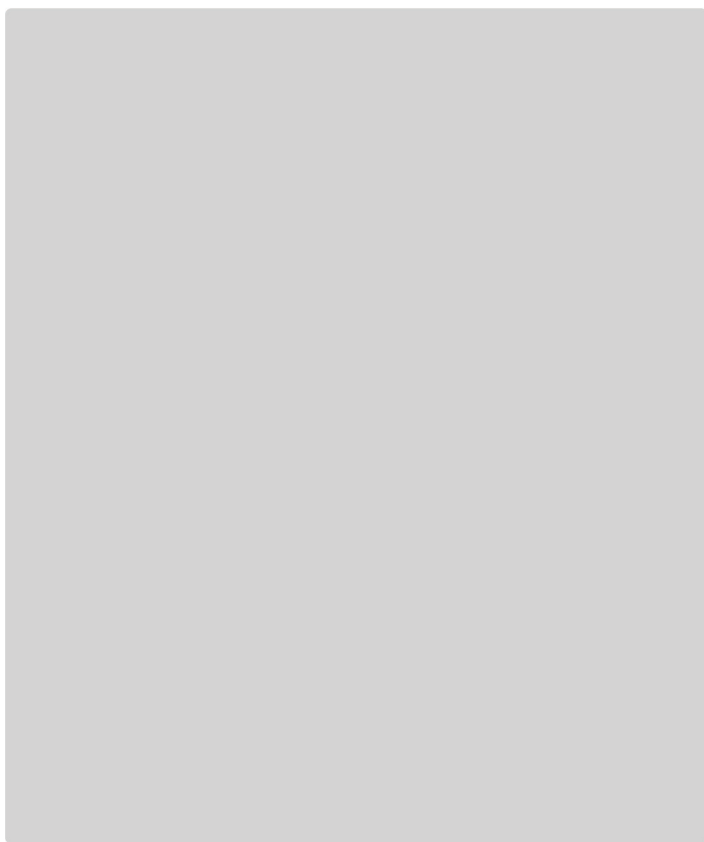
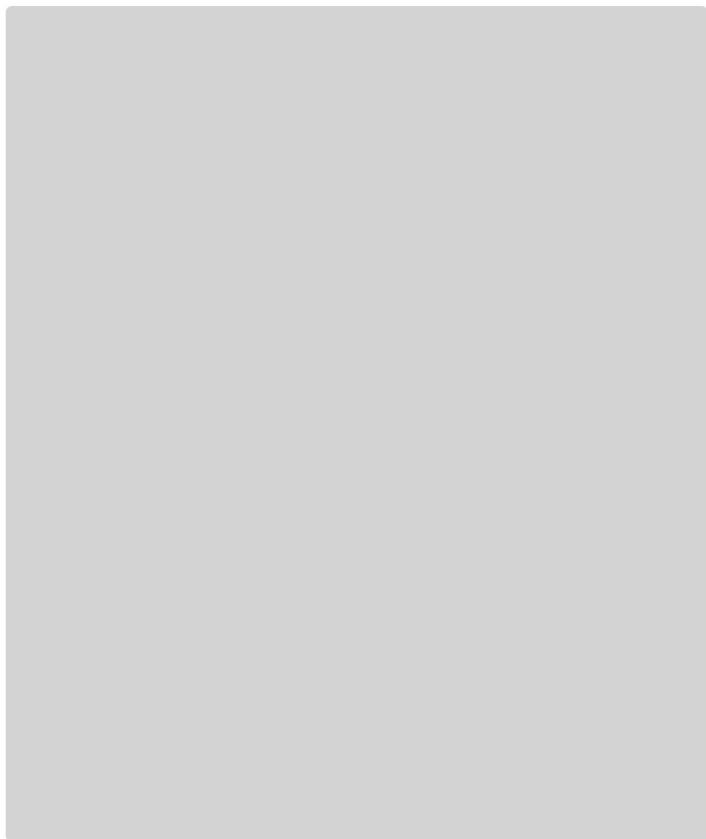
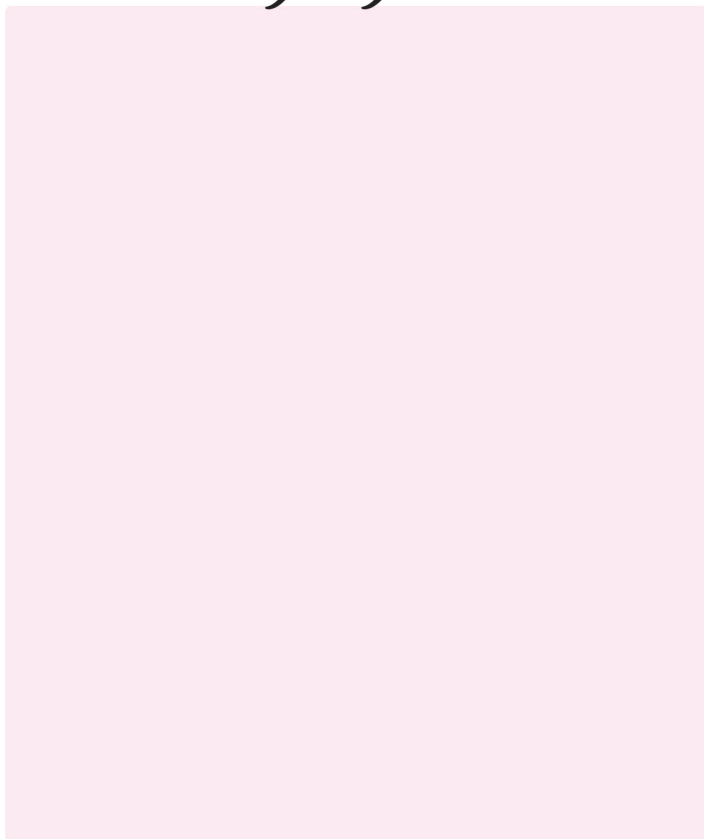
FRIDAY

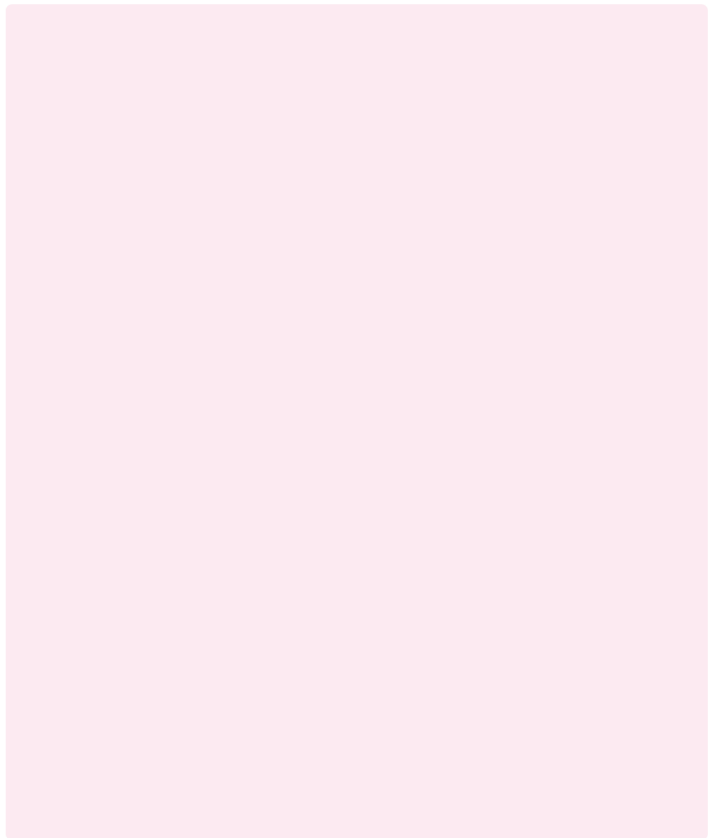
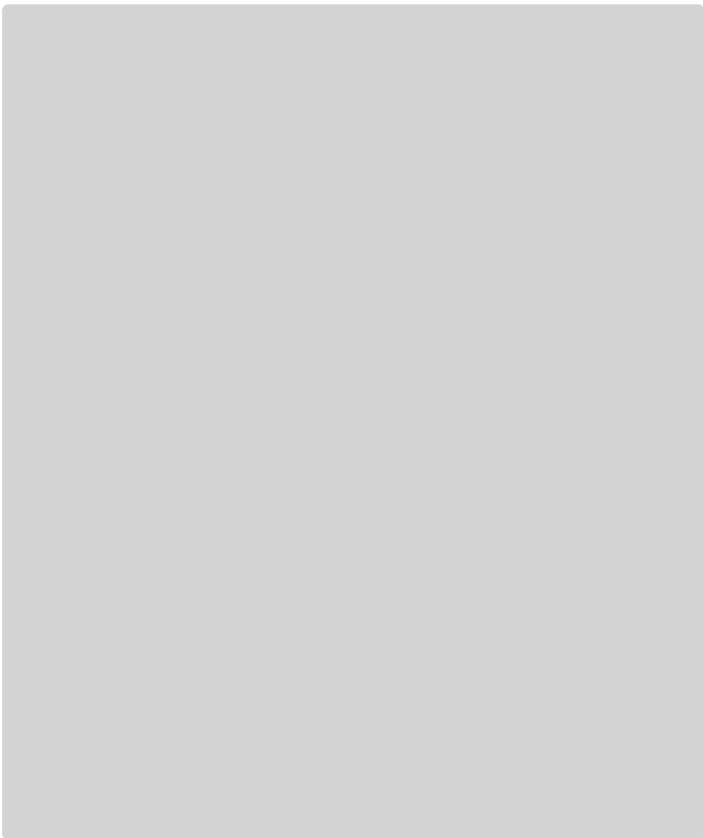
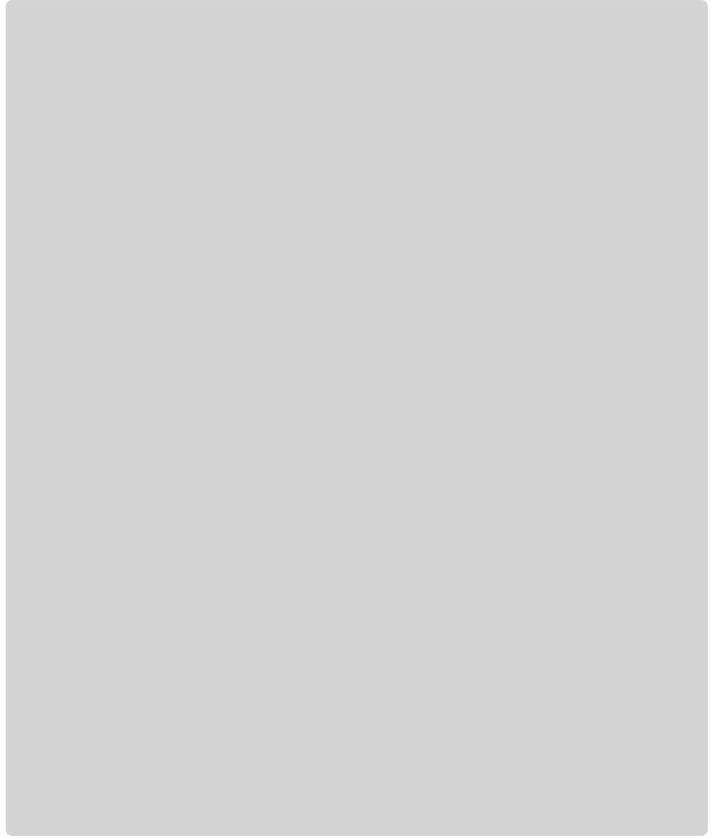
SATURDAY

2	3	4
9	10	11
16	17	18
23	24	25
30		

monthly notes

monthly goals:



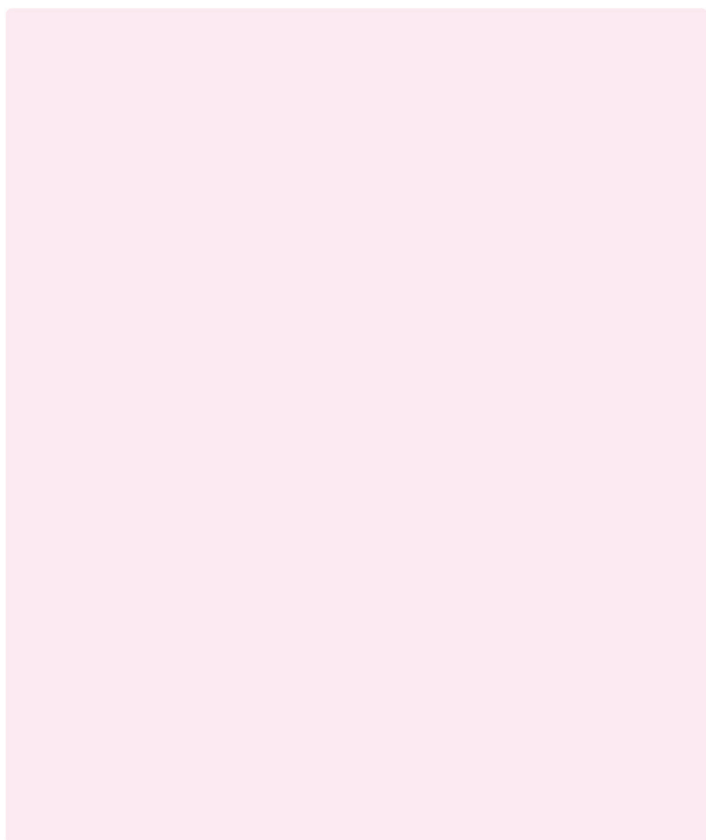
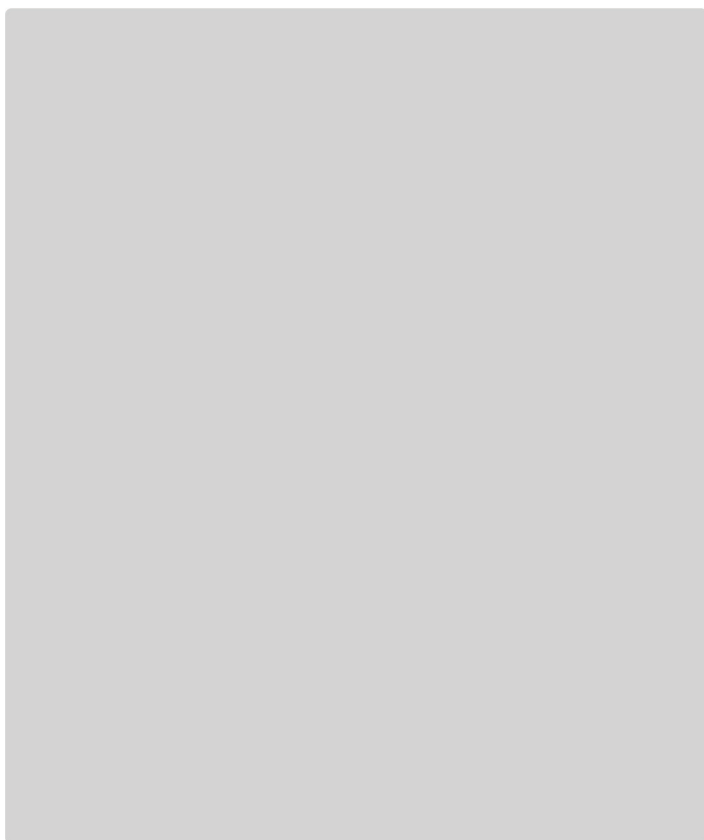
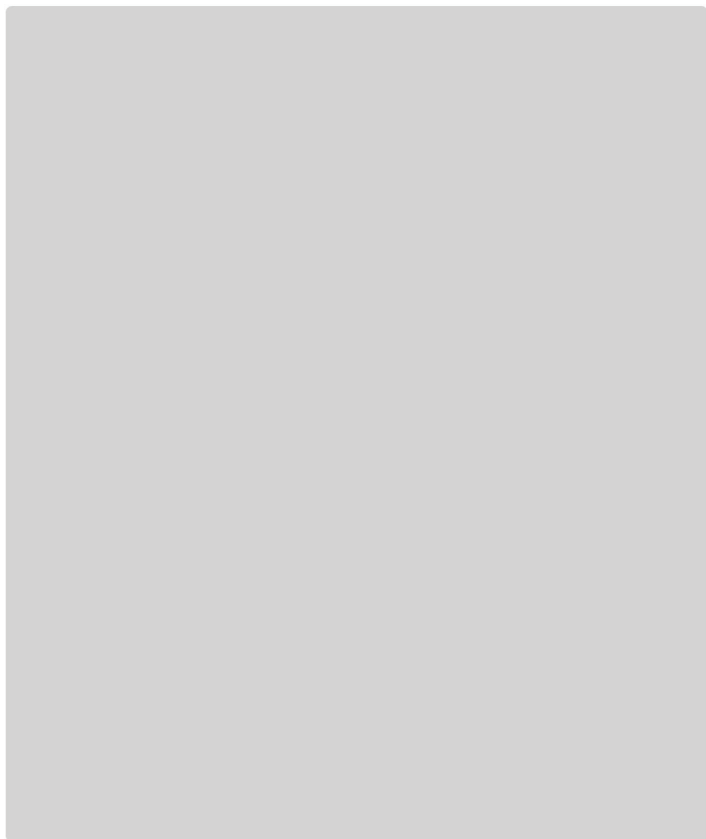
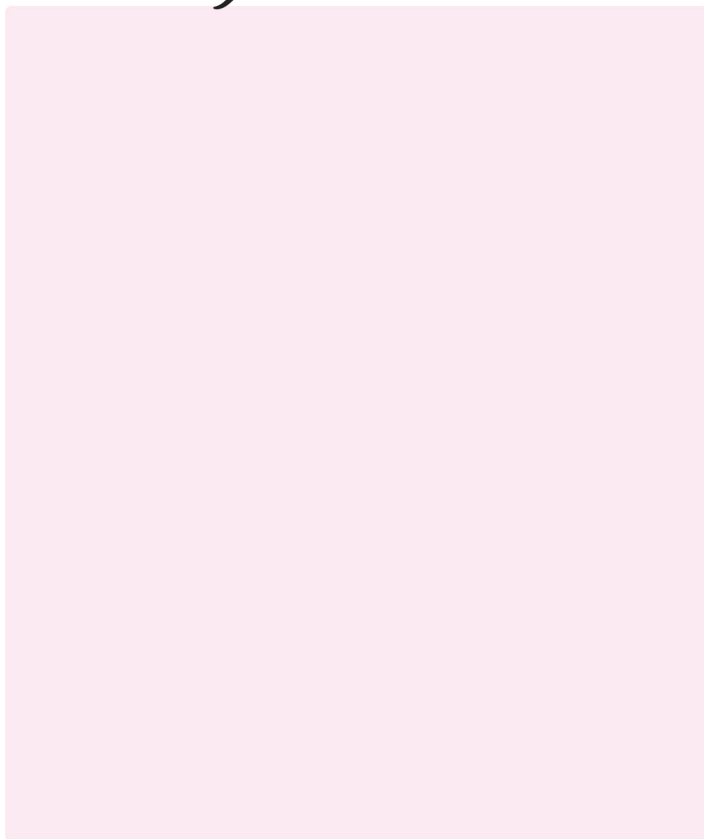


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

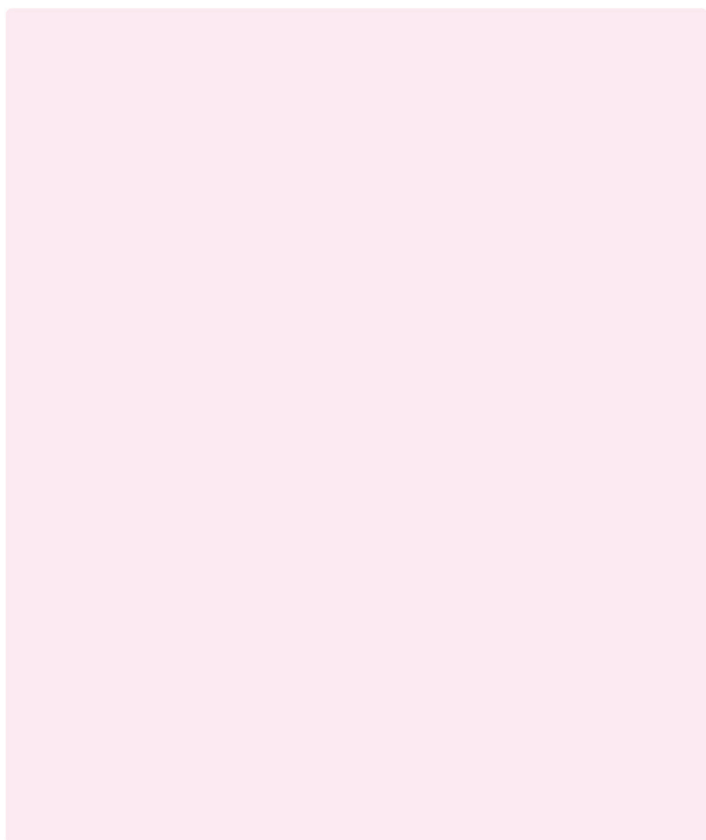
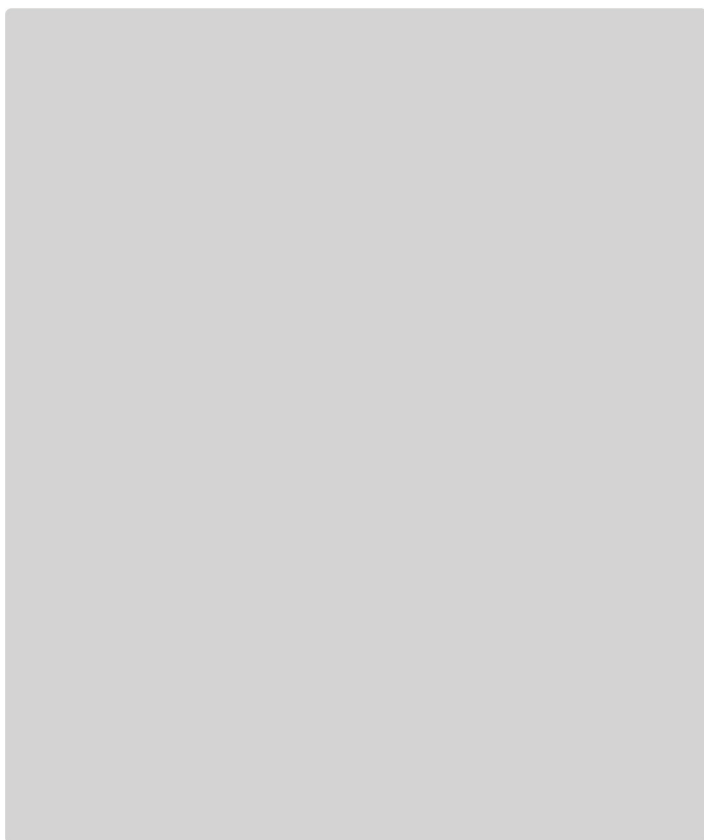
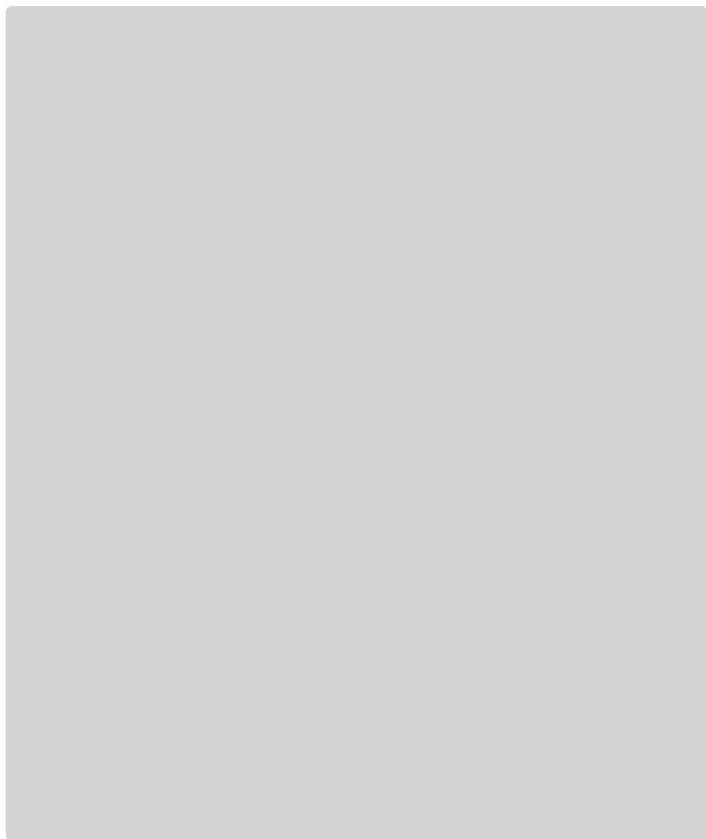
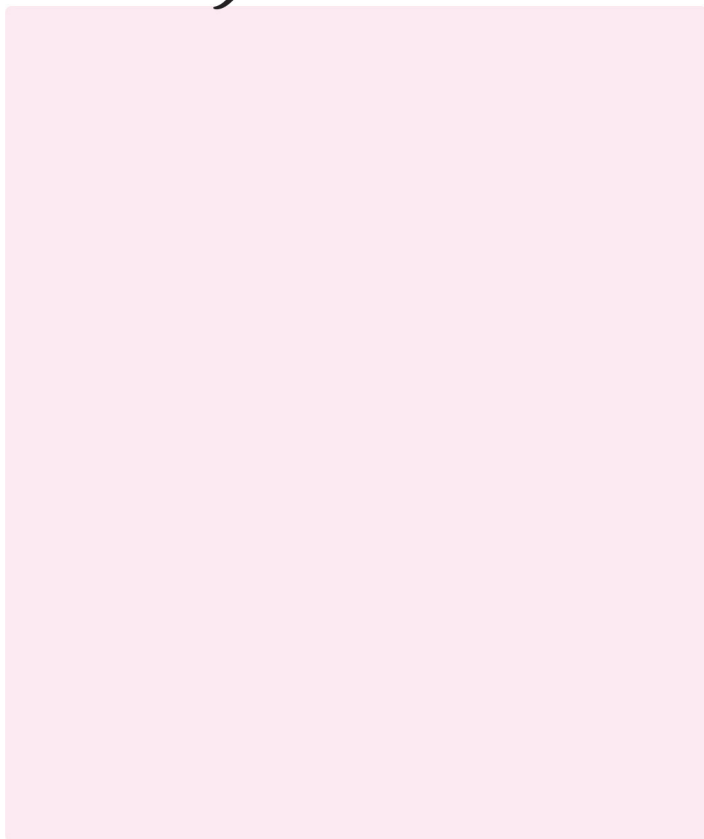


for the week of:

MEALS

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TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

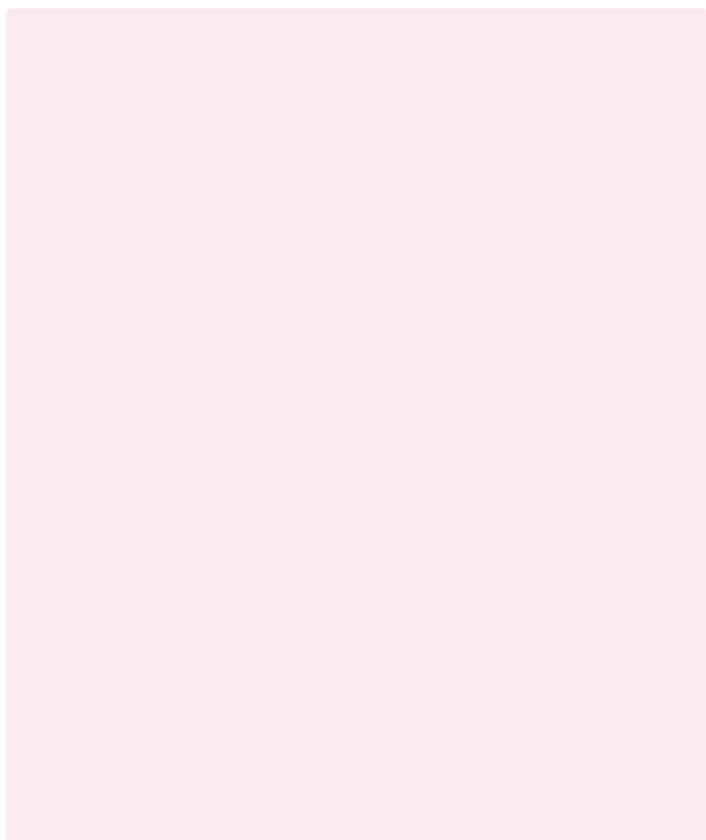
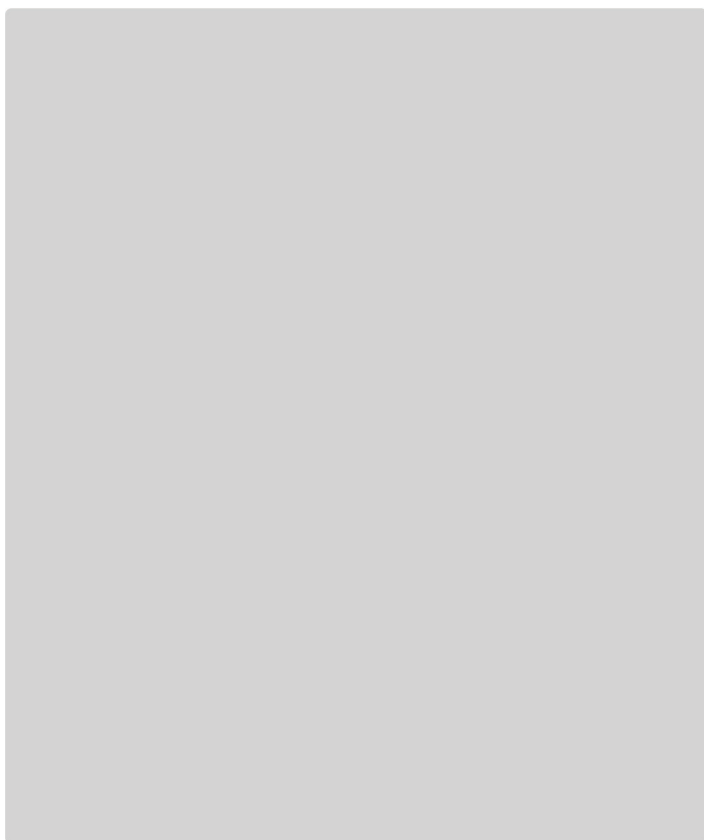
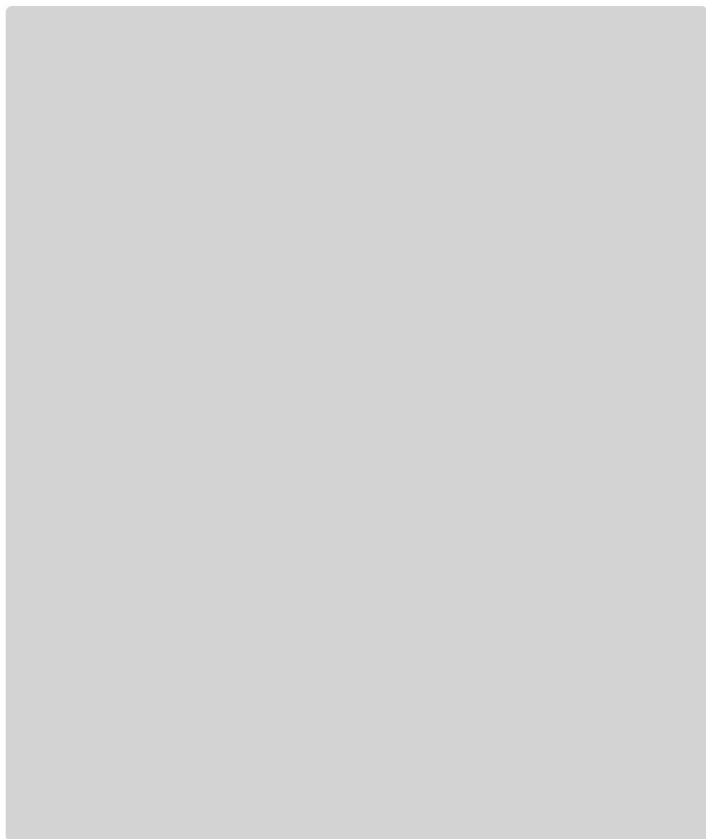
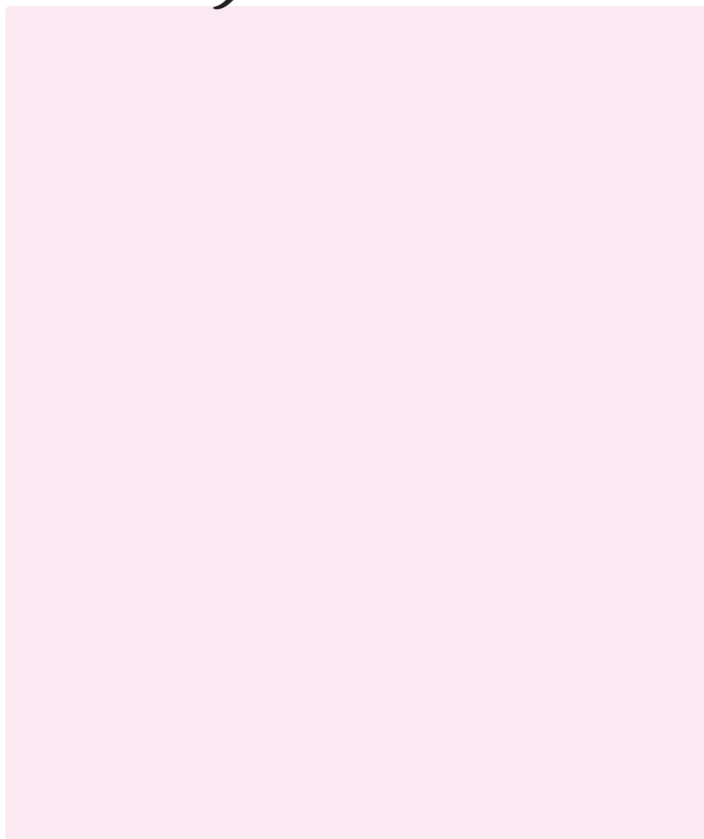


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

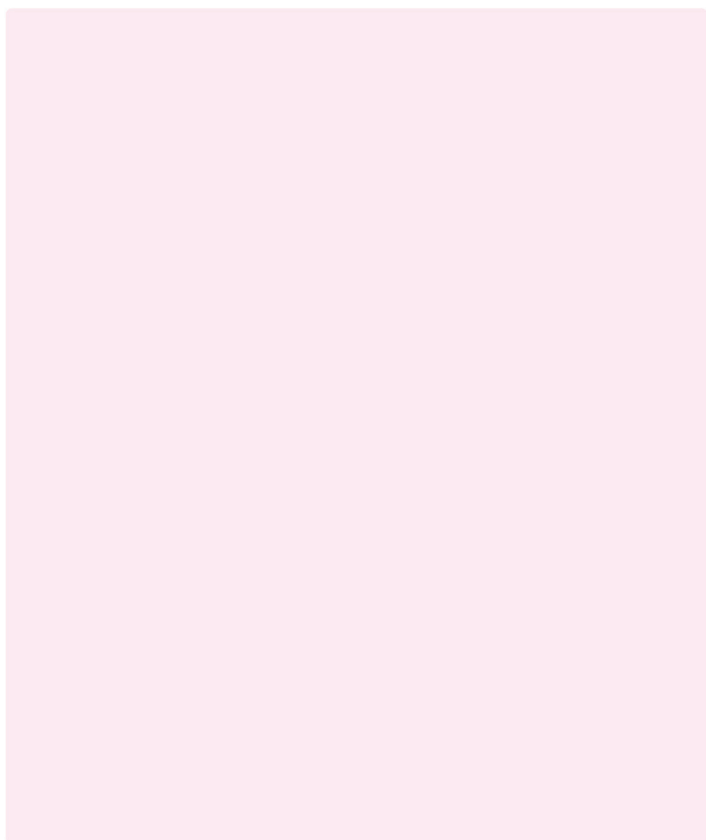
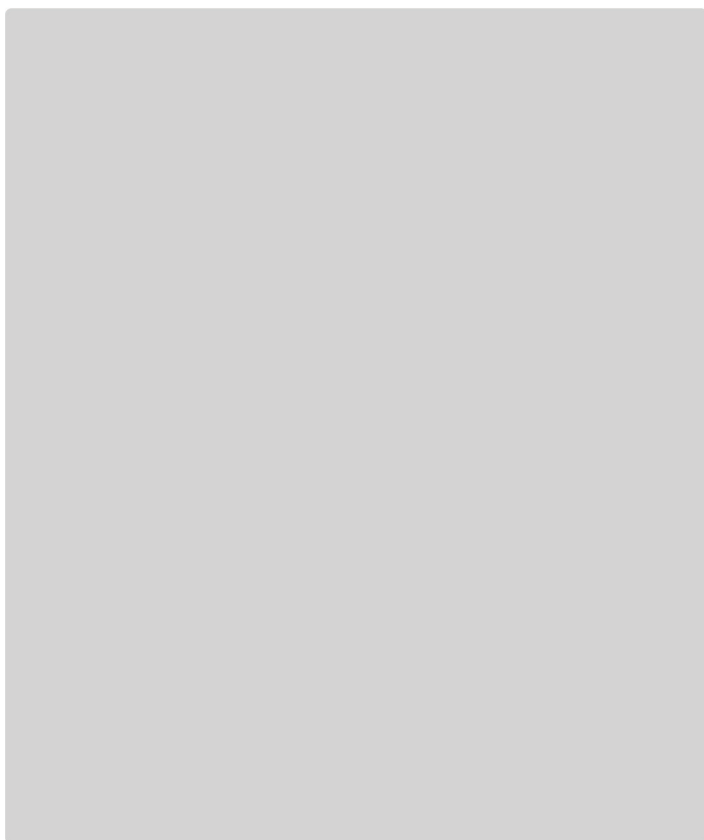
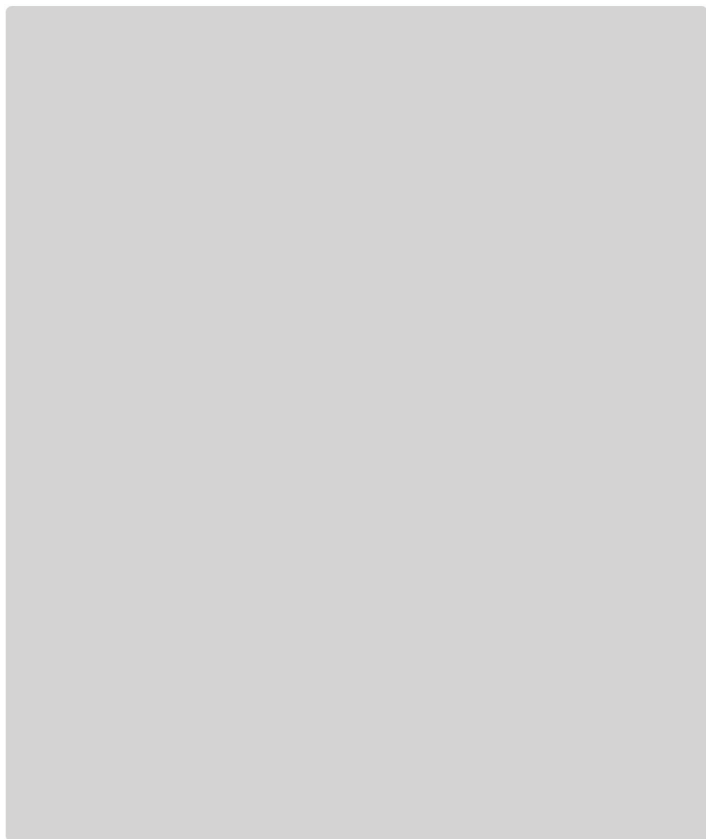
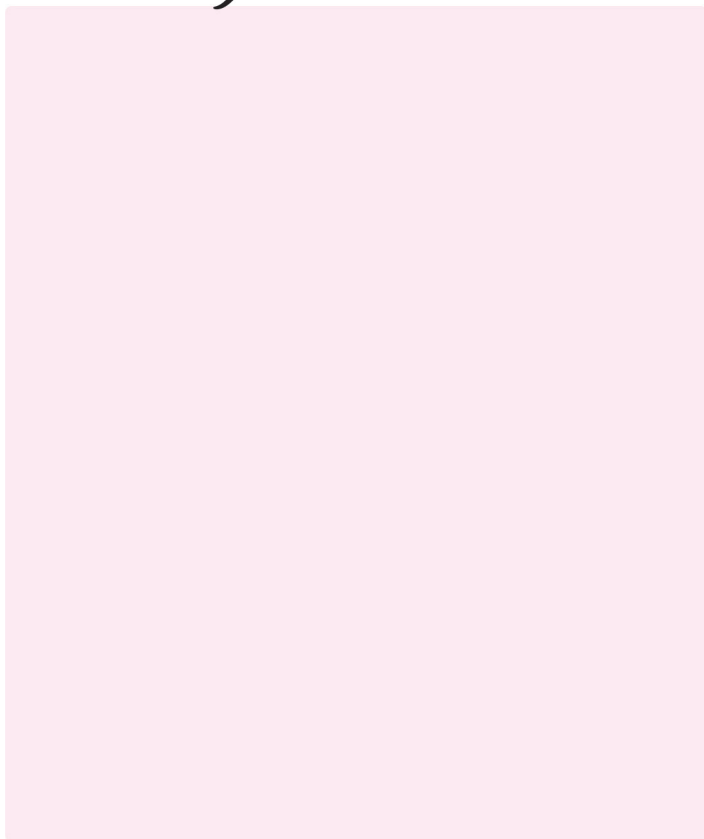


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:



may 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31			

THURSDAY

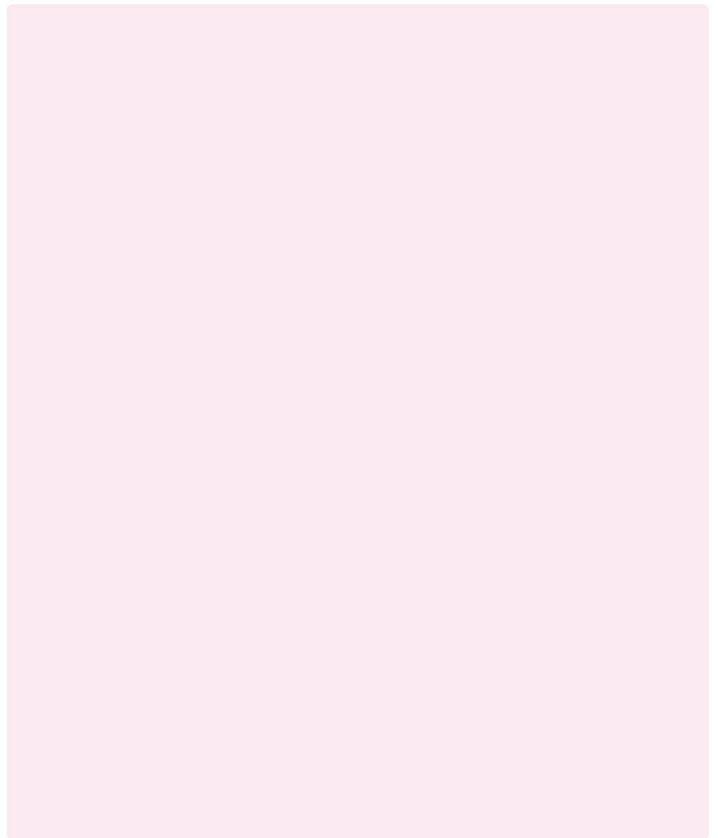
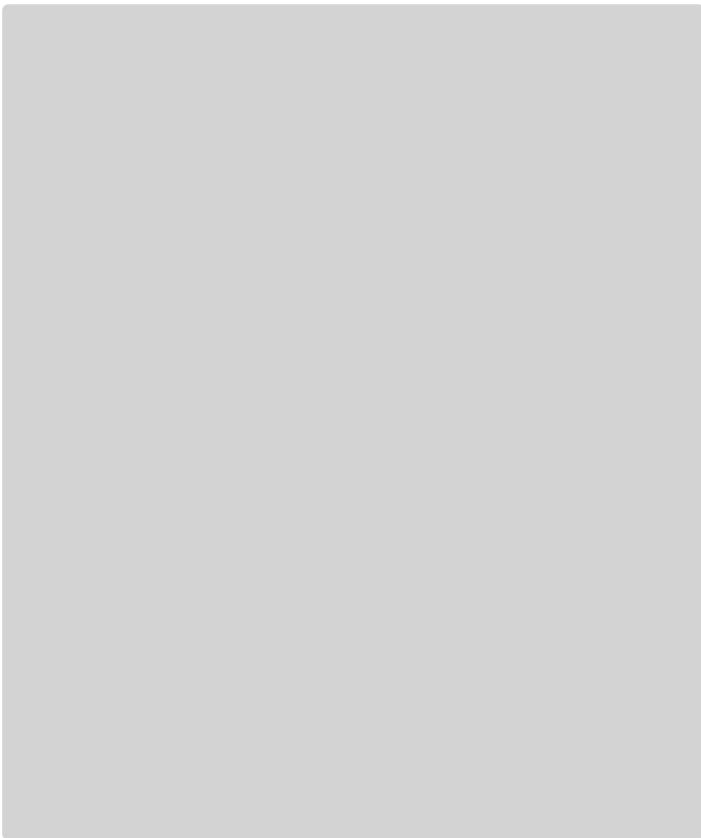
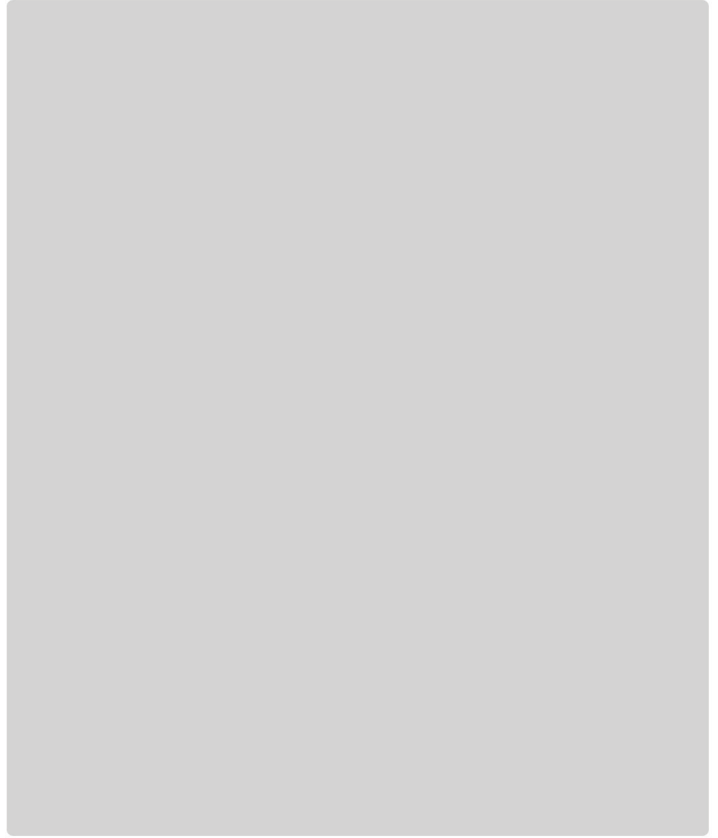
FRIDAY

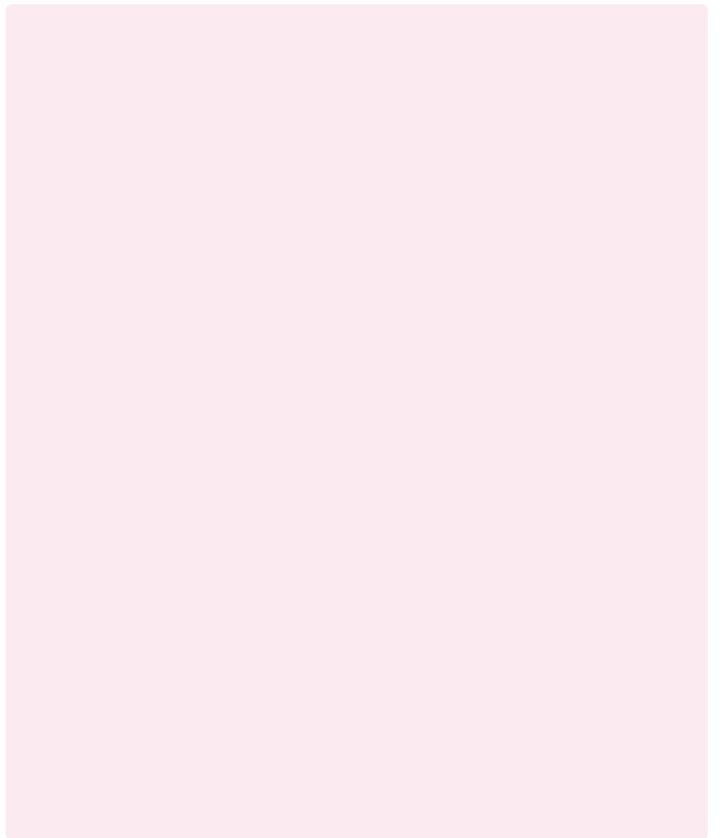
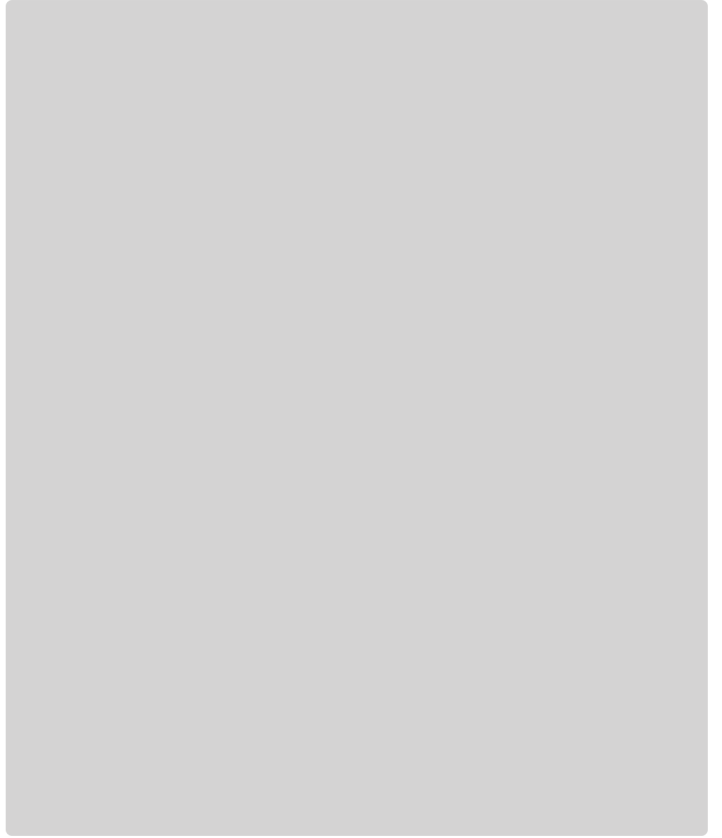
SATURDAY

	1	2
7	8	9
14	15	16
21	22	23
28	29	30

monthly notes

monthly goals:



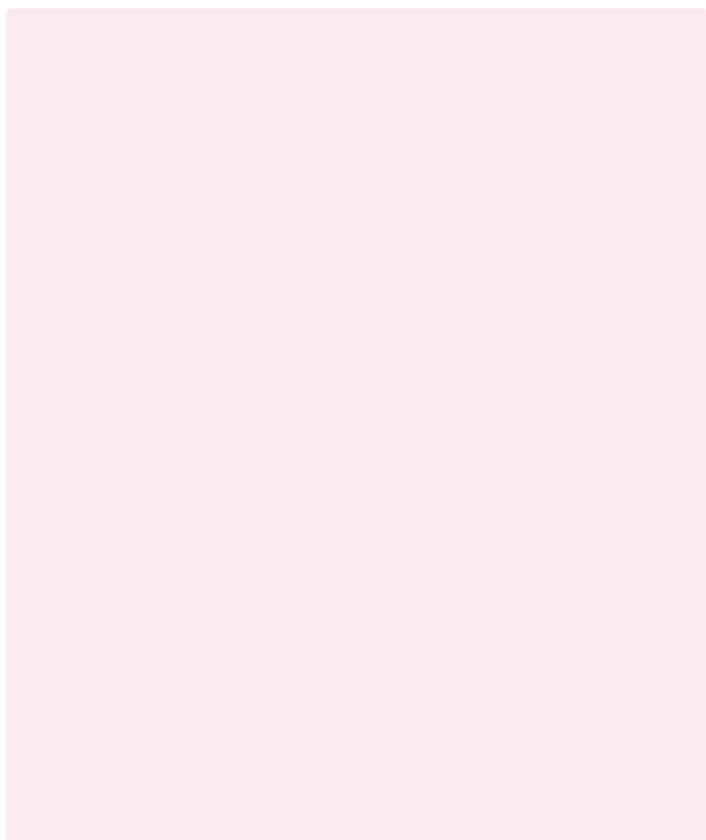
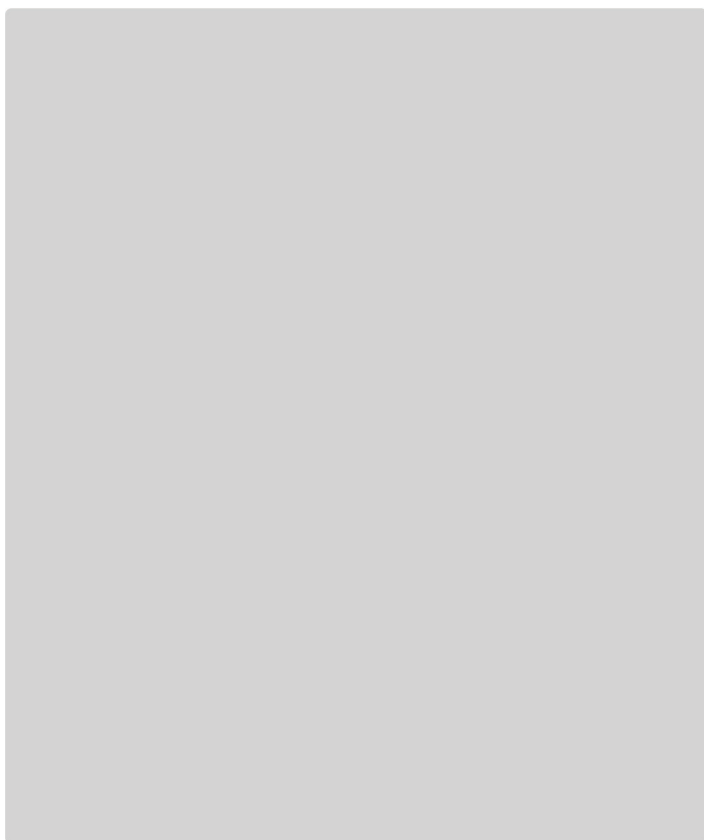
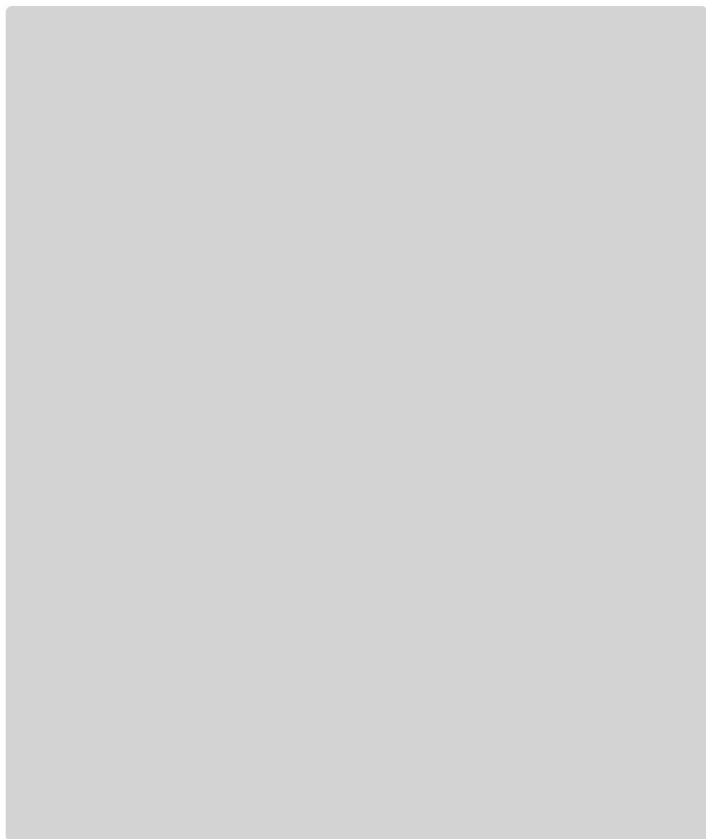
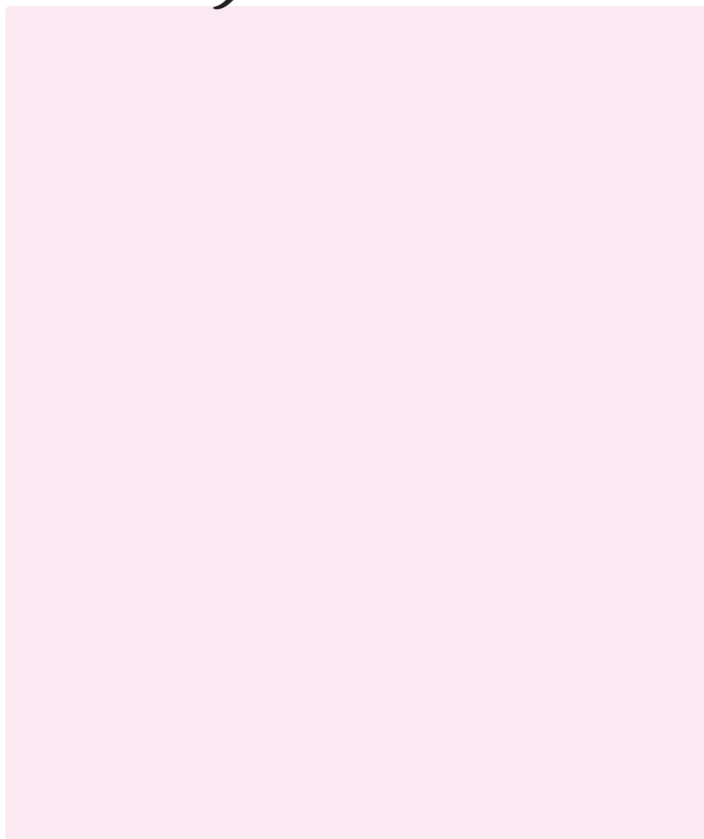


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

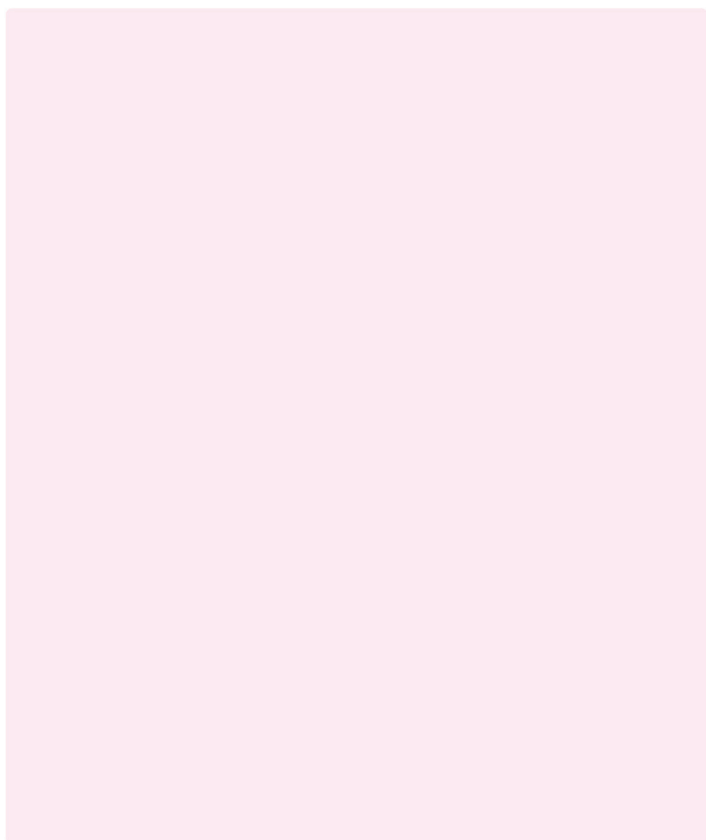
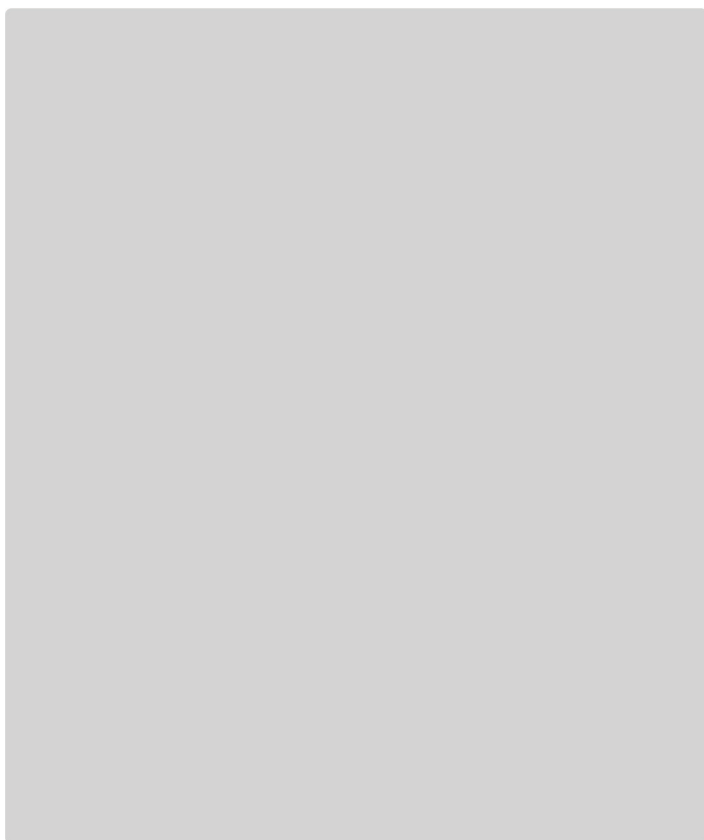
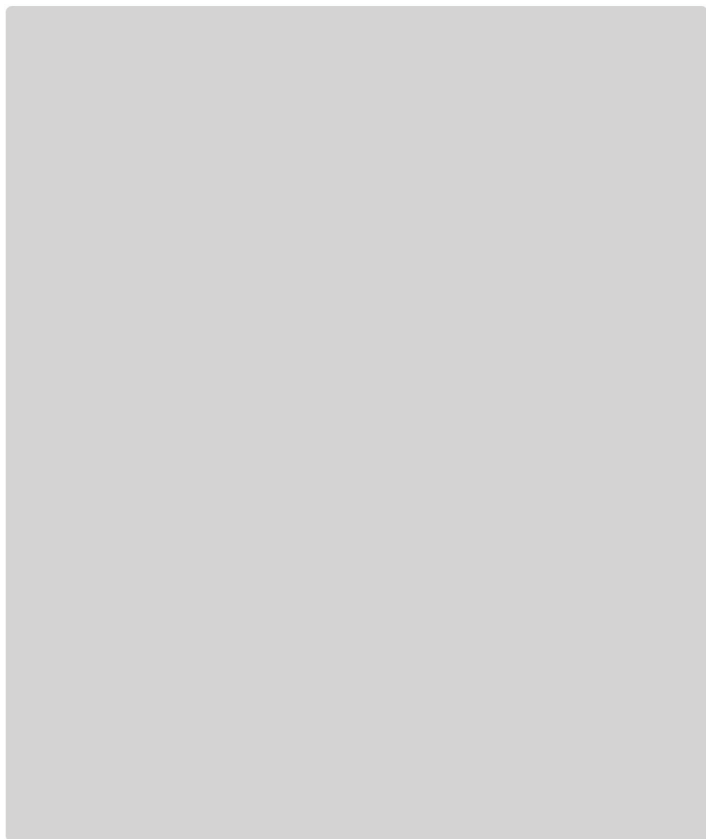
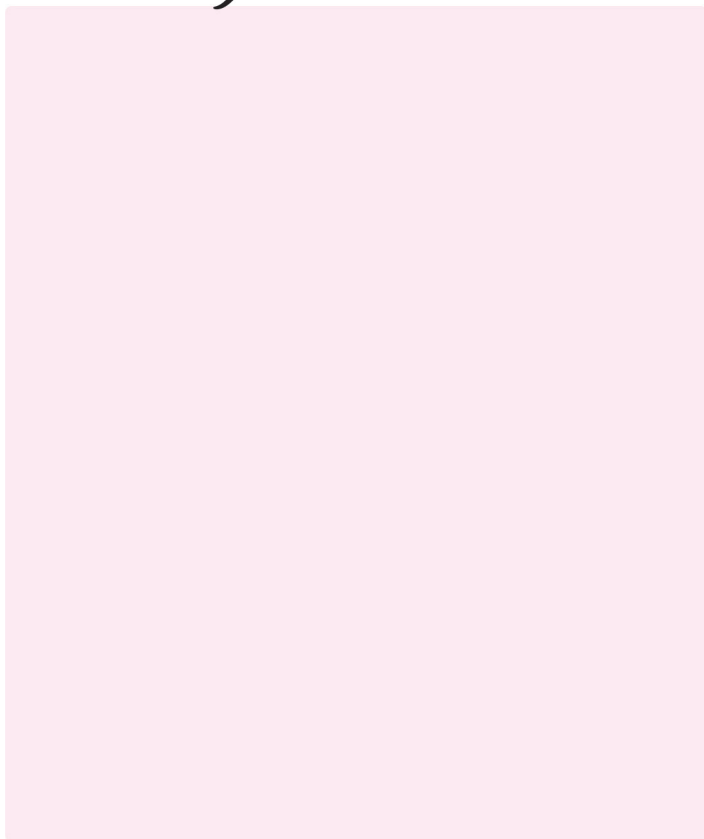


for the week of:

MEALS

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WEDNESDAY	
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FRIDAY	
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SUNDAY	

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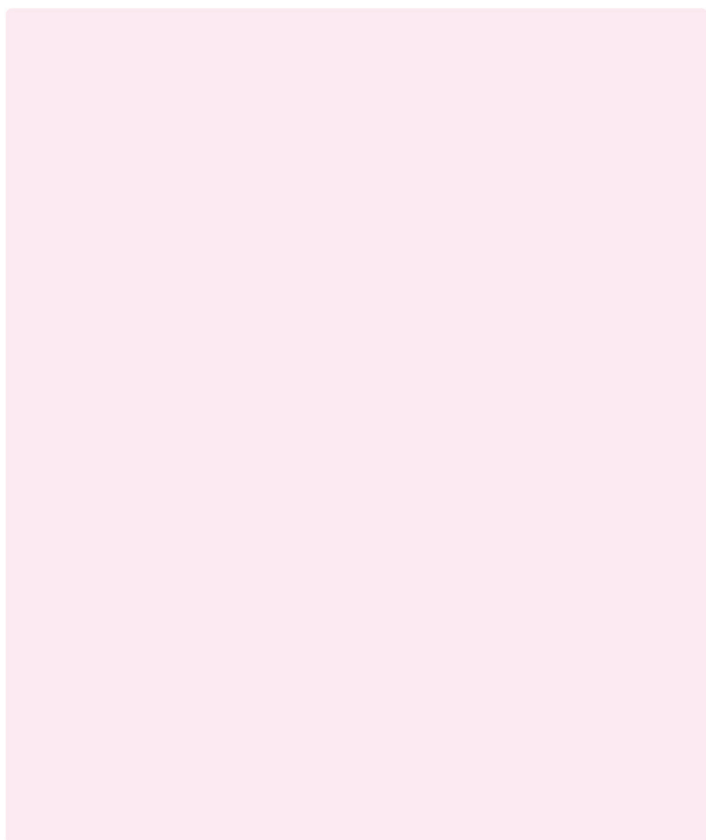
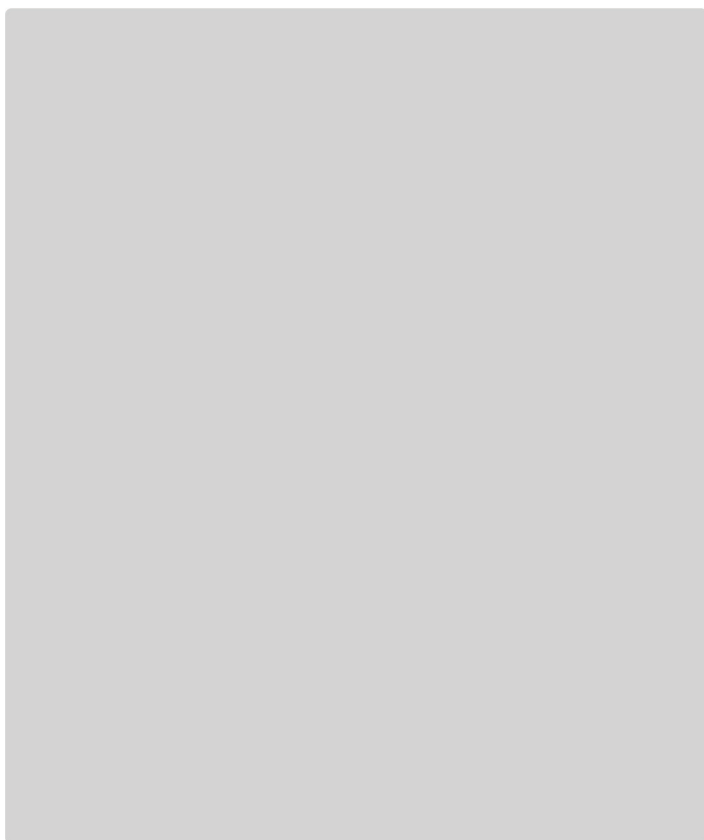
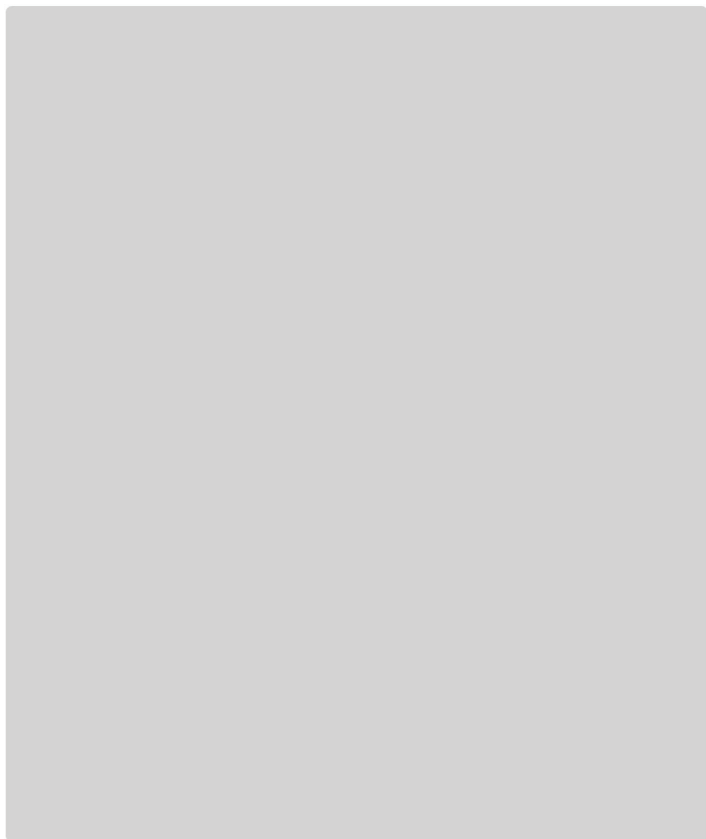
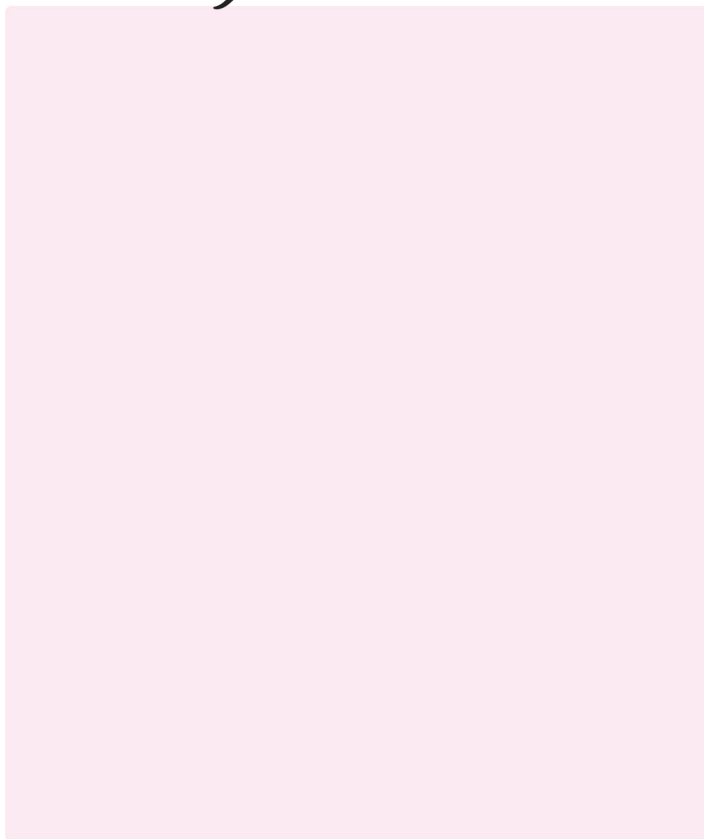


for the week of:

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weekly to-do lists:

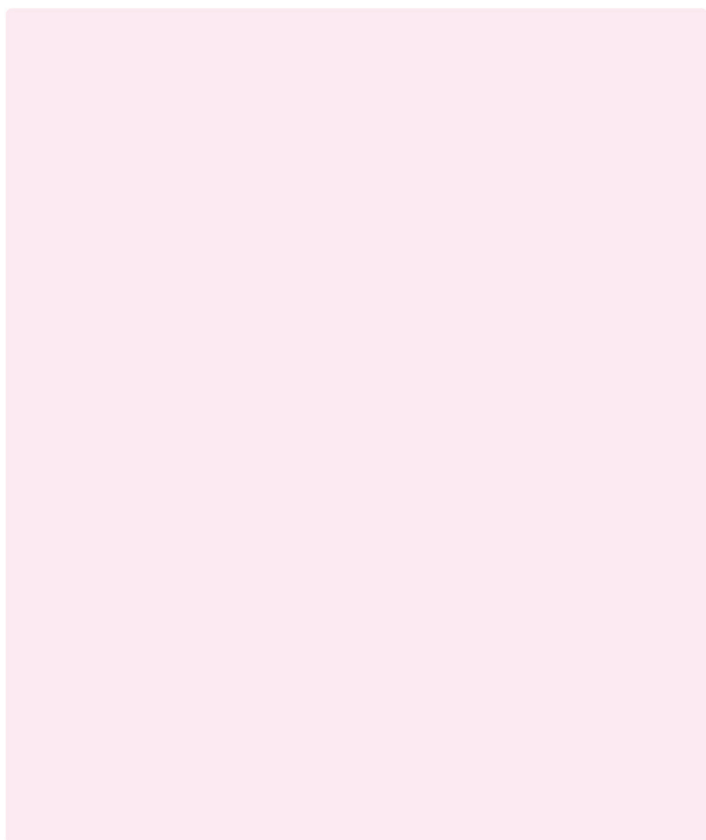
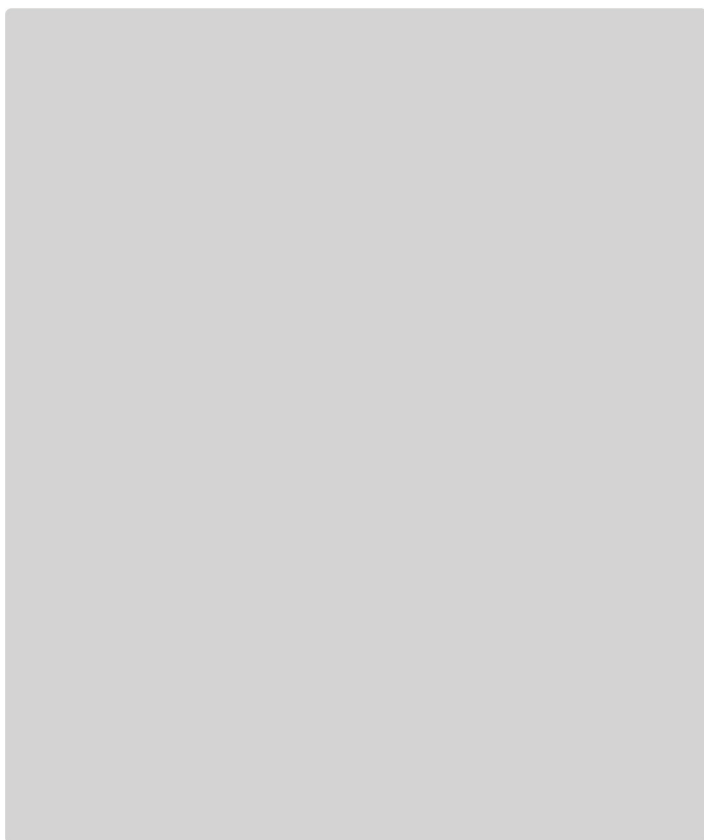
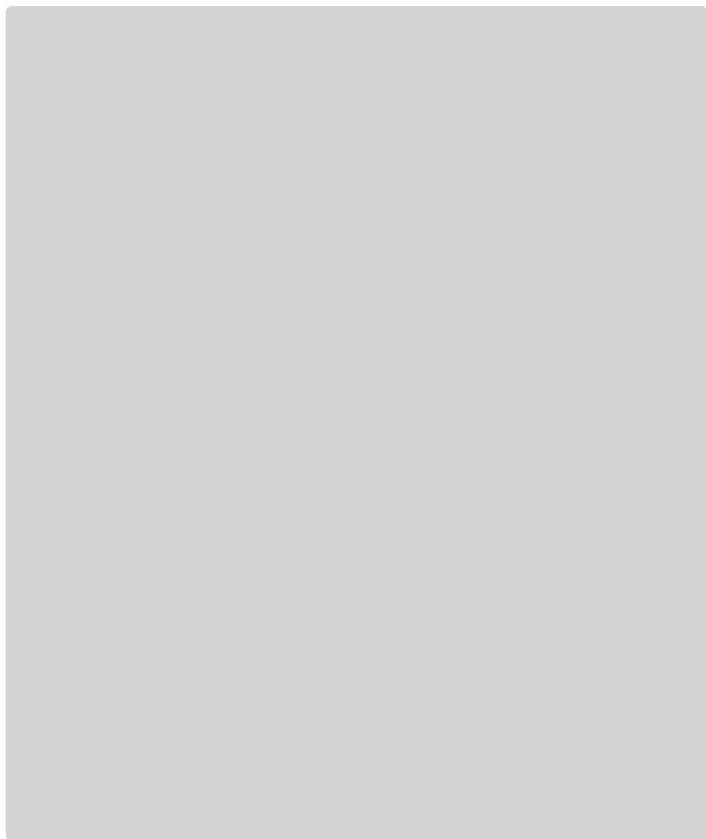
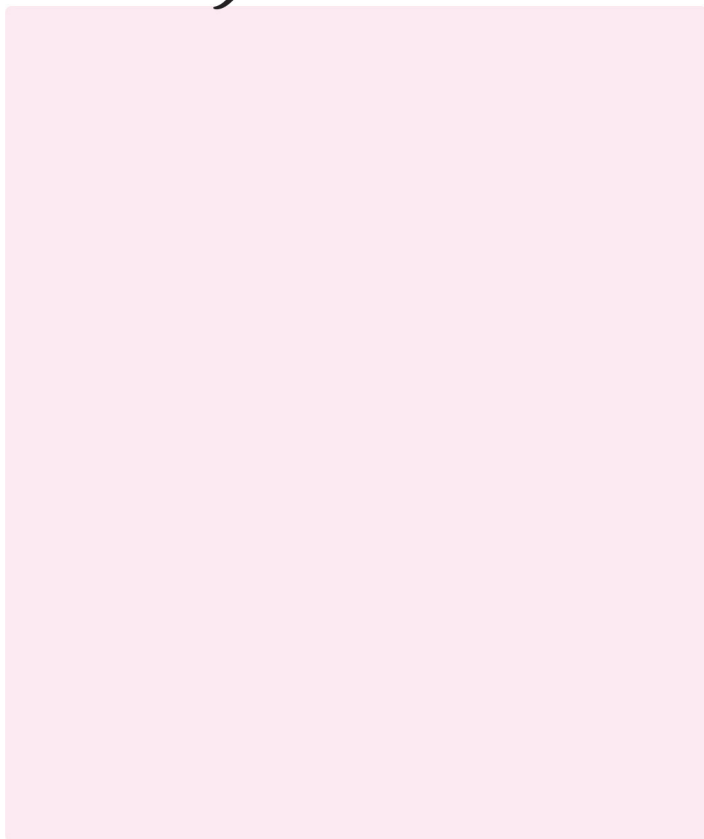


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:



June 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	

THURSDAY

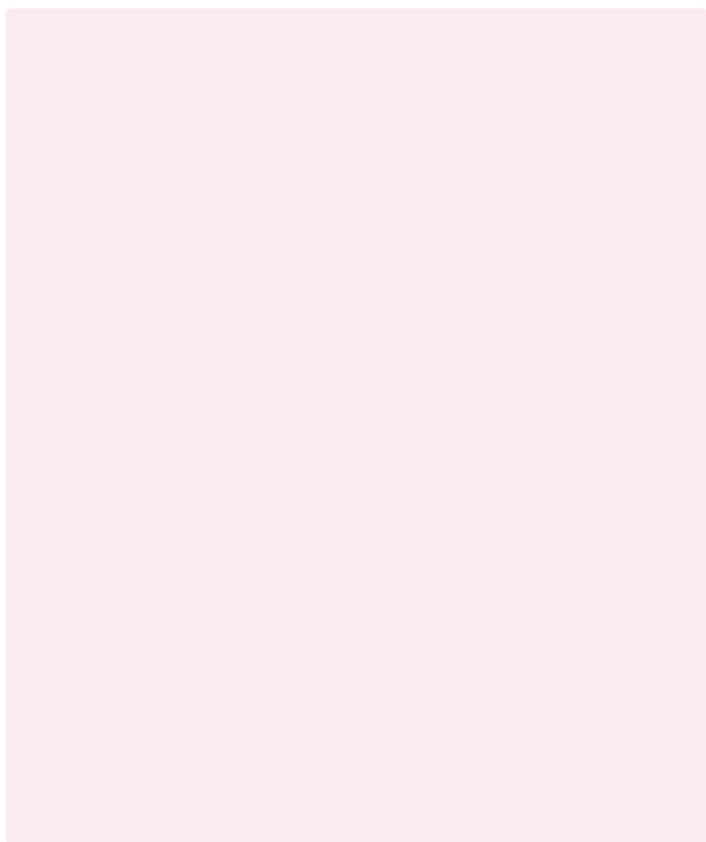
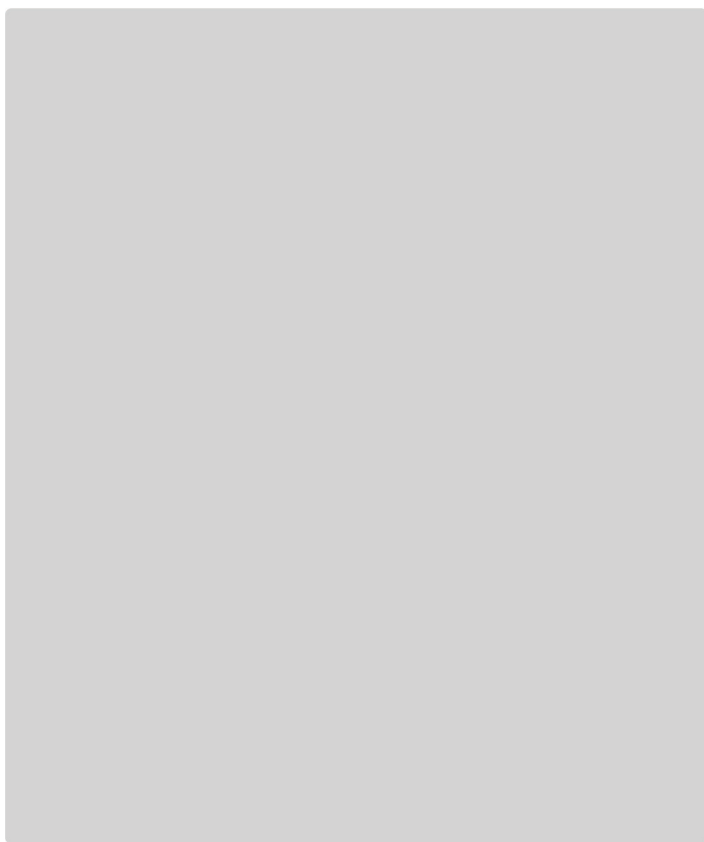
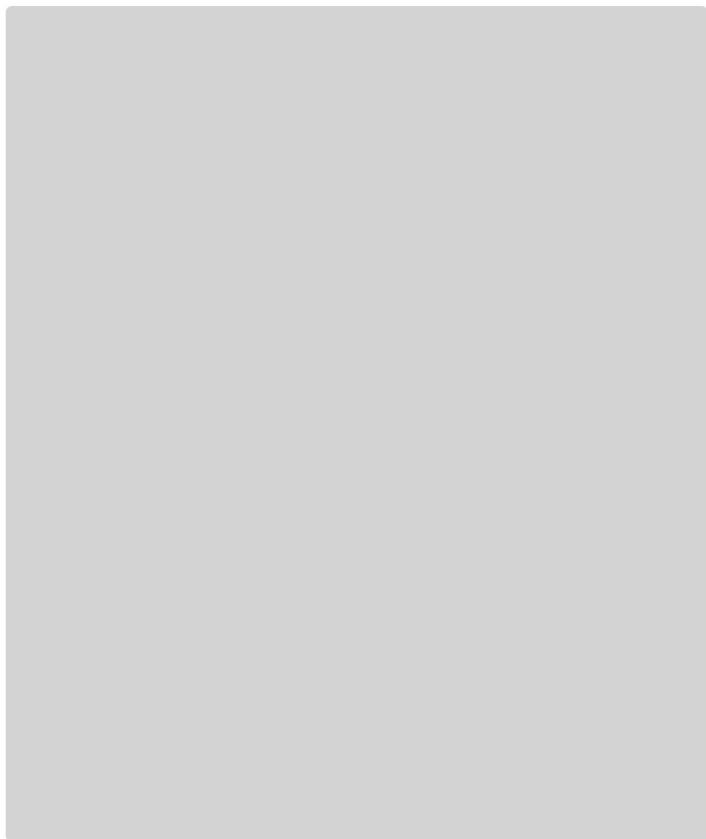
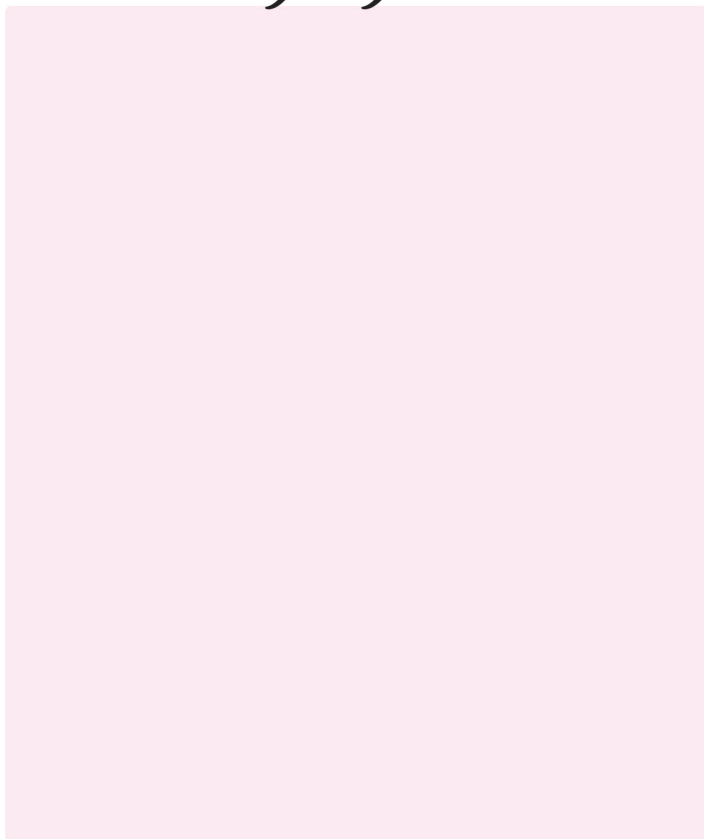
FRIDAY

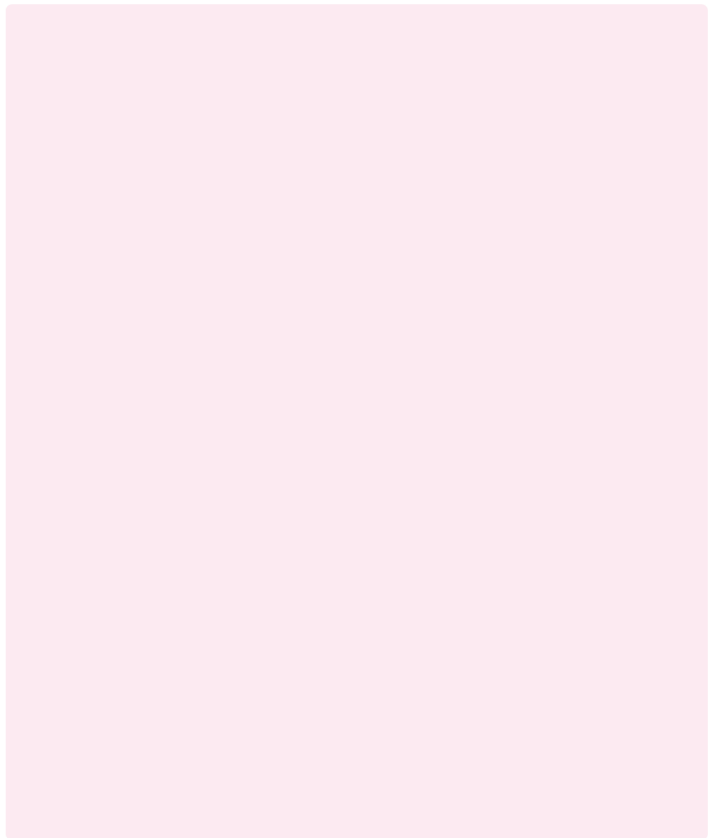
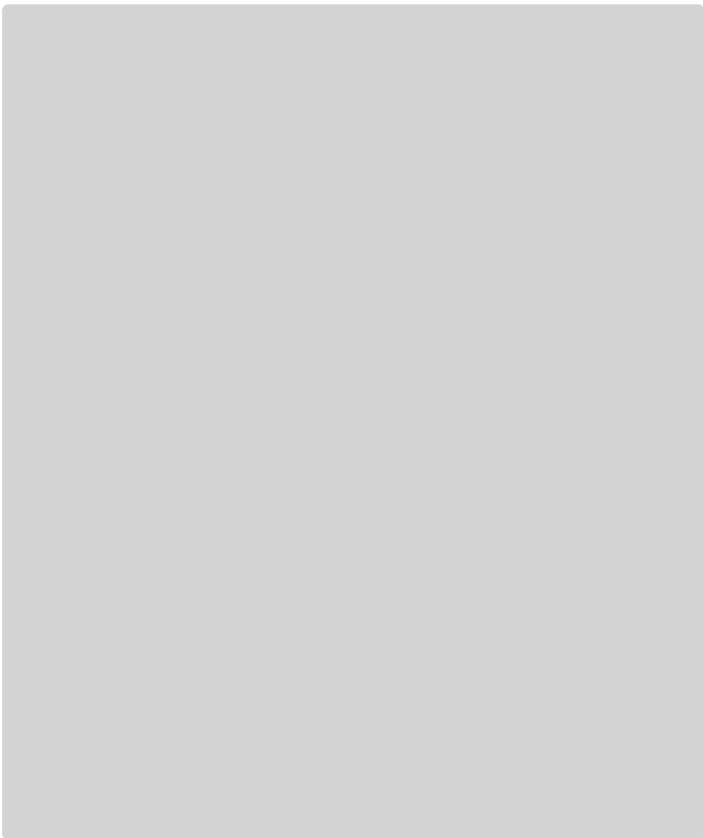
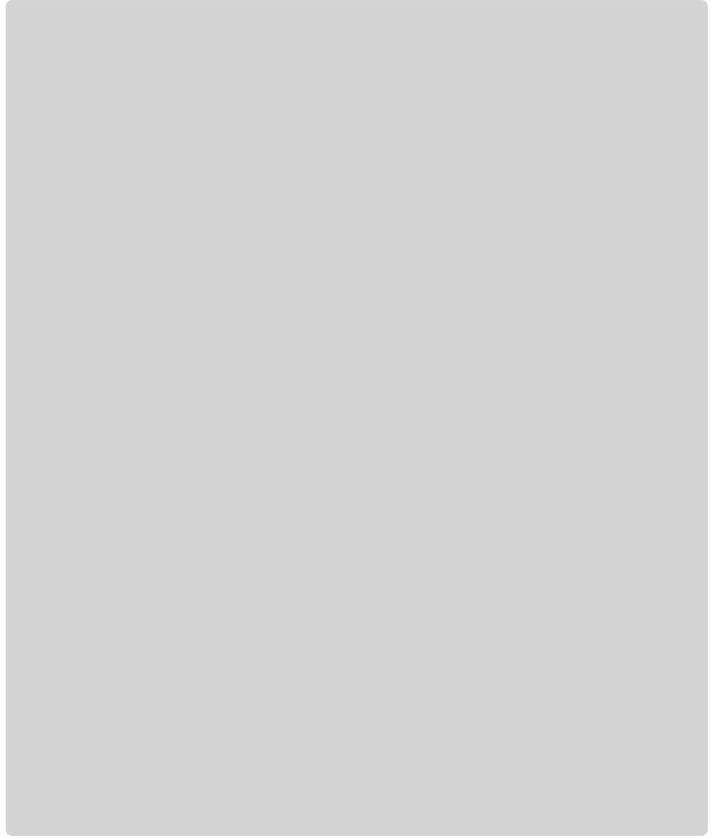
SATURDAY

4	5	6
11	12	13
18	19	20
25	26	27

monthly notes

monthly goals:



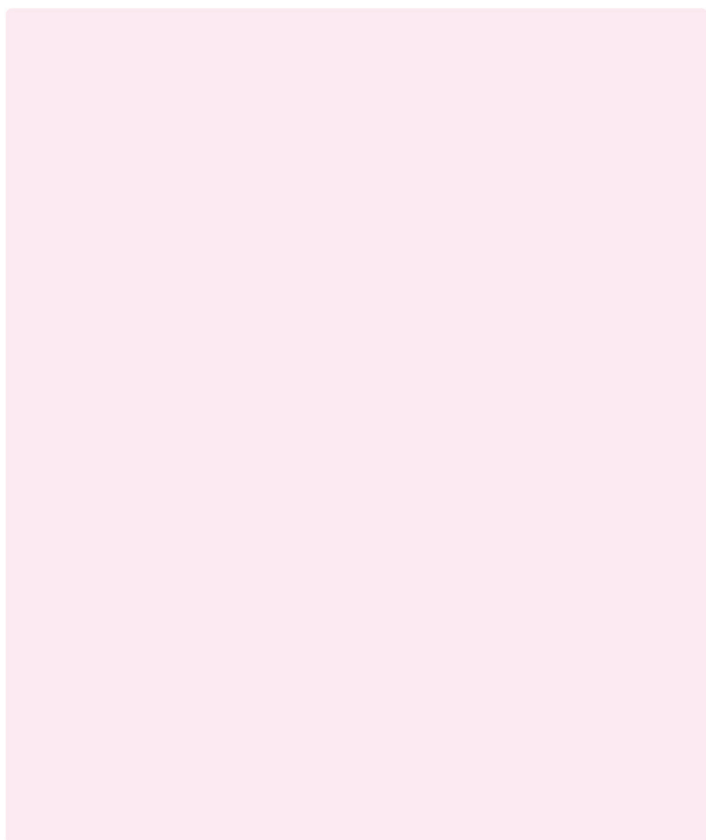
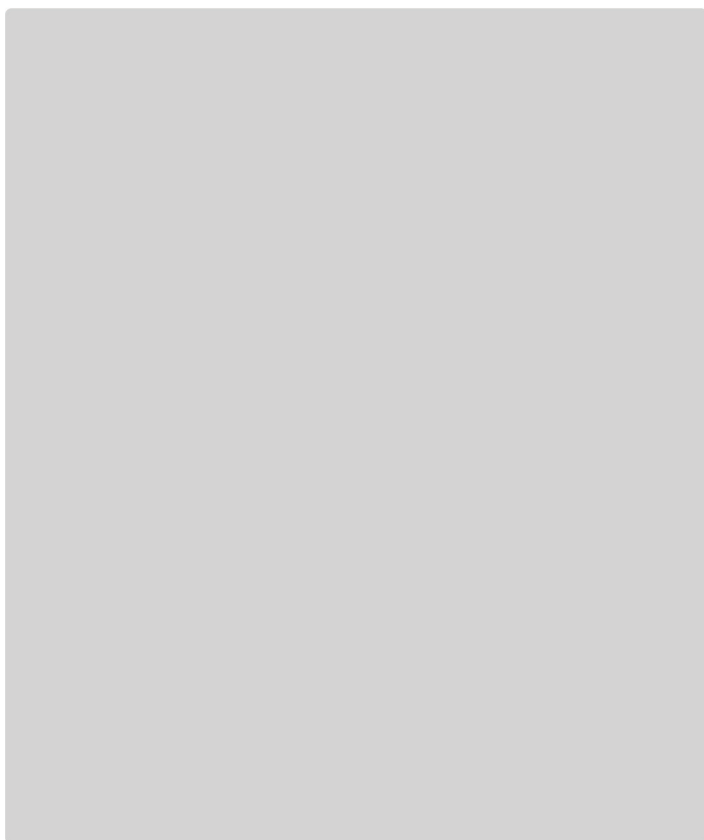
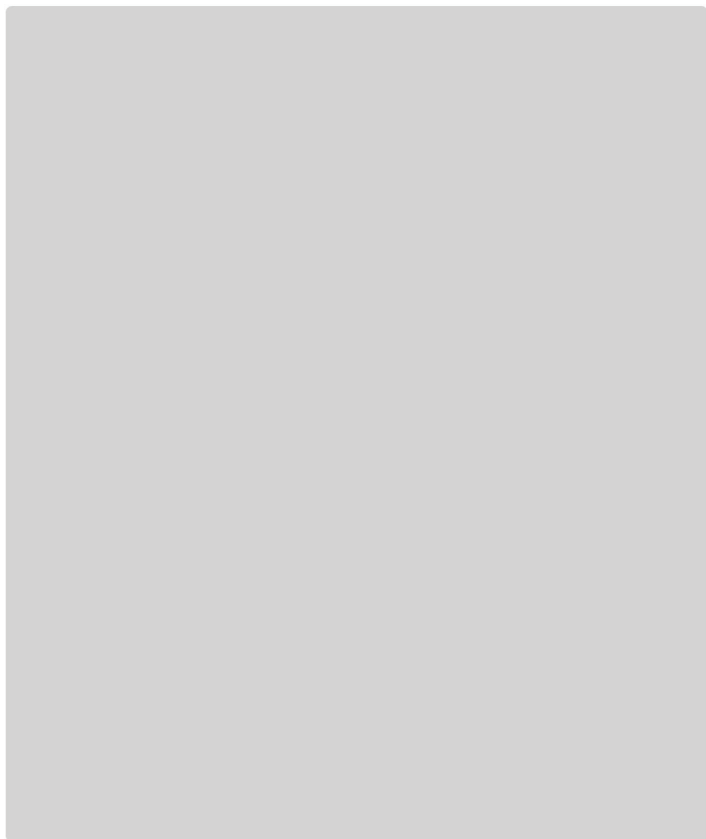
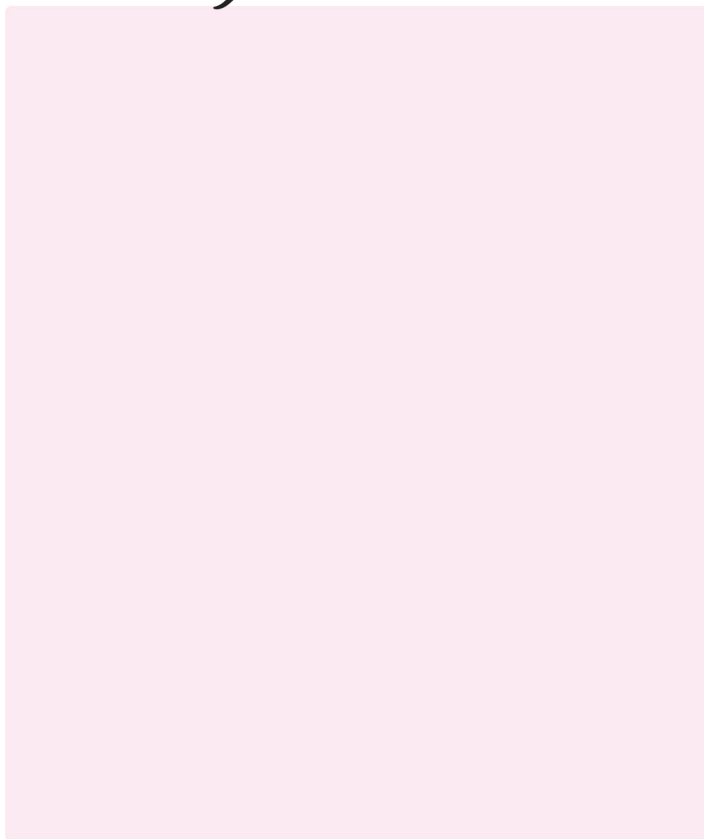


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

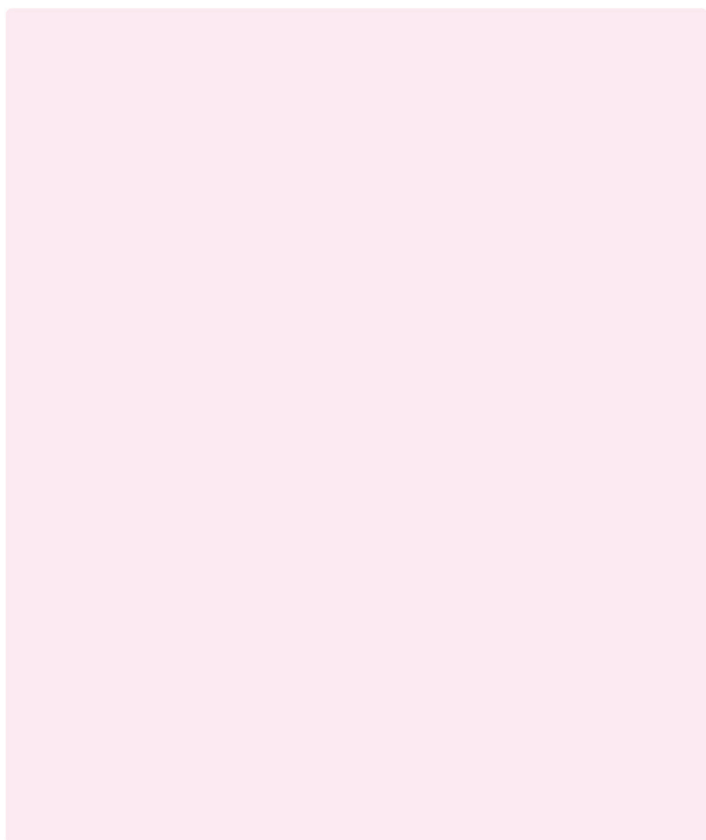
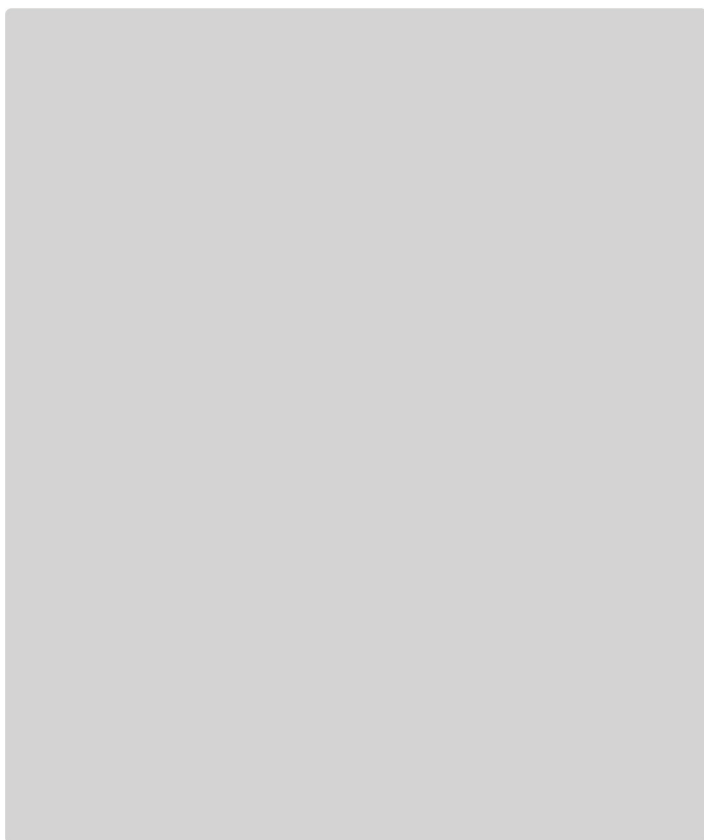
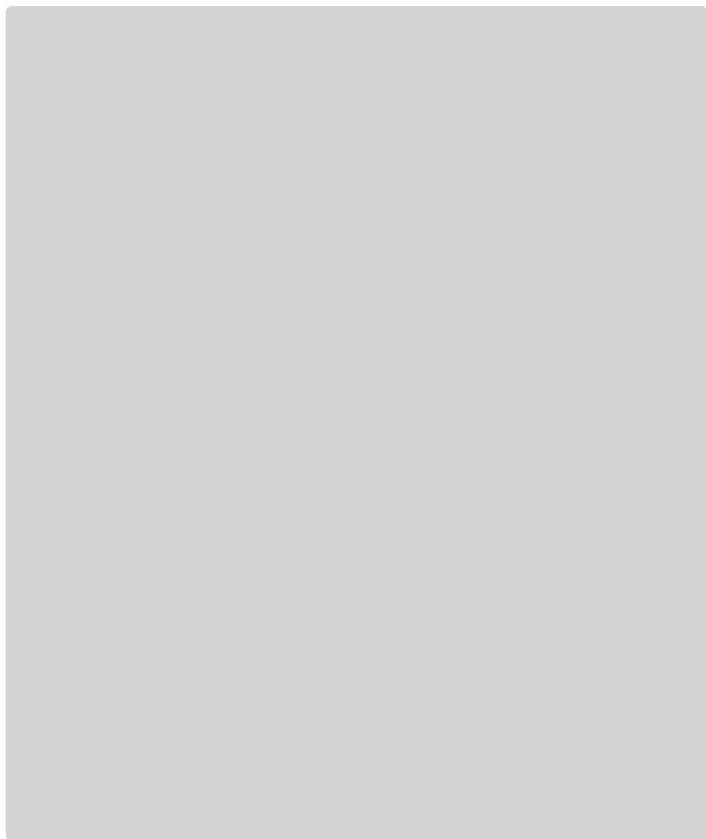
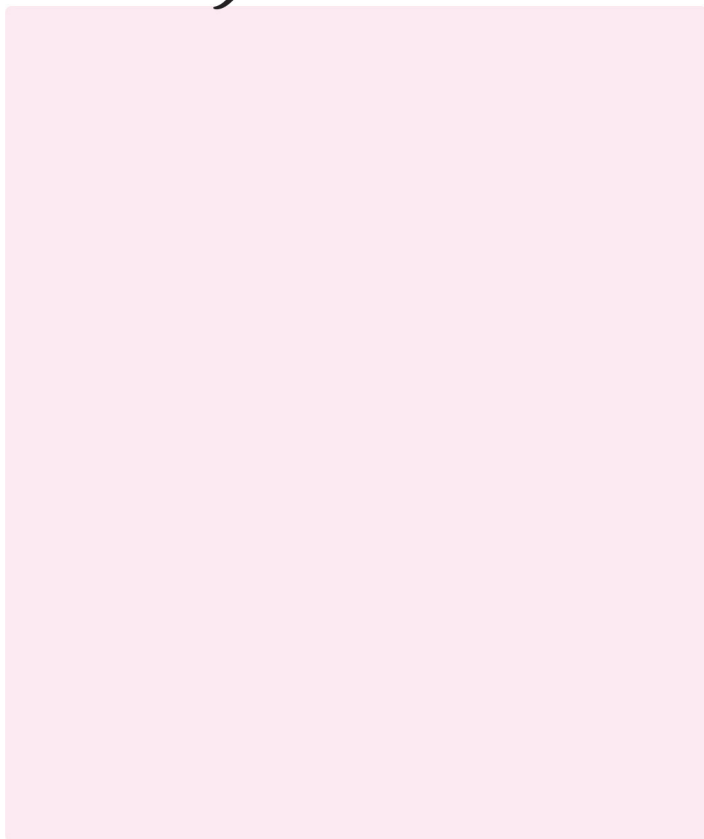


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

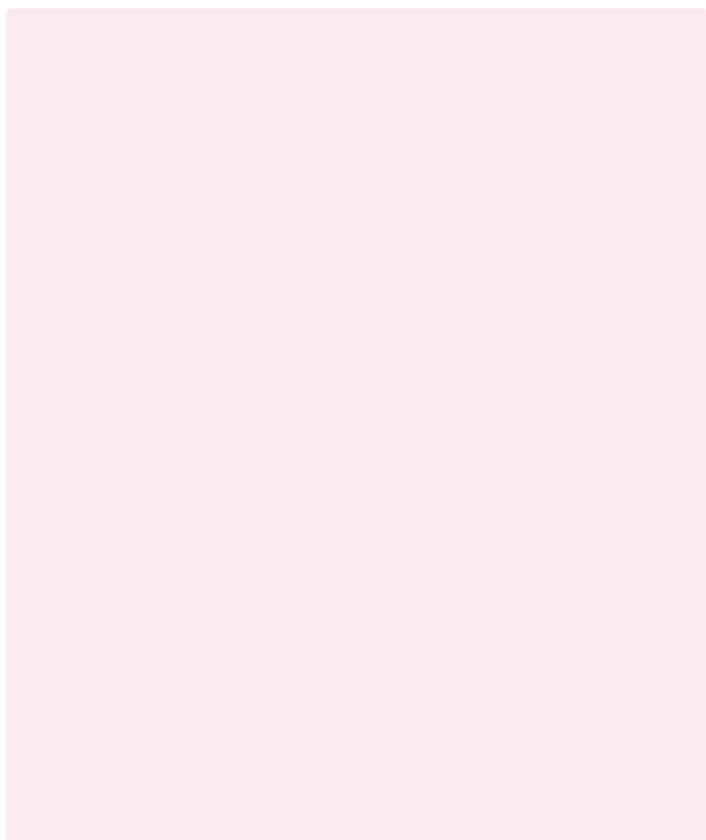
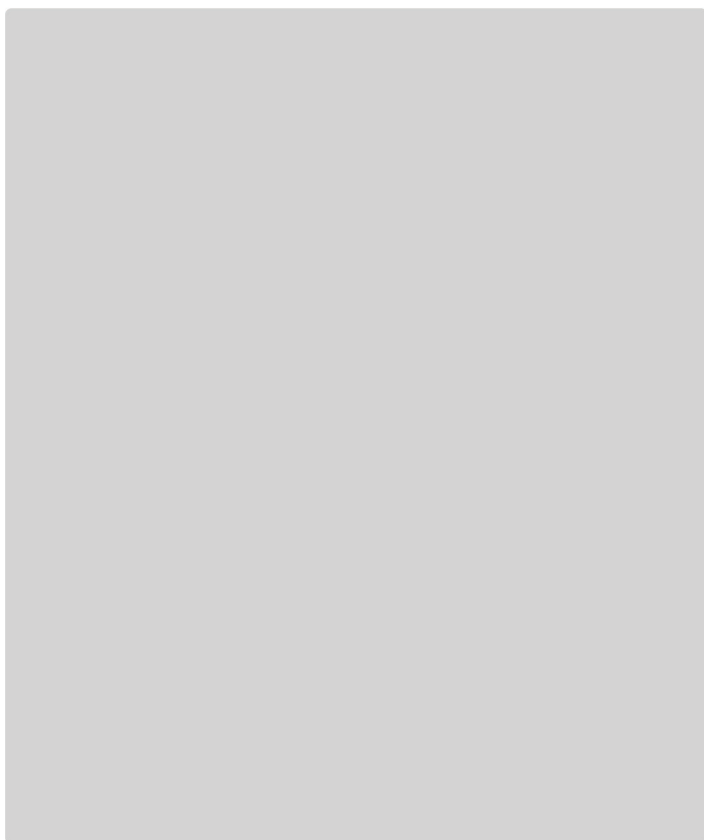
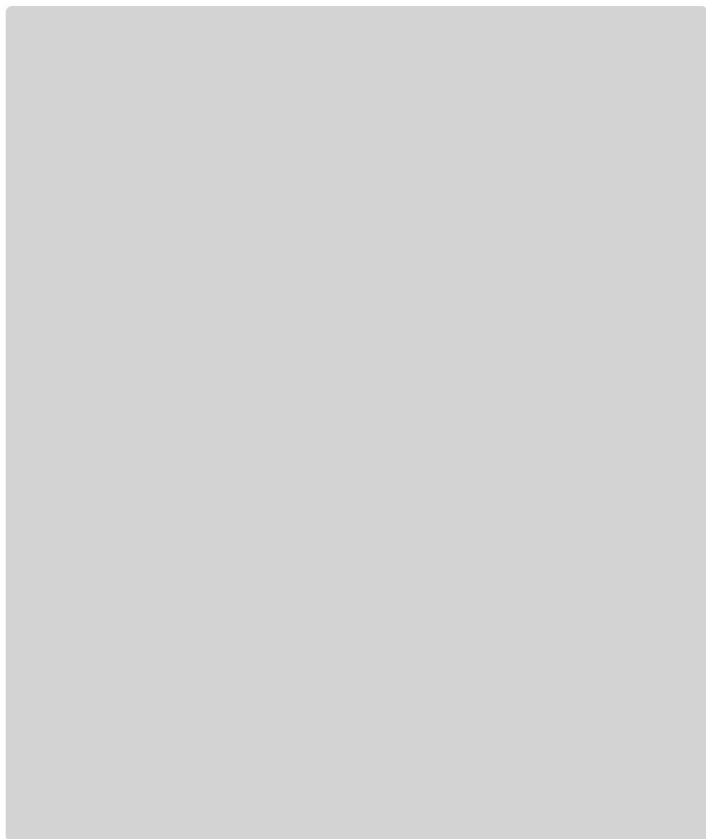
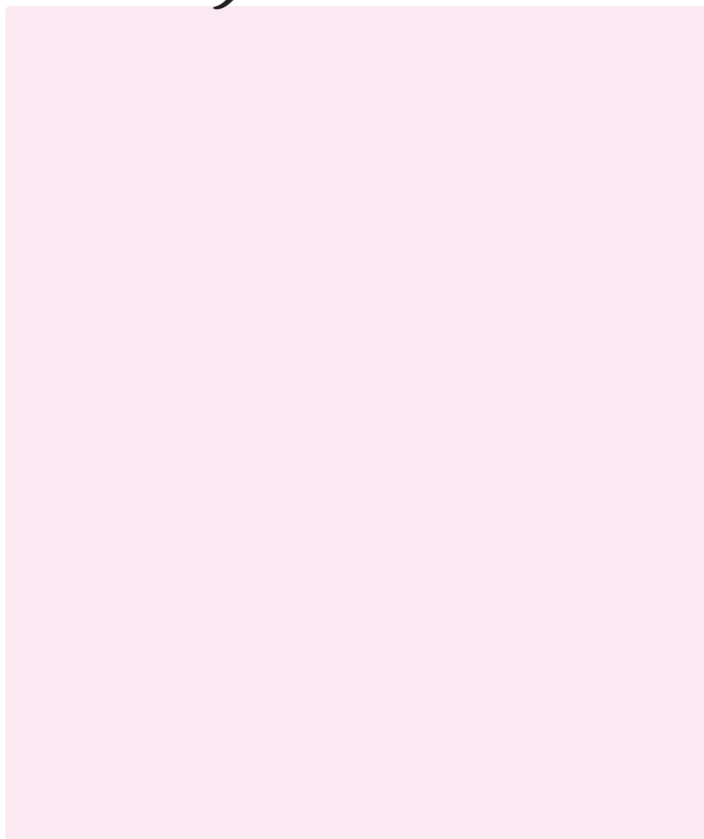


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

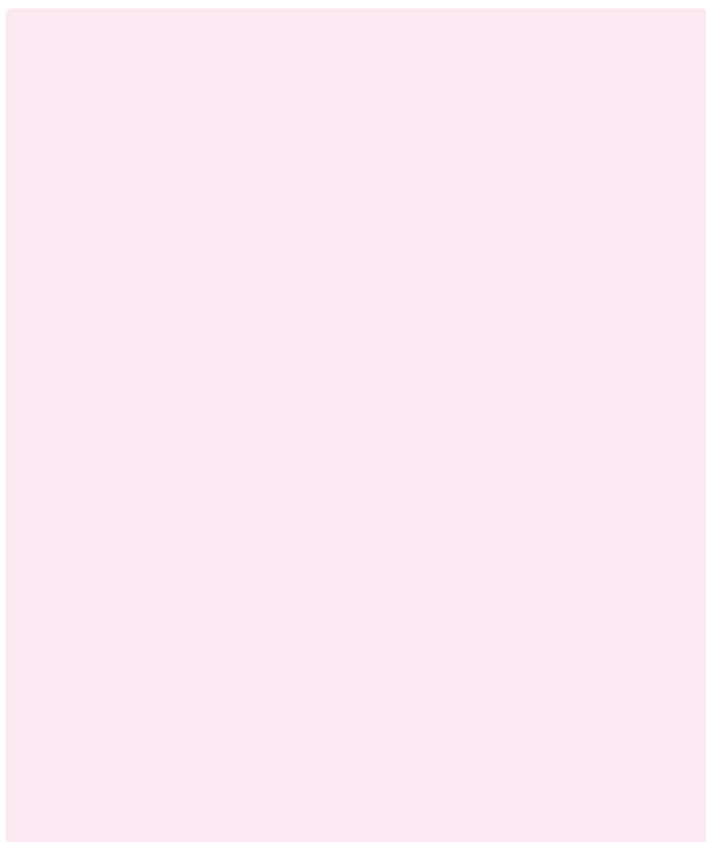
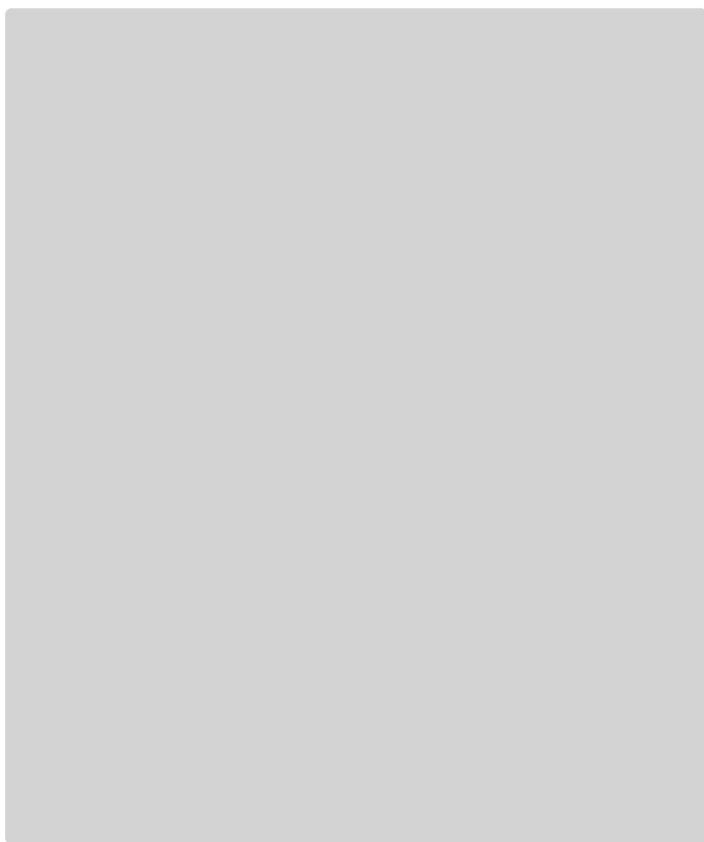
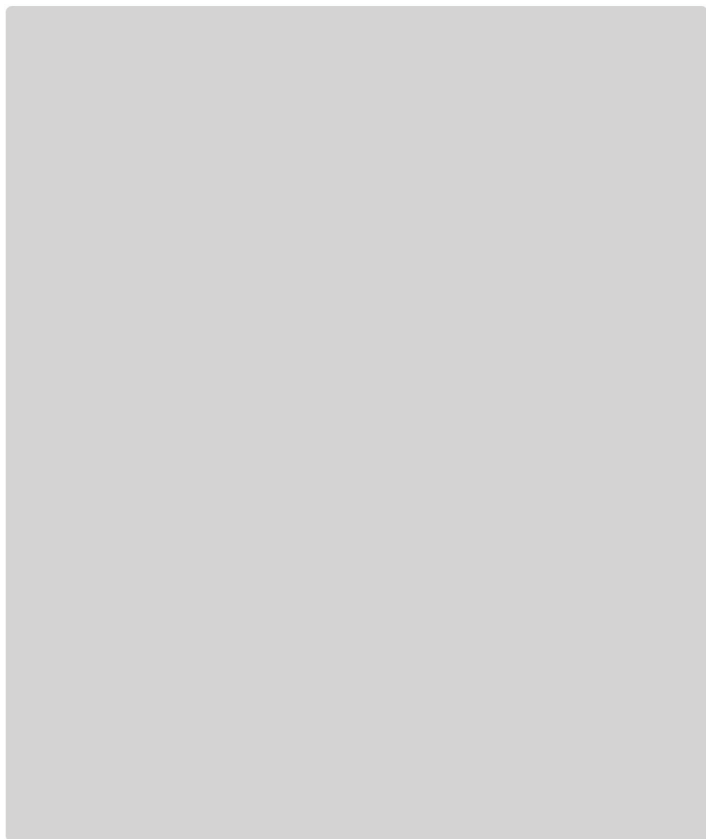
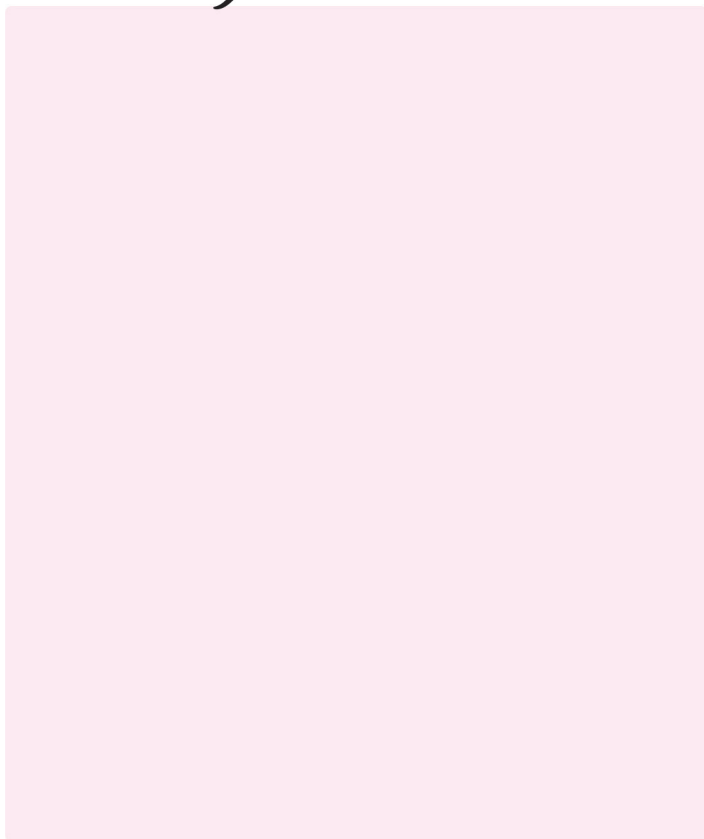


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

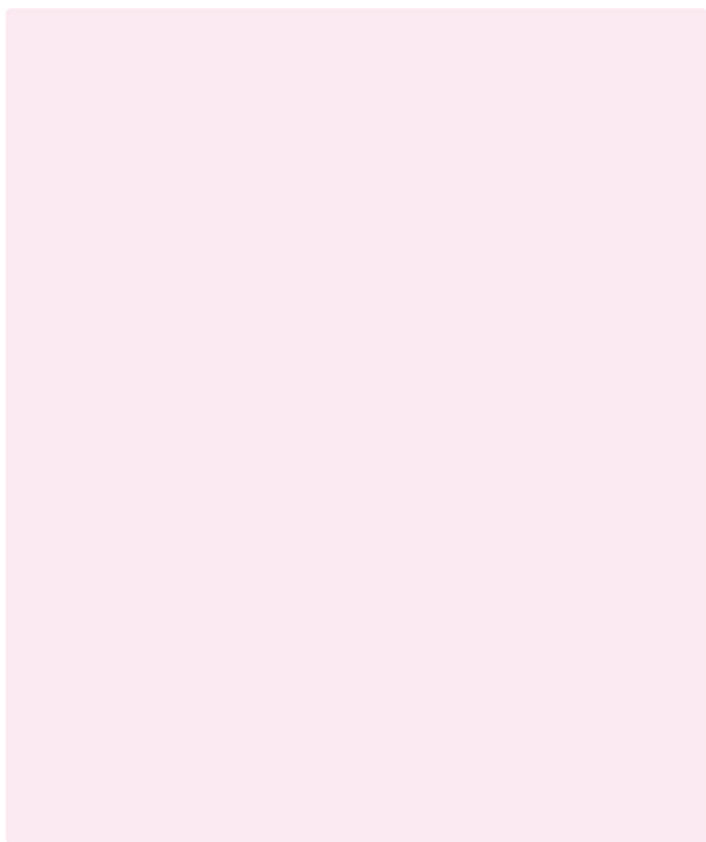
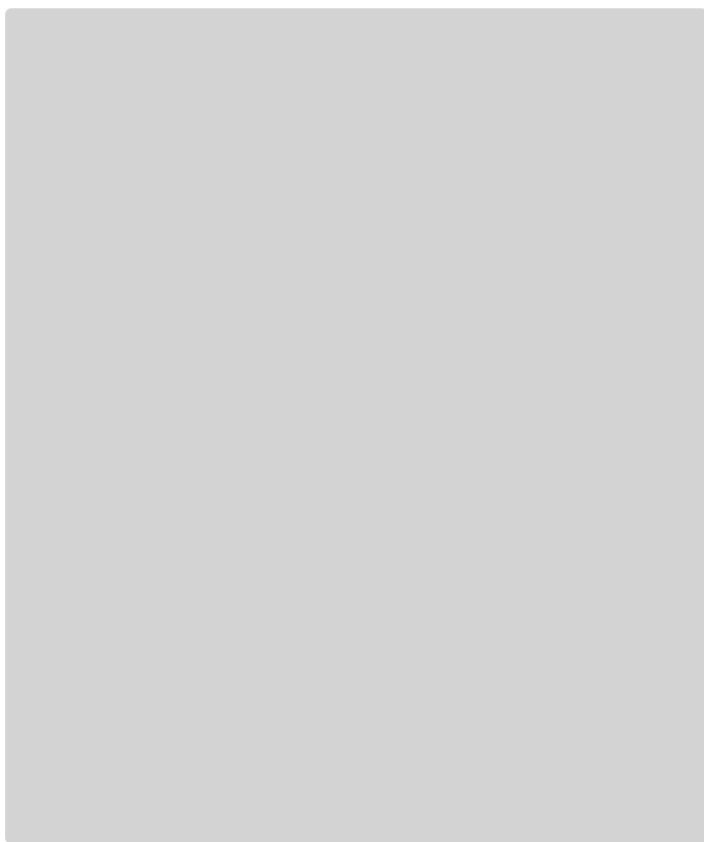
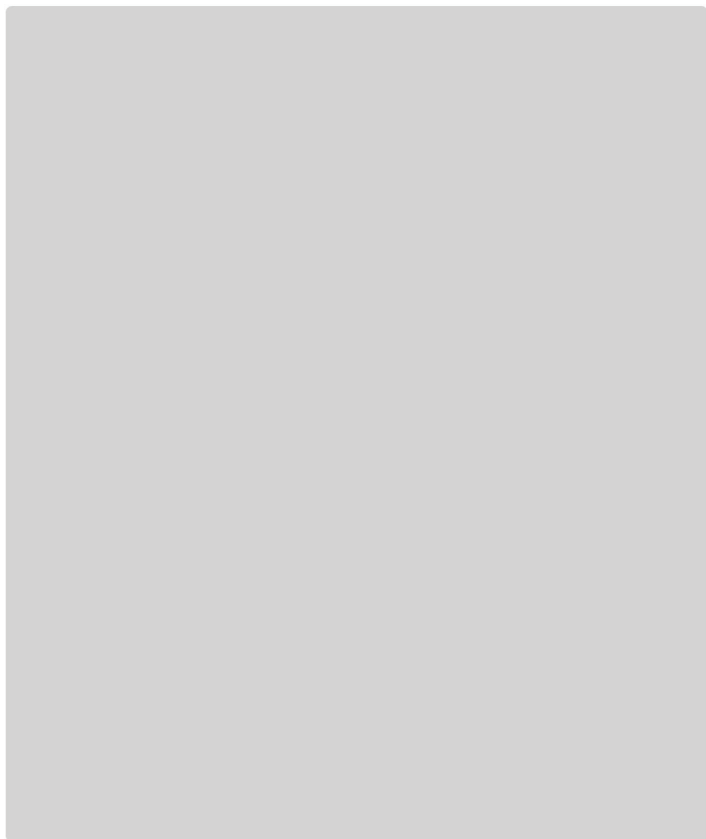
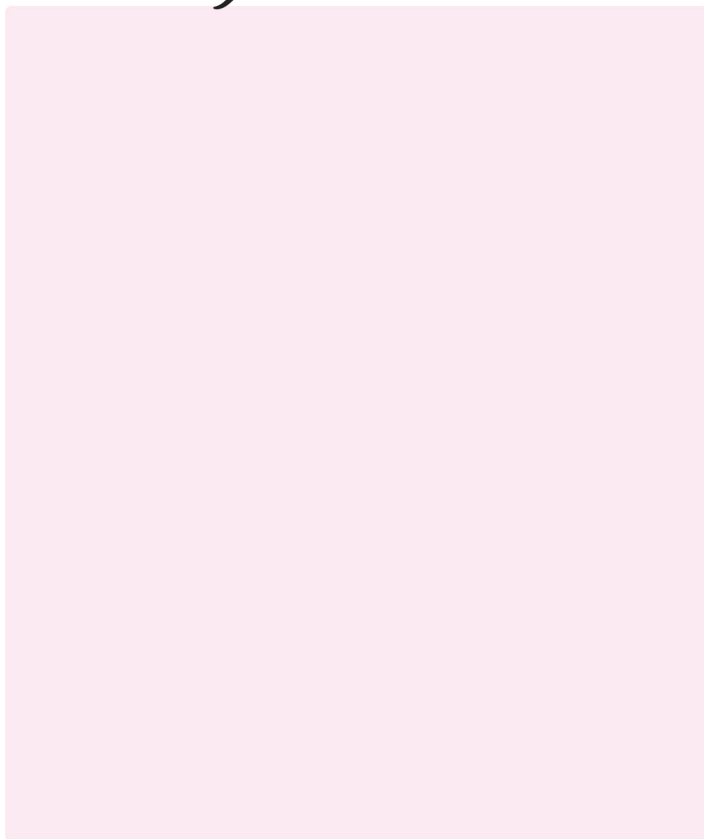


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:



july 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

THURSDAY

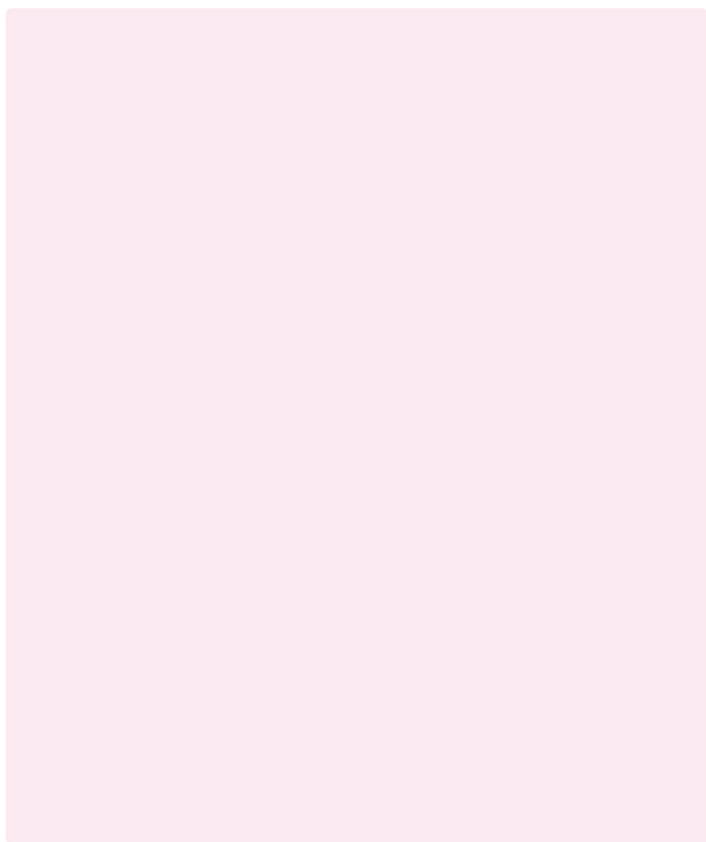
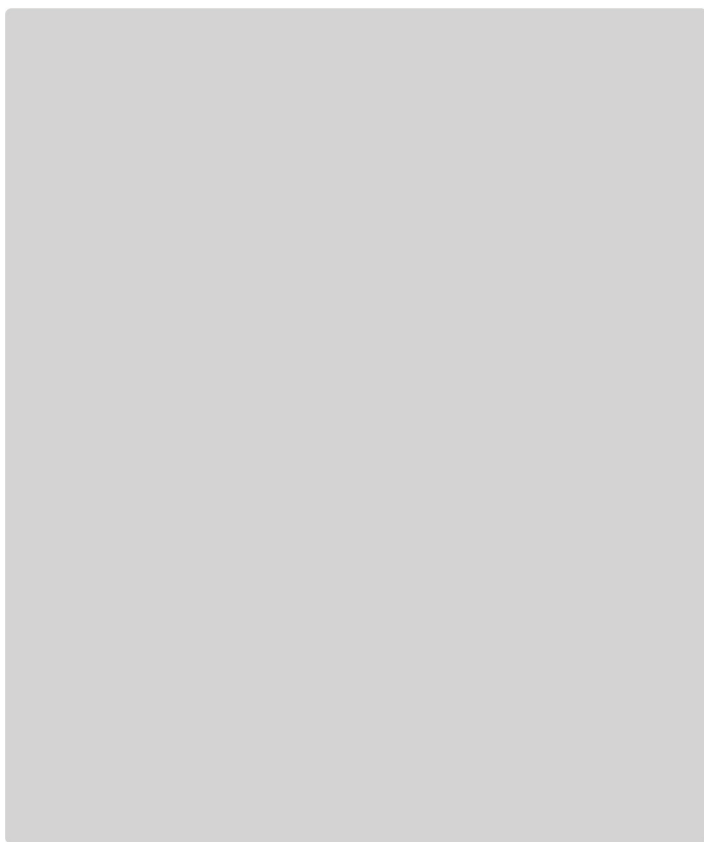
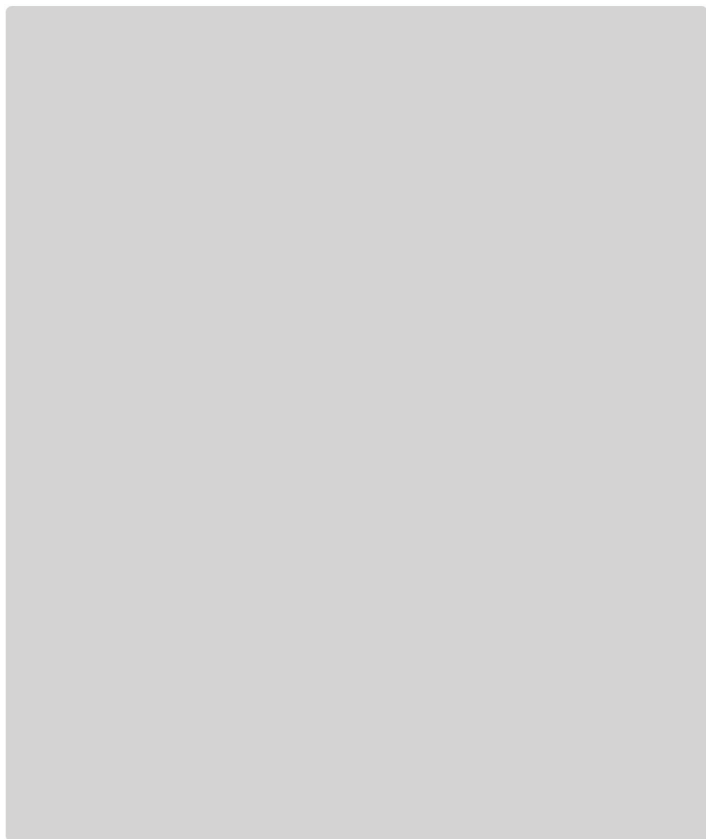
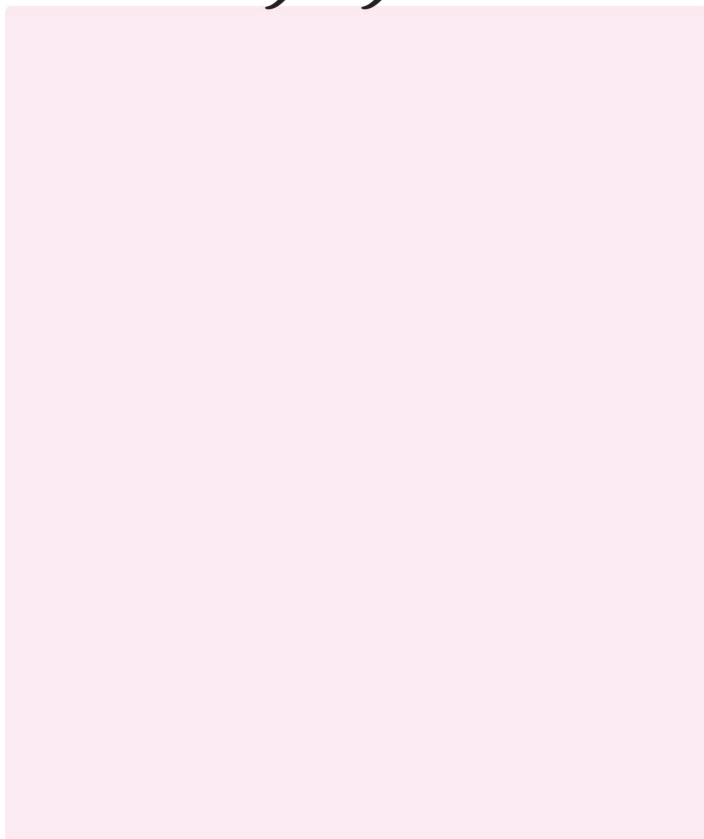
FRIDAY

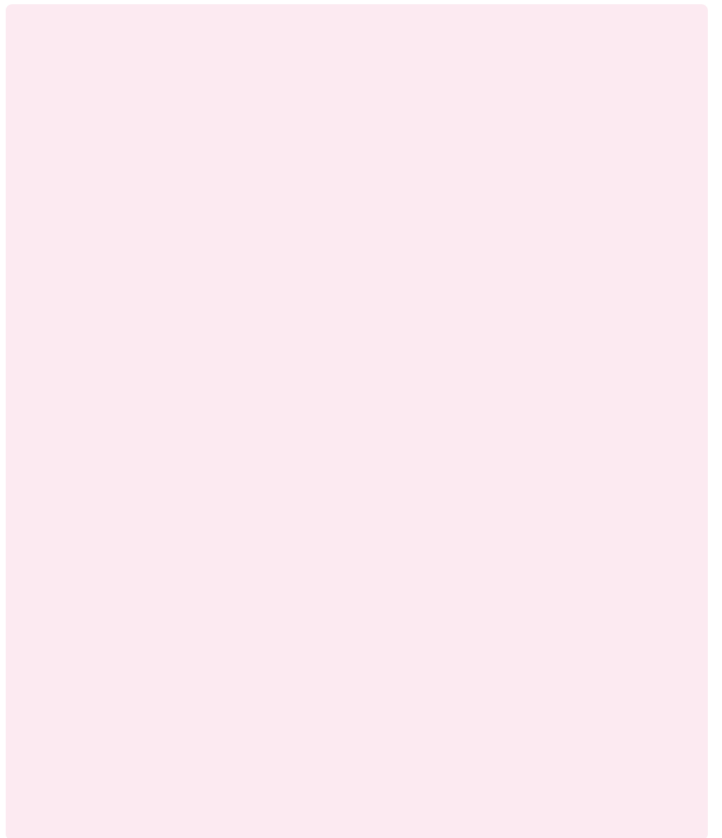
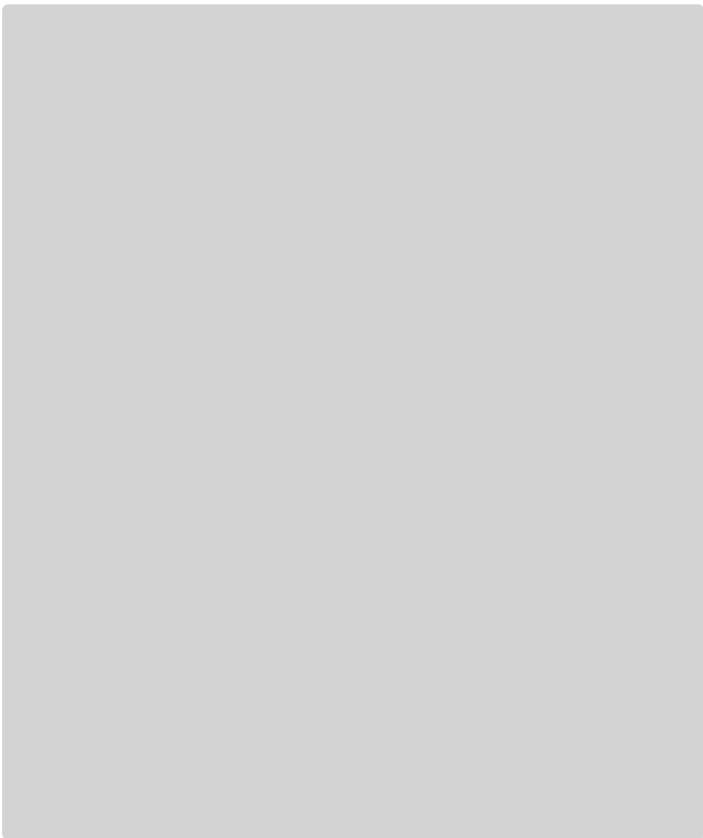
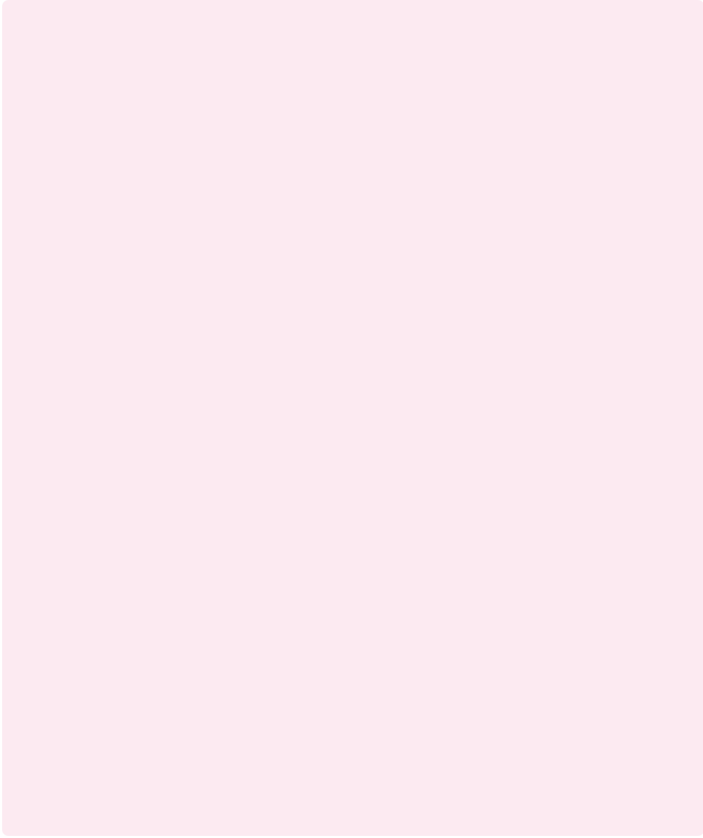
SATURDAY

2	3	4
9	10	11
16	17	18
23	24	25
30	31	

monthly notes

monthly goals:



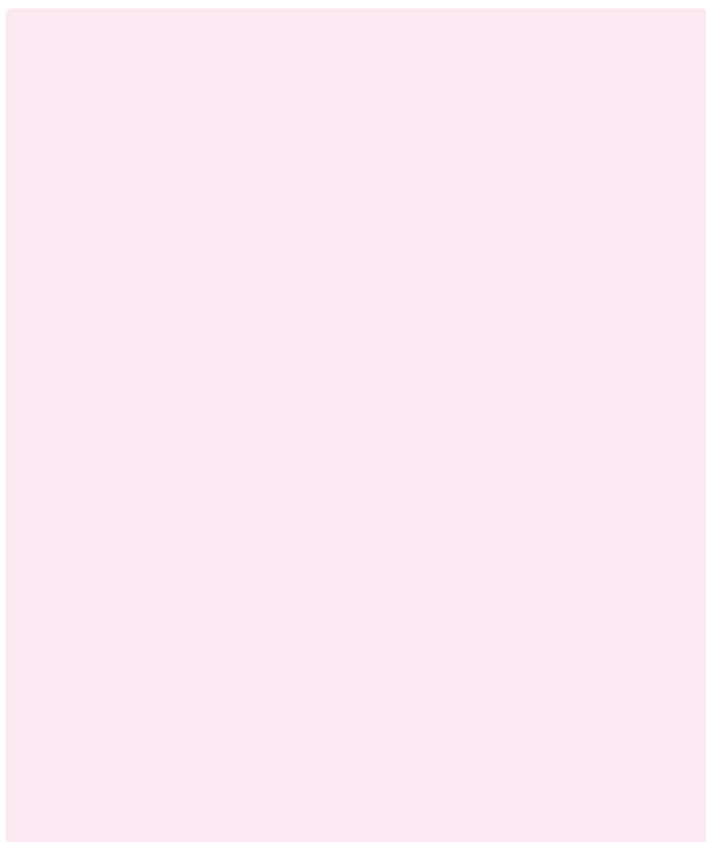
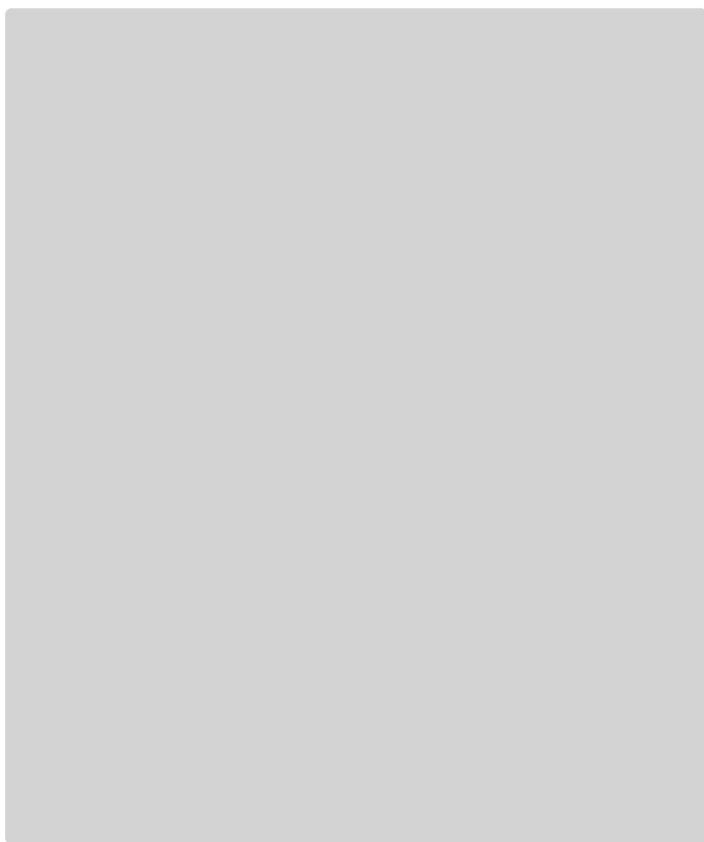
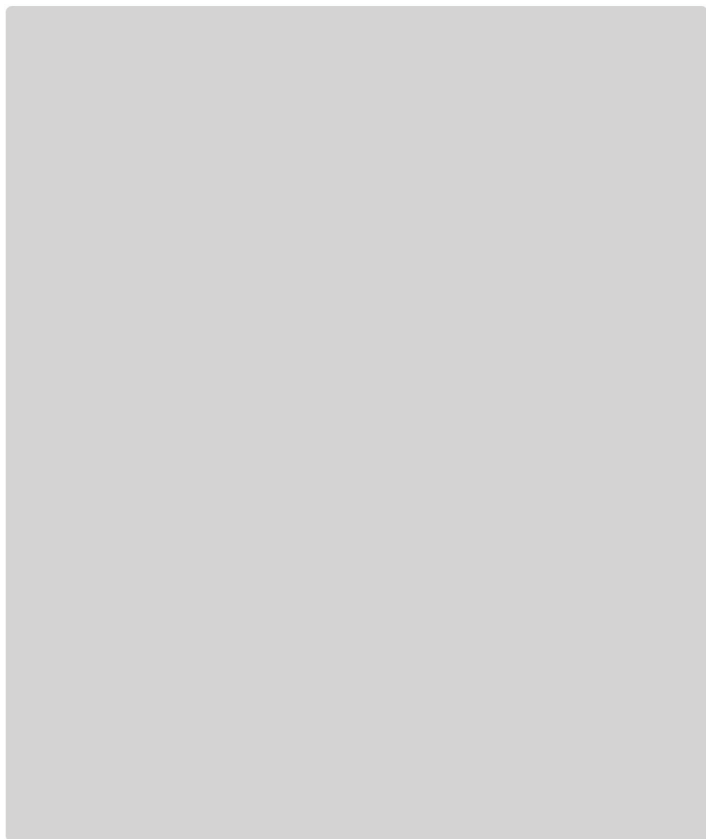
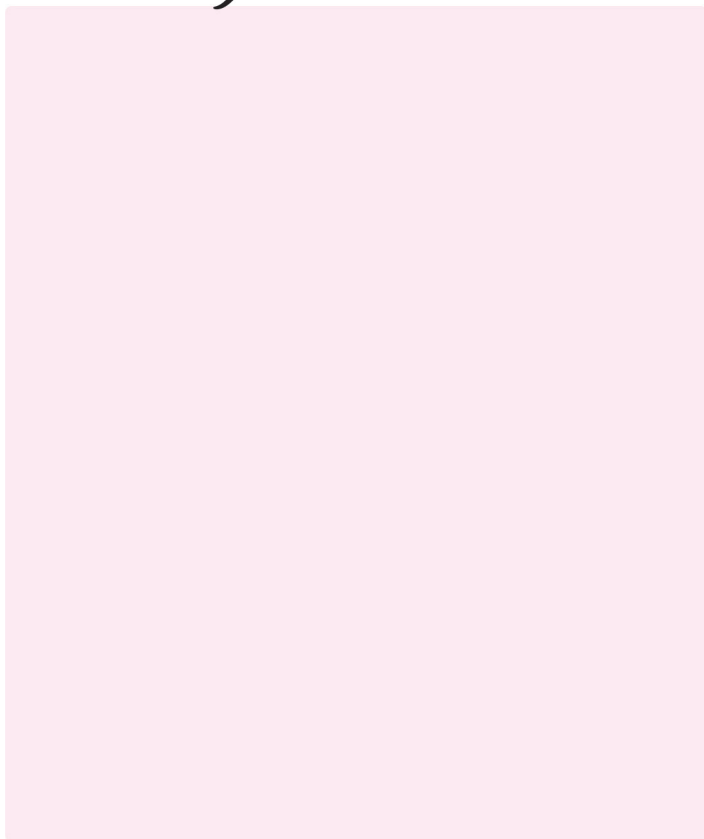


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

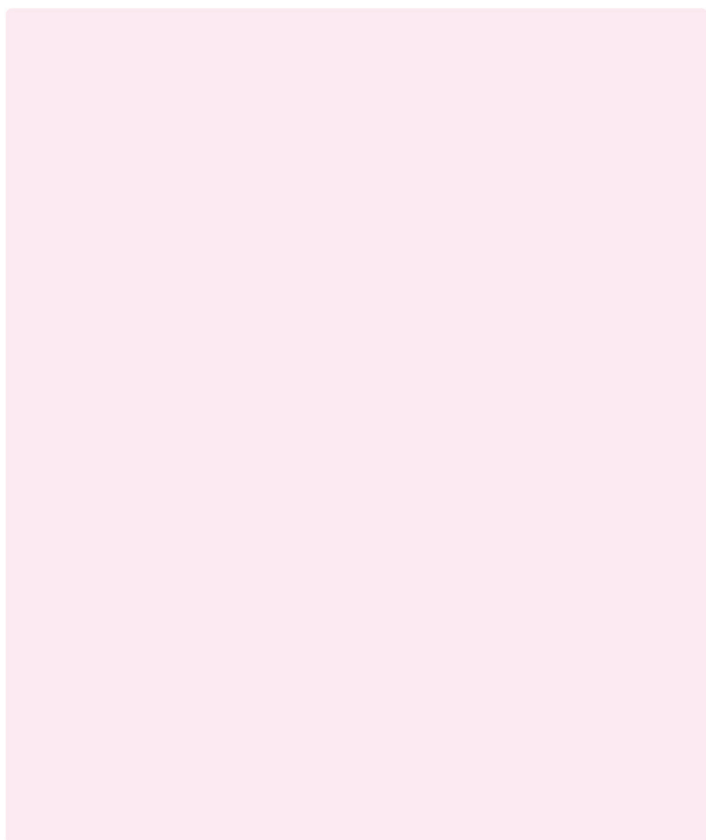
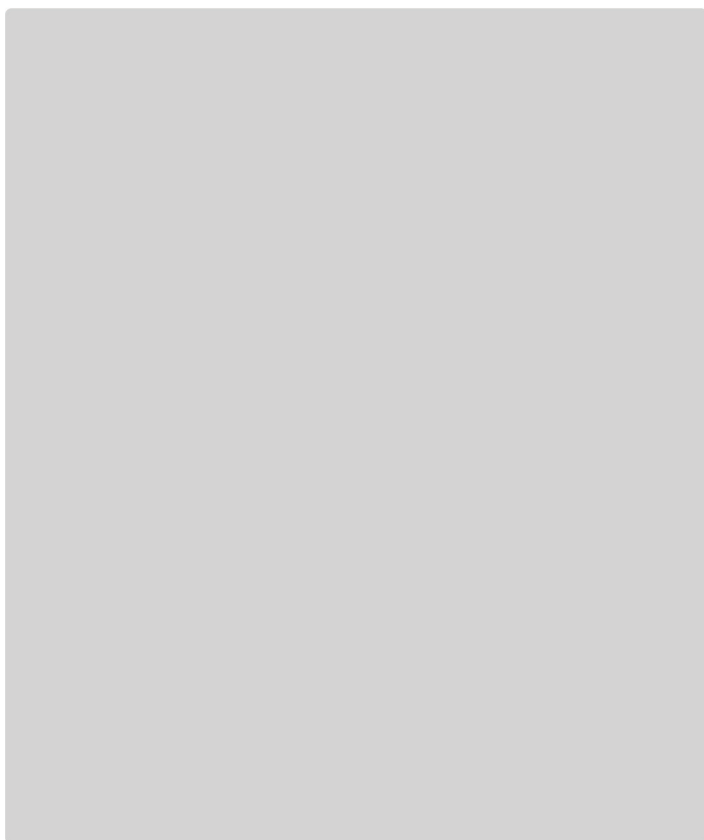
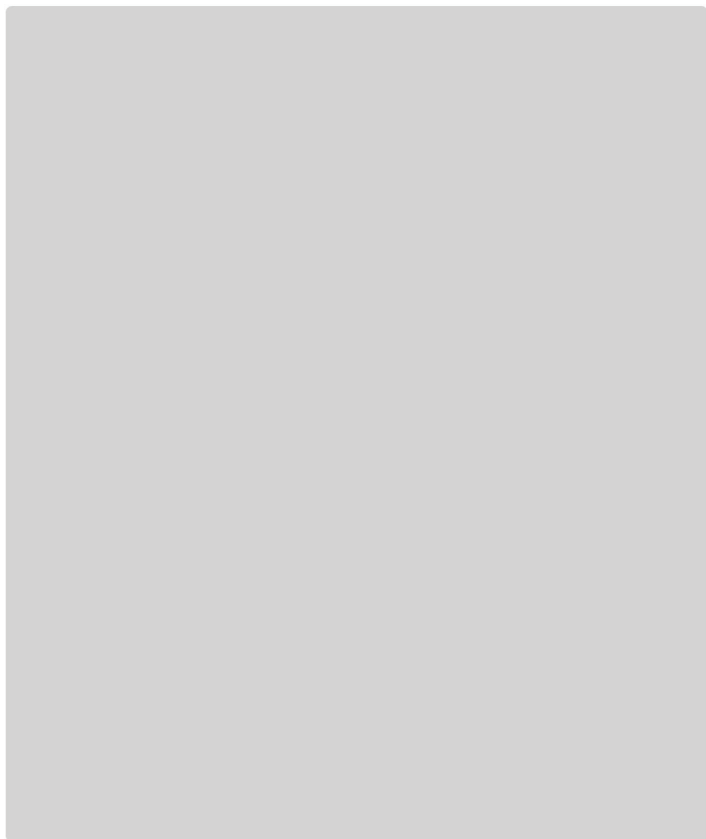
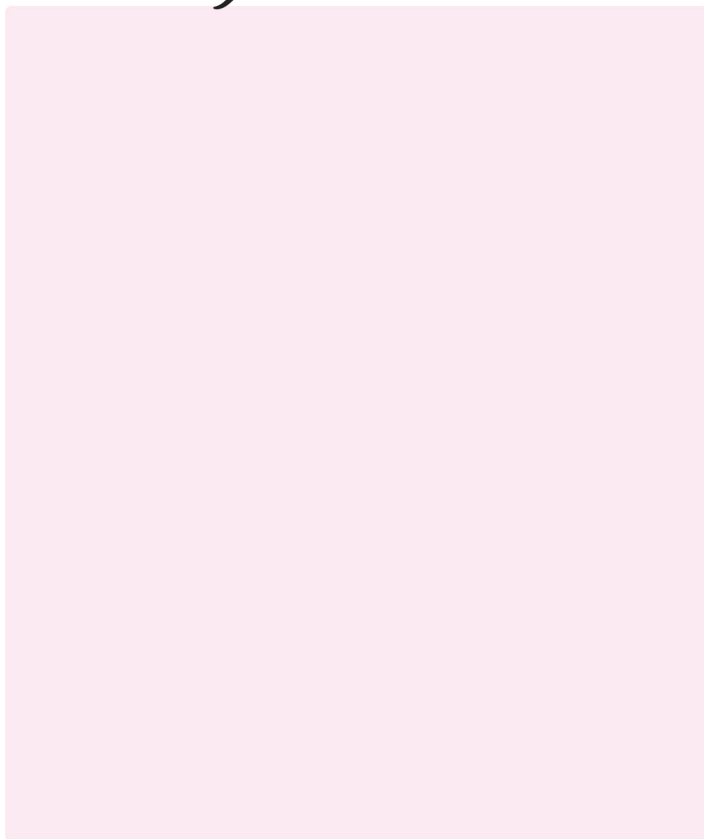


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

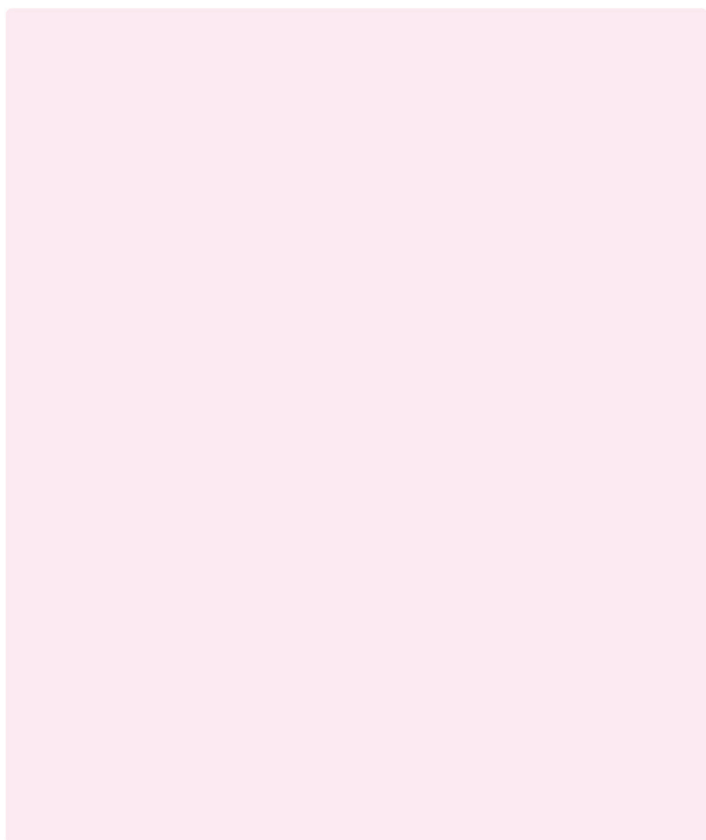
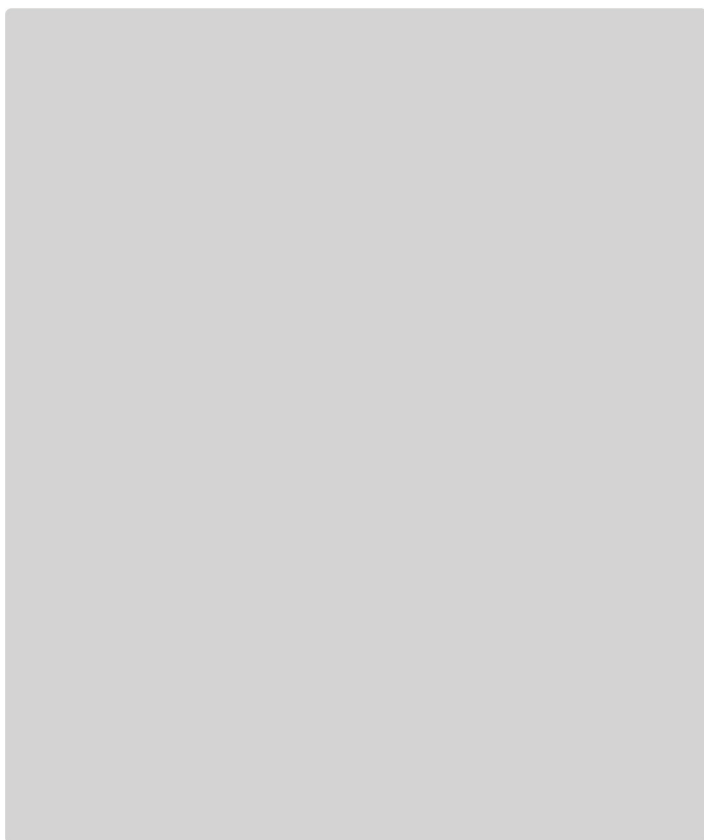
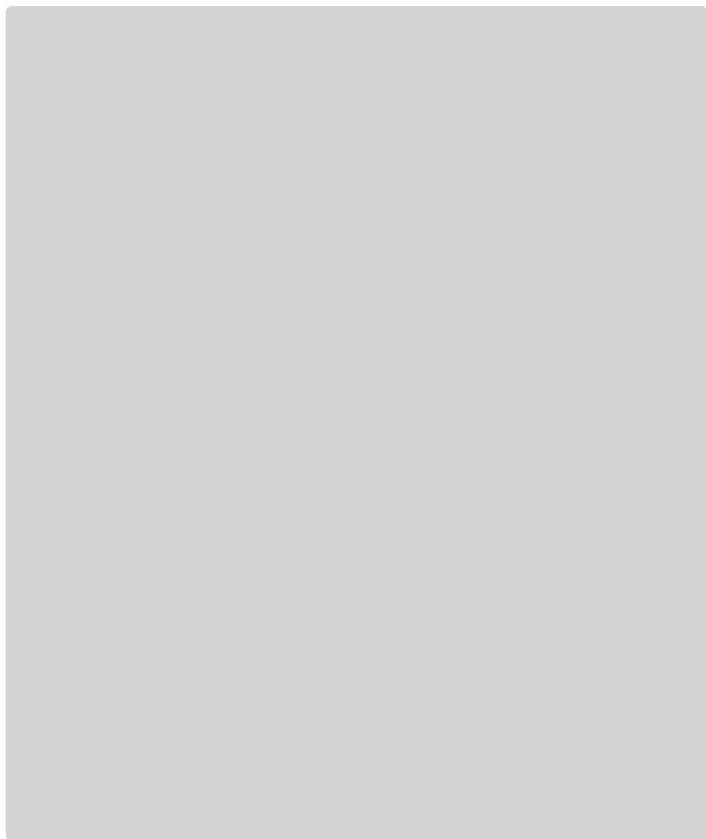
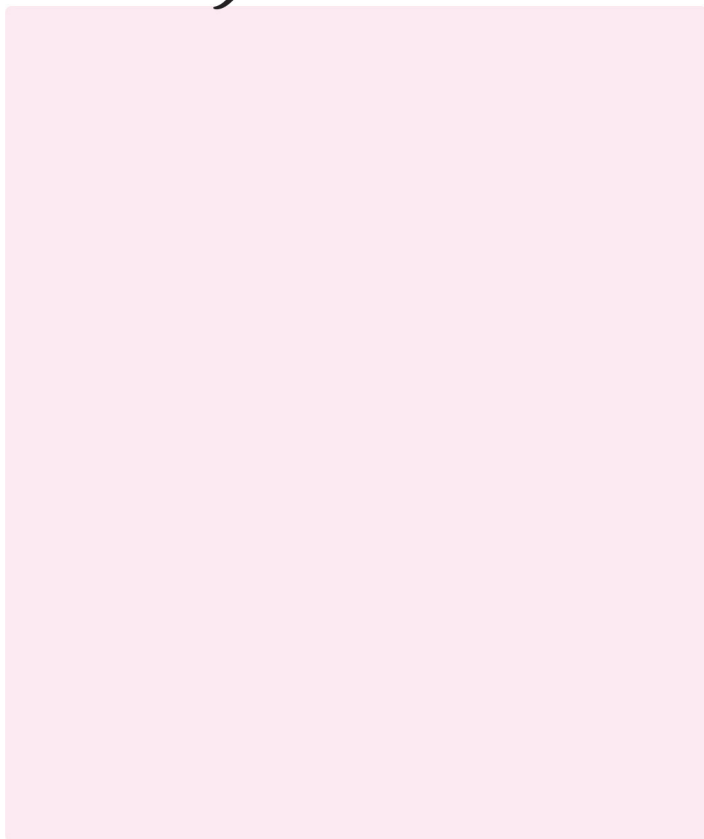


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

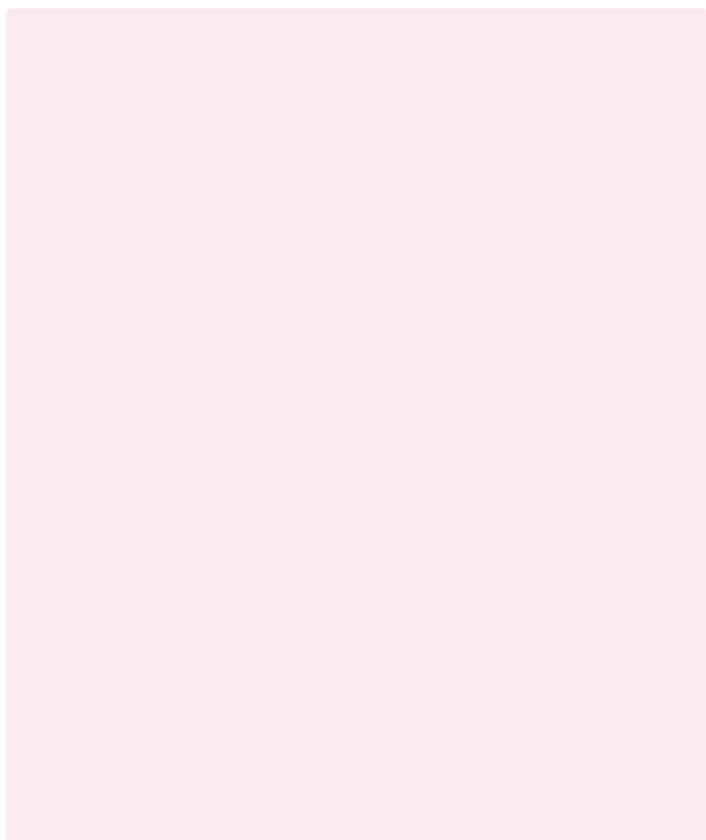
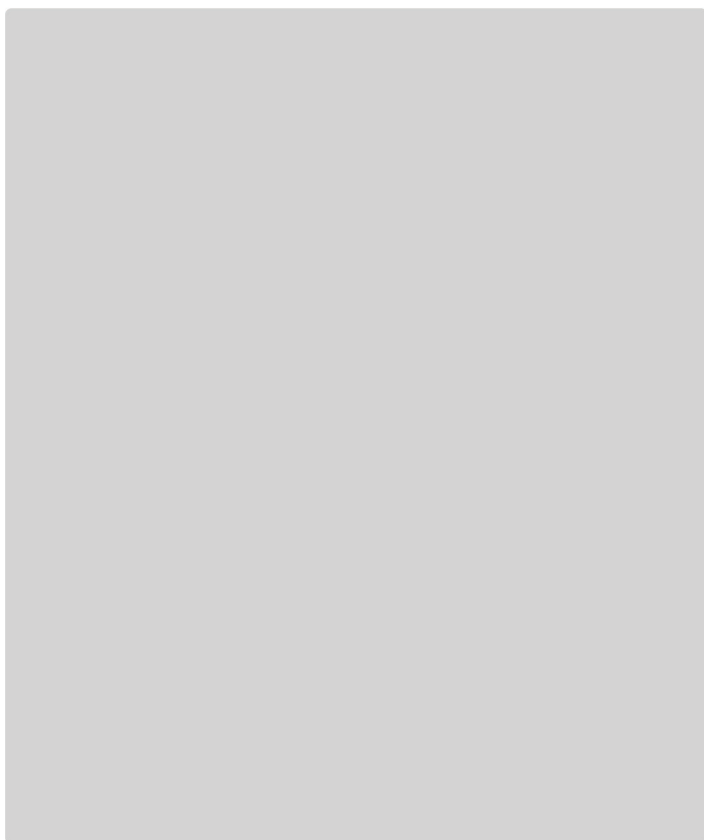
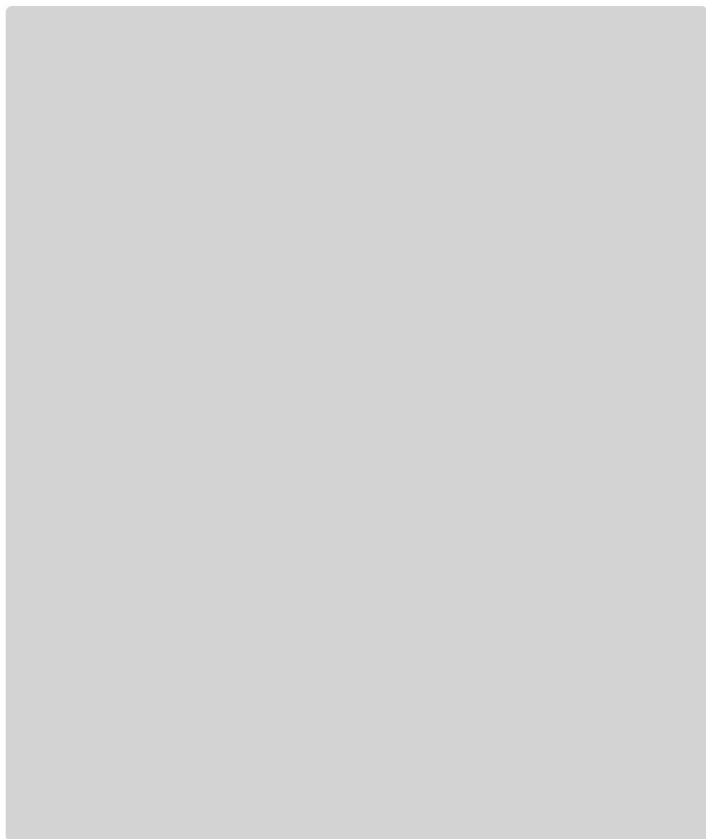
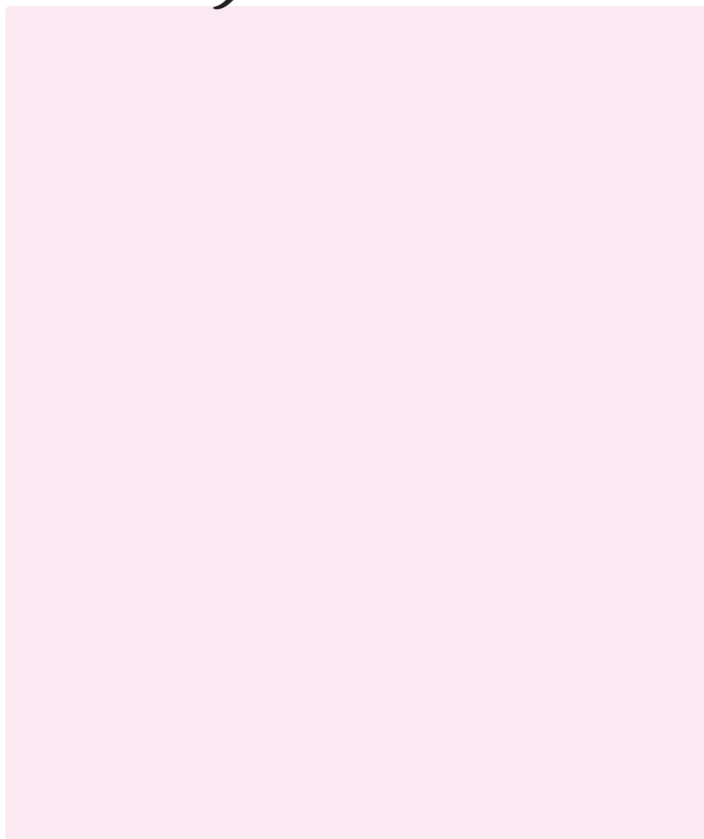


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:



august 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31		

THURSDAY

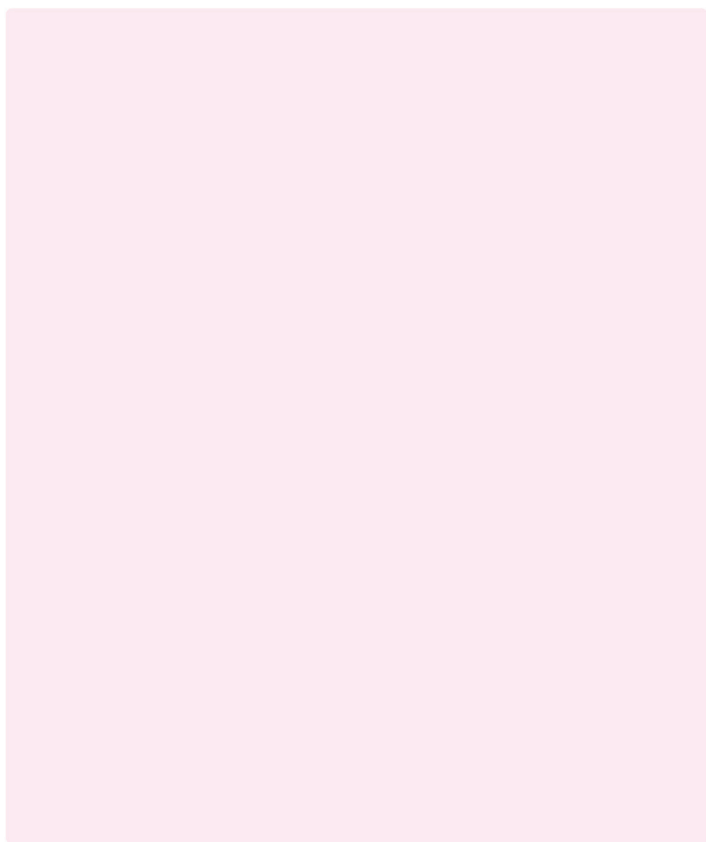
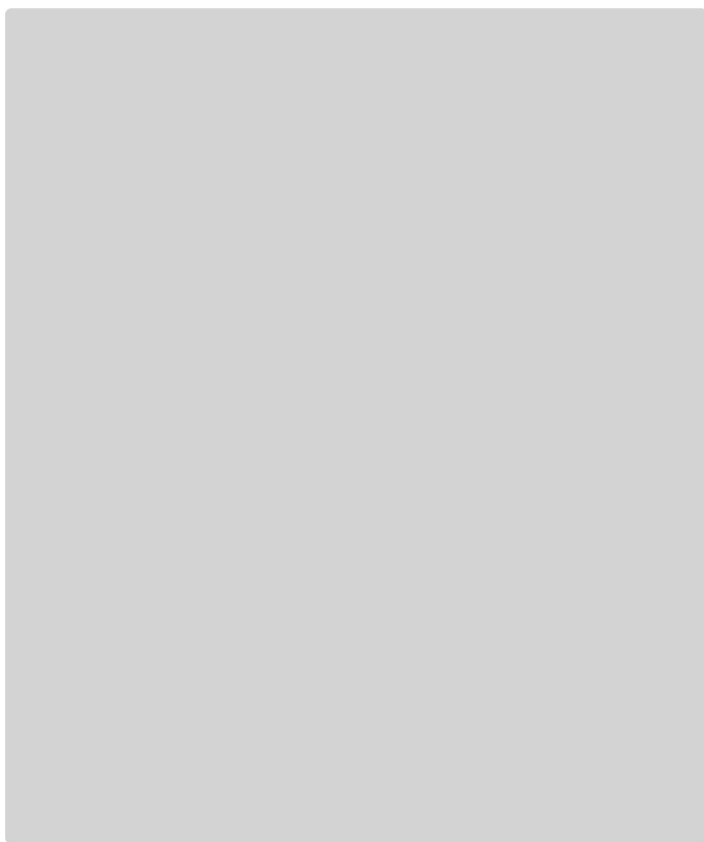
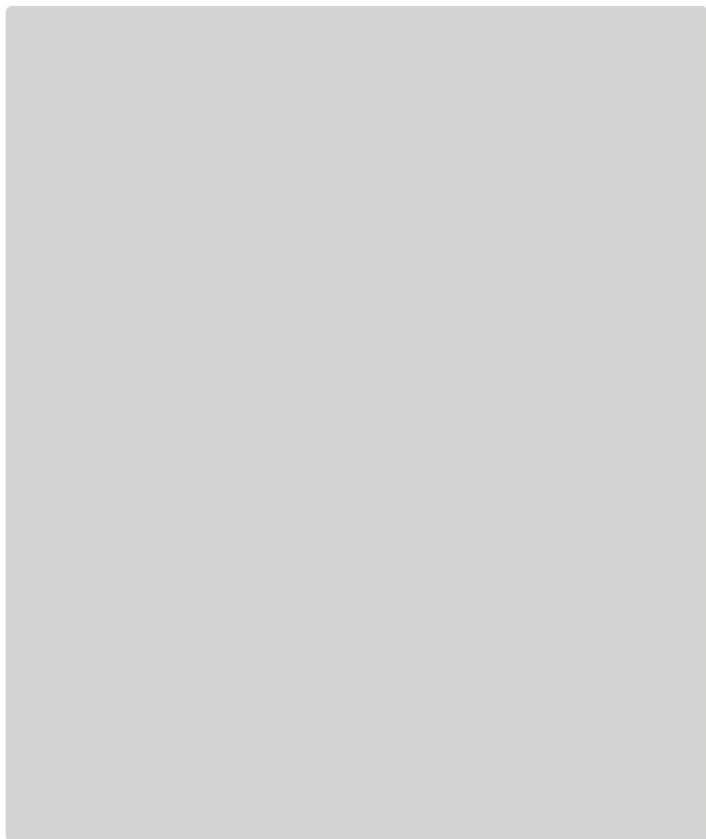
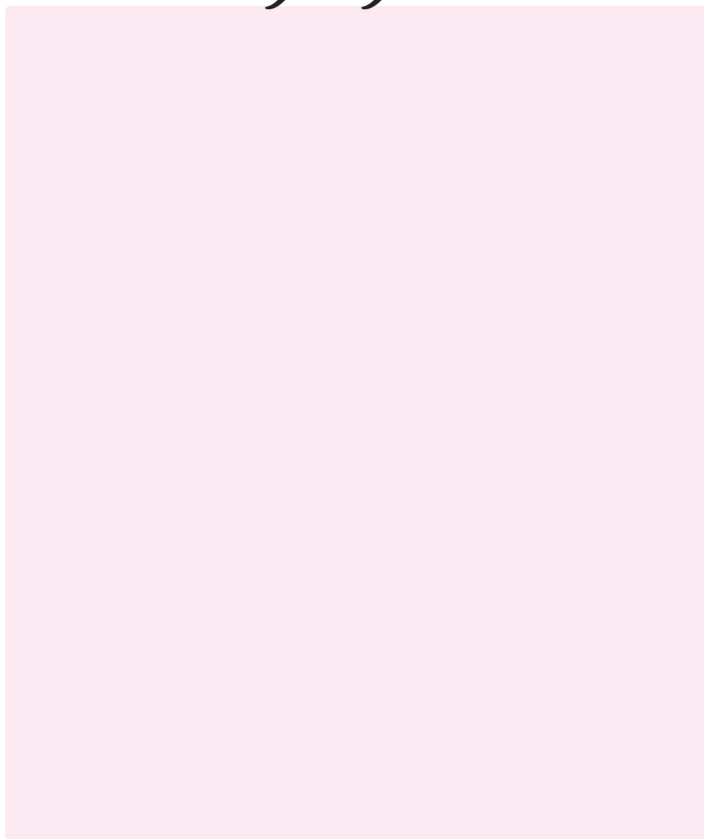
FRIDAY

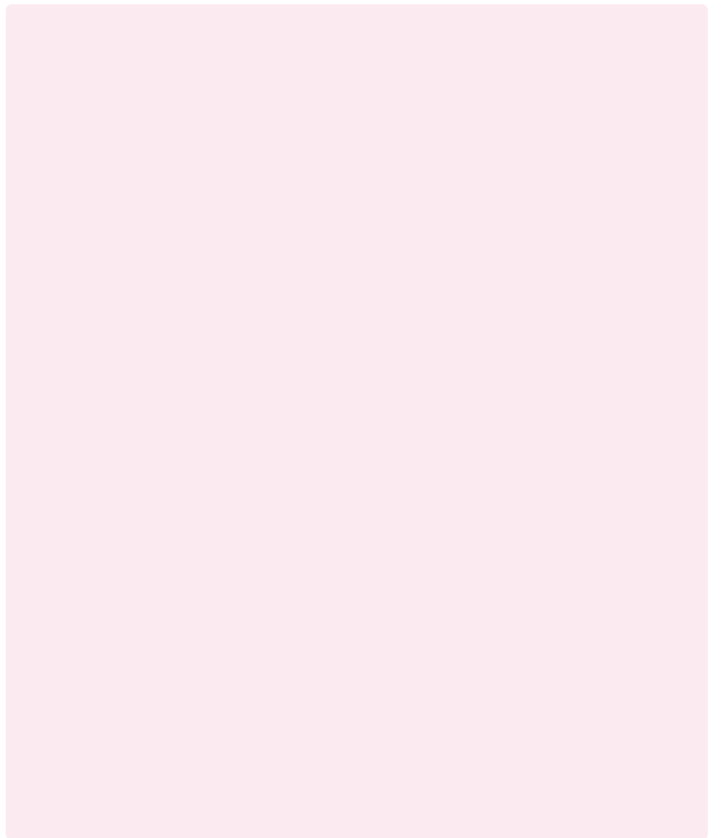
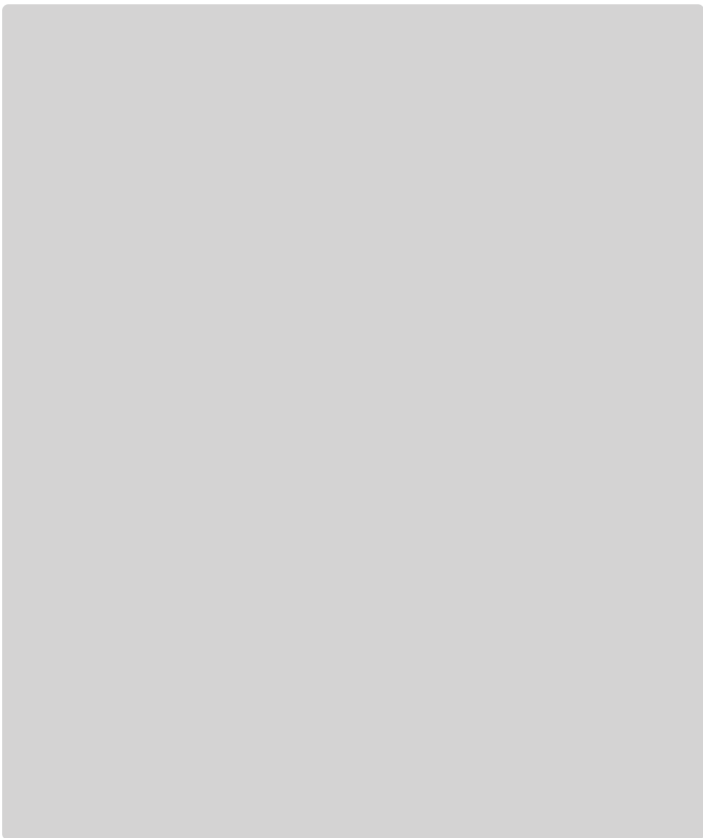
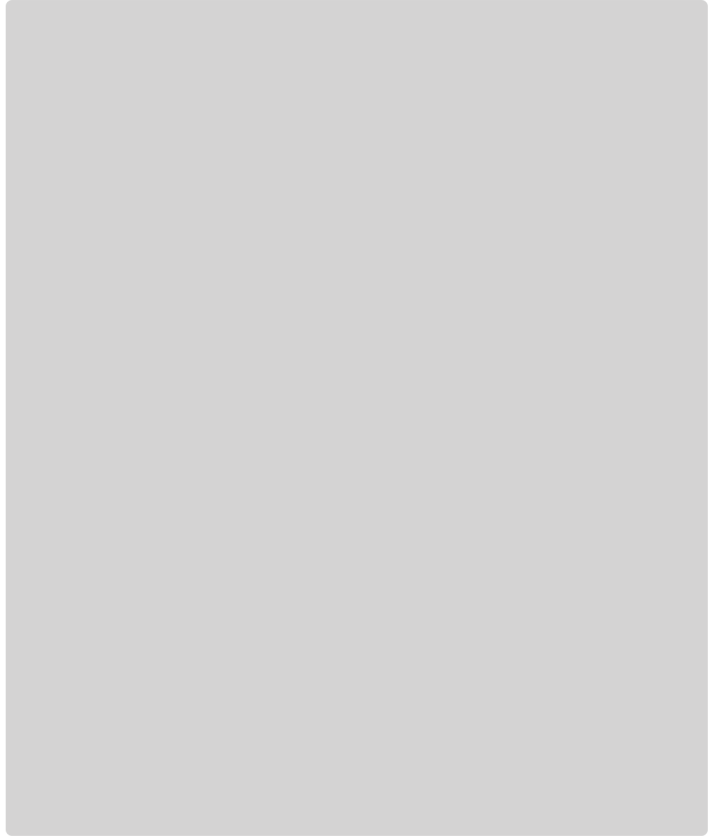
SATURDAY

		1
6	7	8
13	14	15
20	21	22
27	28	29

monthly notes

monthly goals:



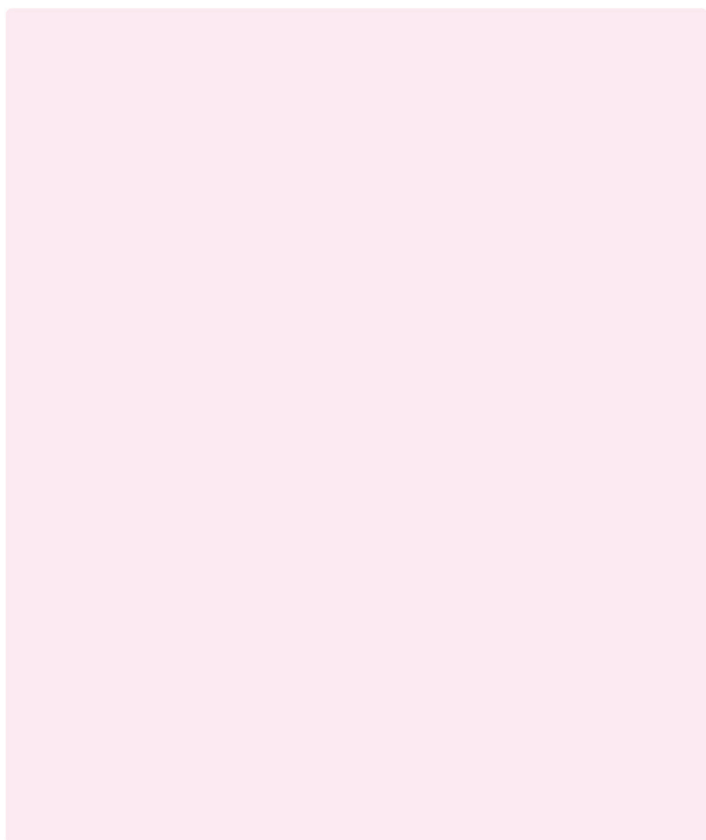
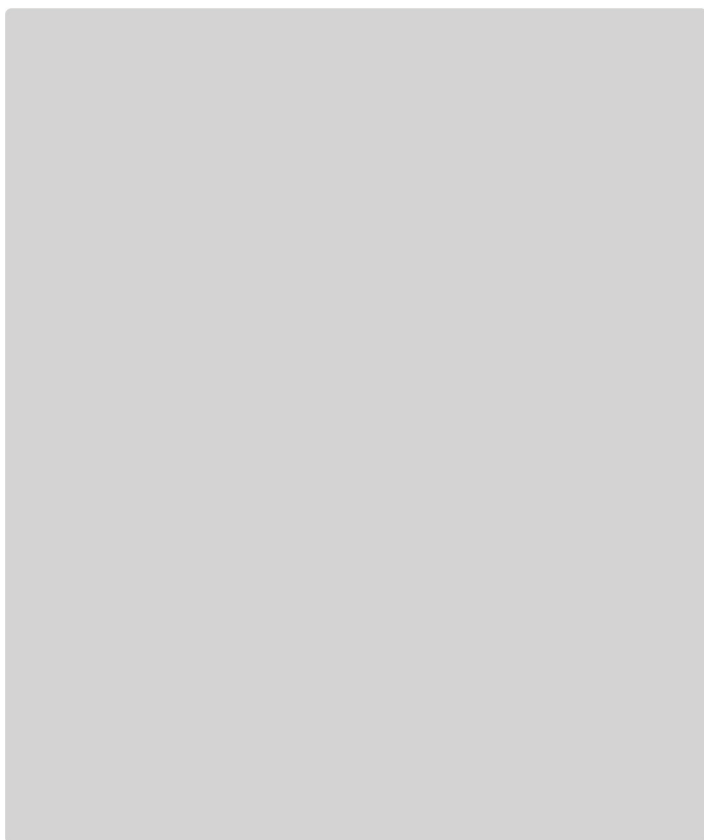
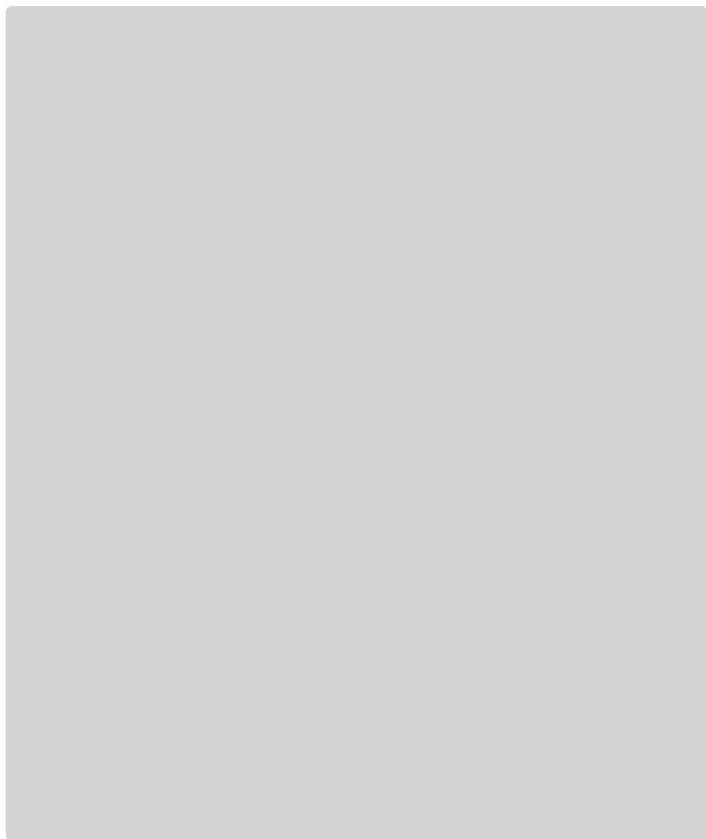
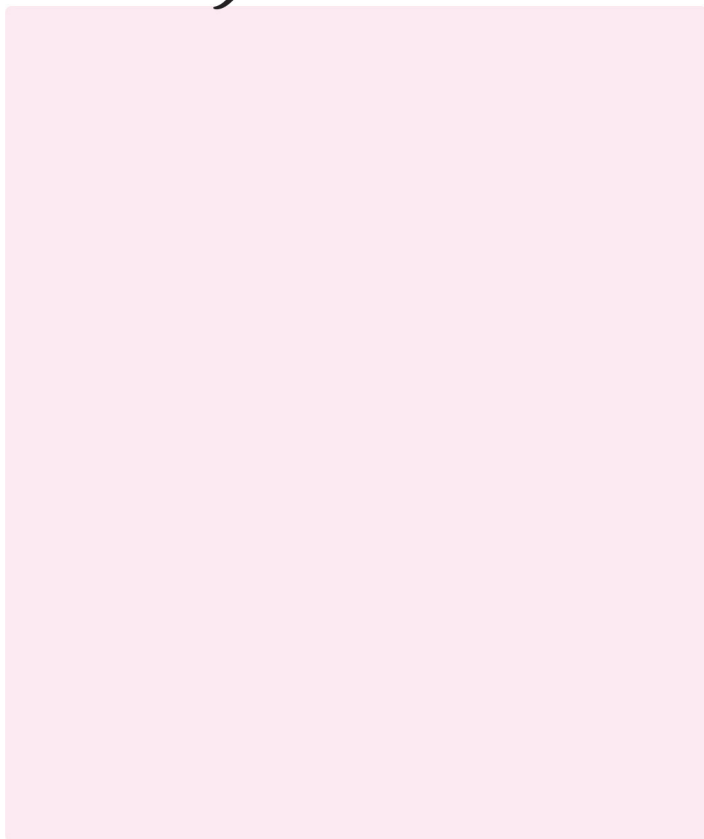


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
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SATURDAY	
SUNDAY	

weekly to-do lists:

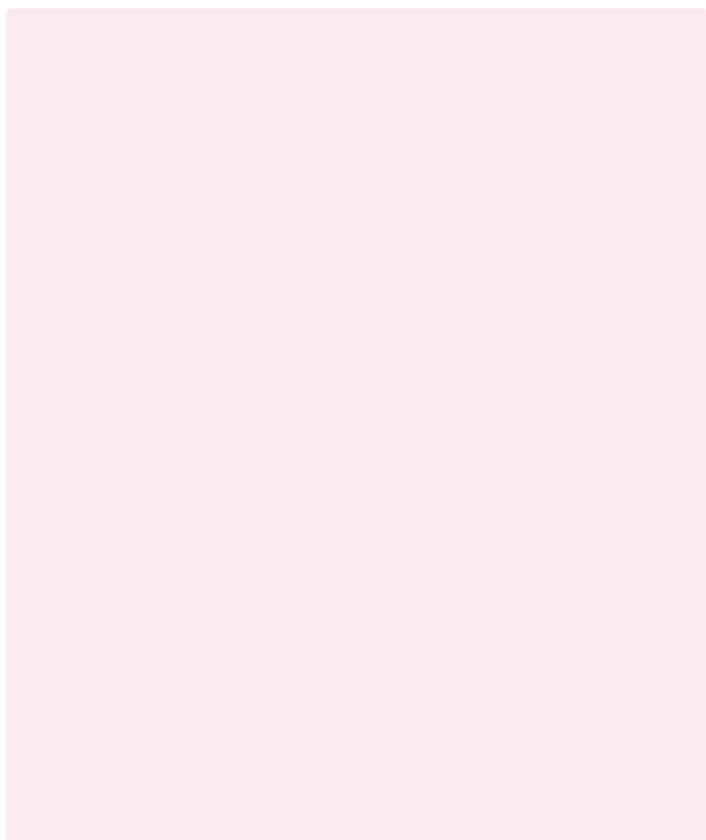
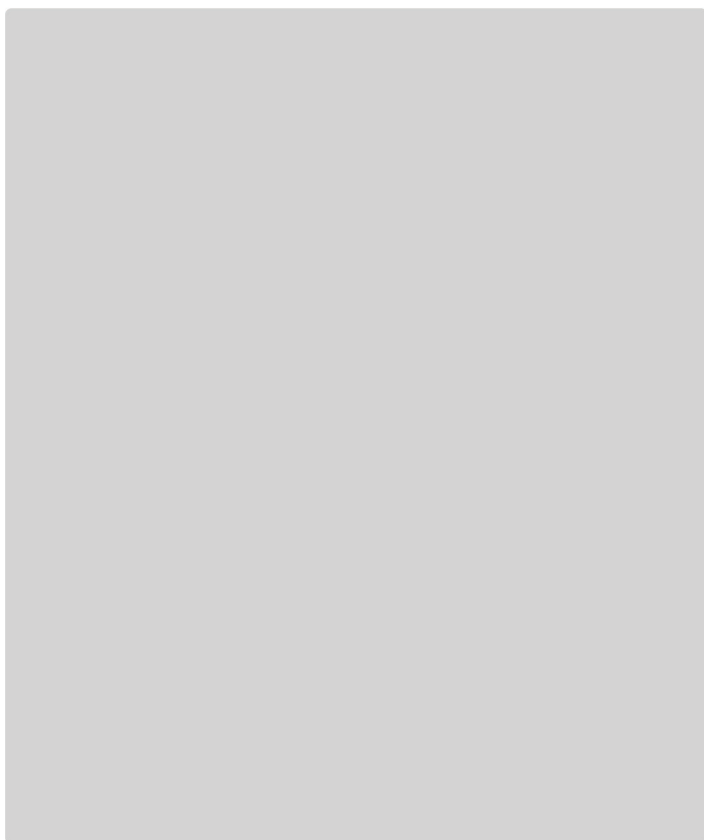
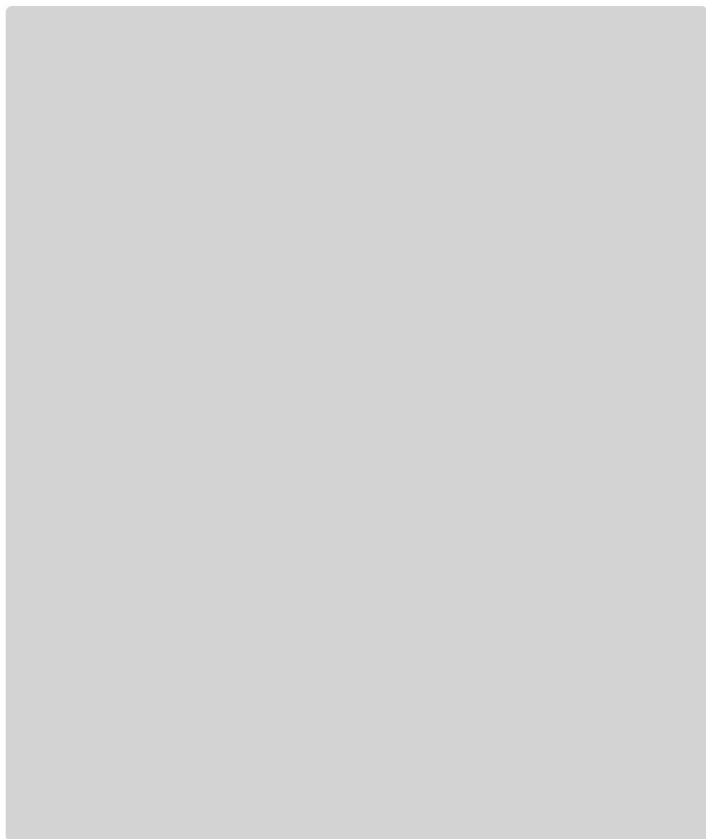
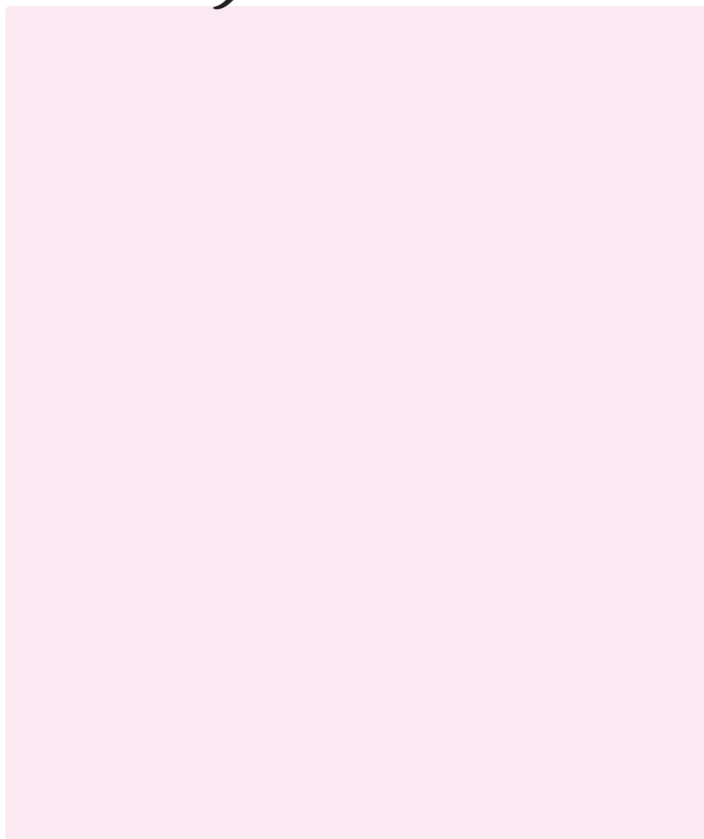


for the week of:

MEALS

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TUESDAY	
WEDNESDAY	
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SATURDAY	
SUNDAY	

weekly to-do lists:

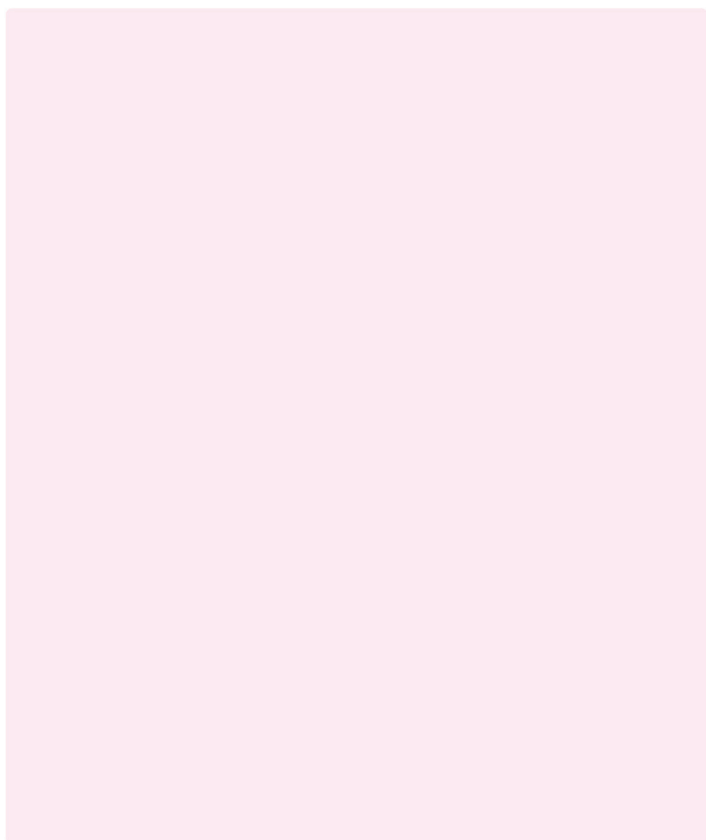
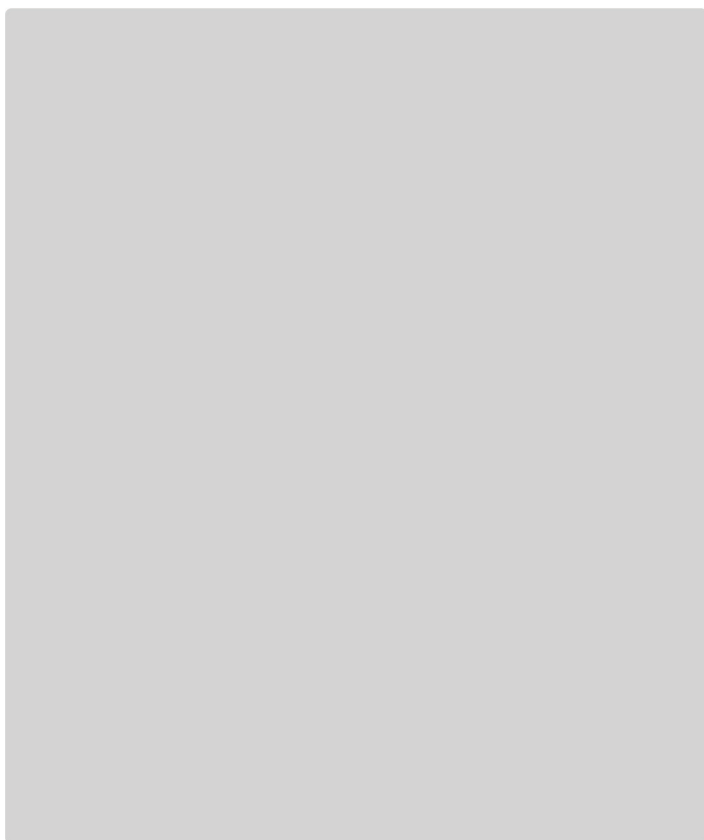
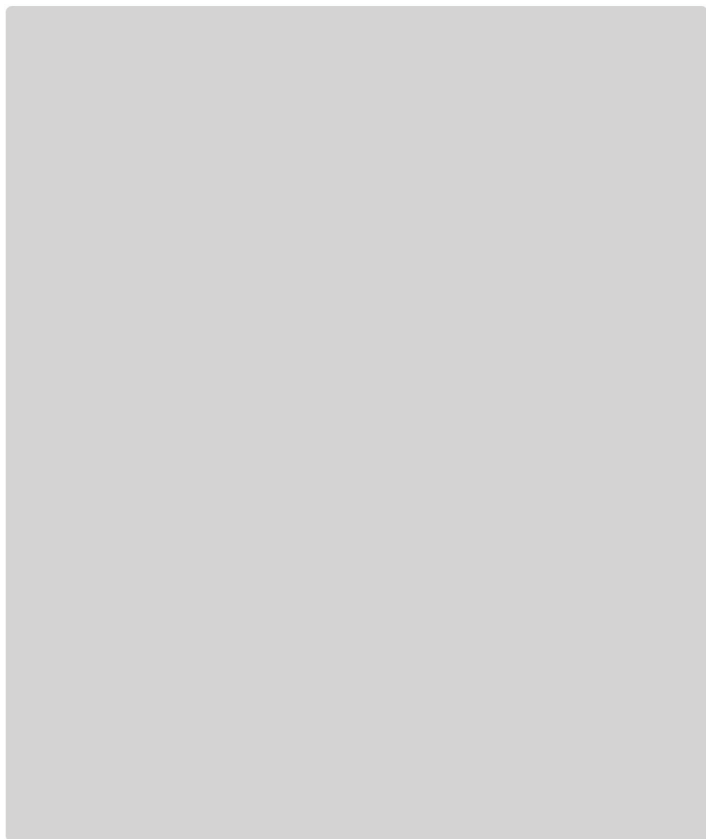
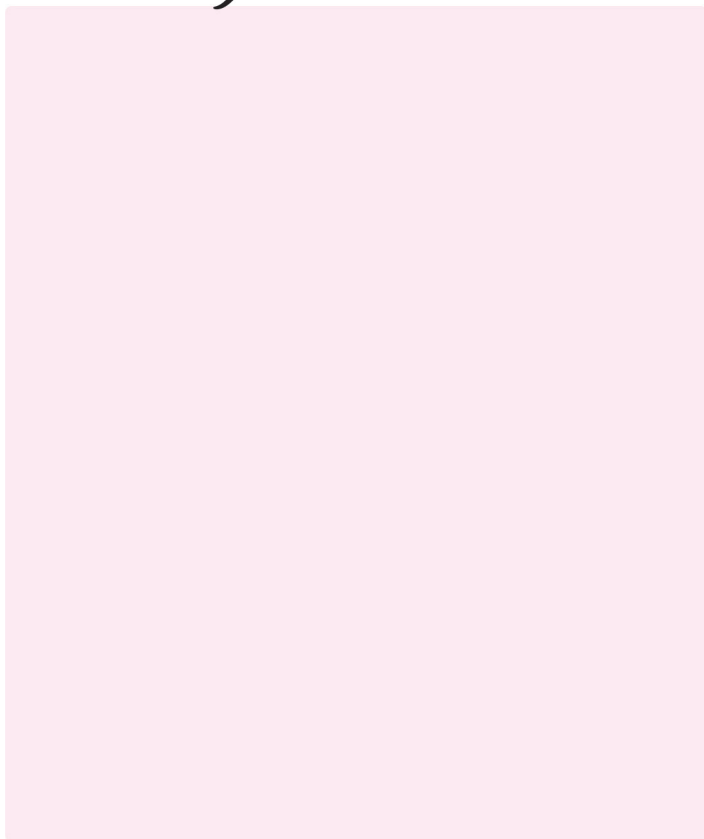


for the week of:

MEALS

MONDAY	
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WEDNESDAY	
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SATURDAY	
SUNDAY	

weekly to-do lists:

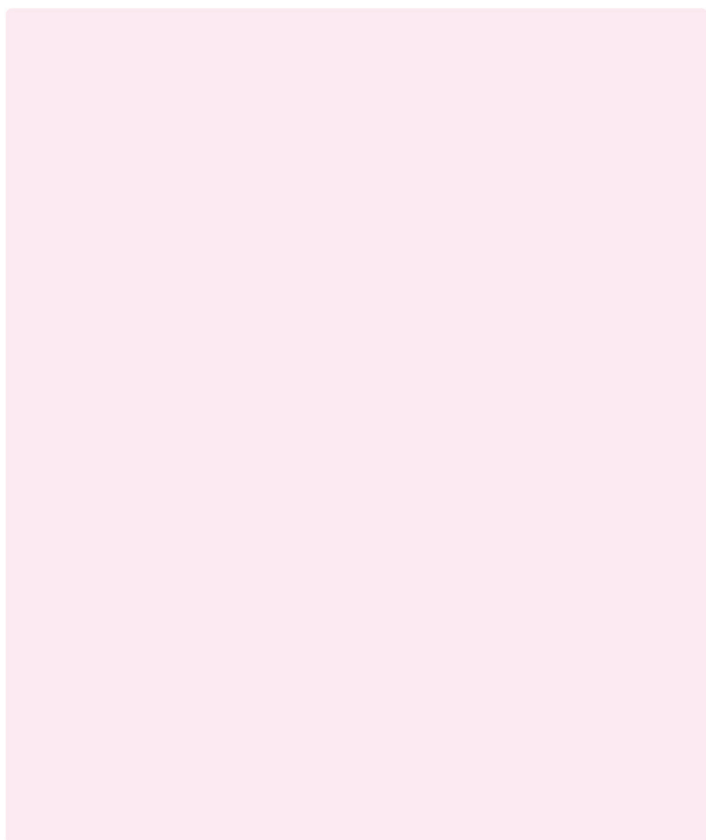
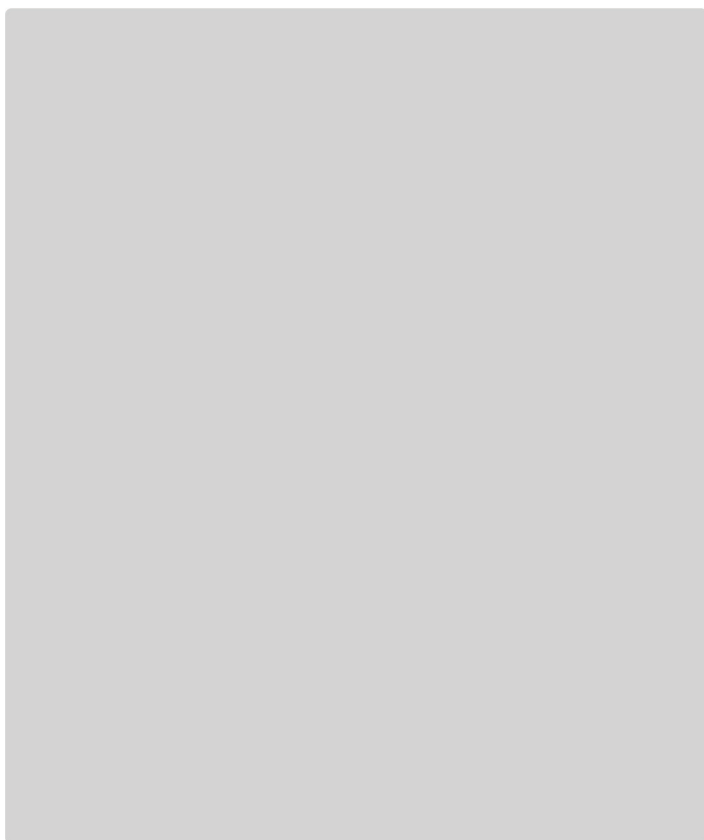
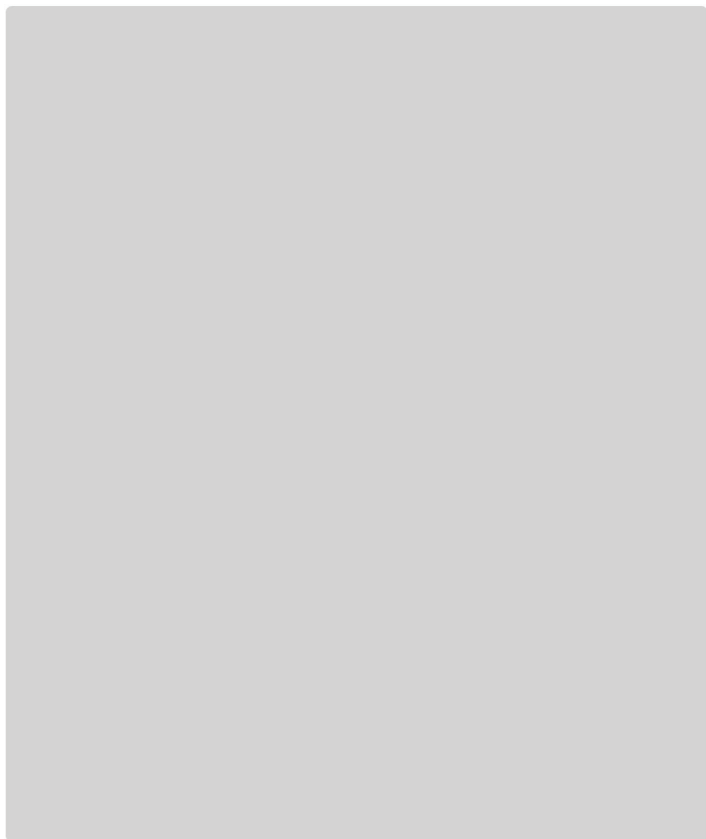
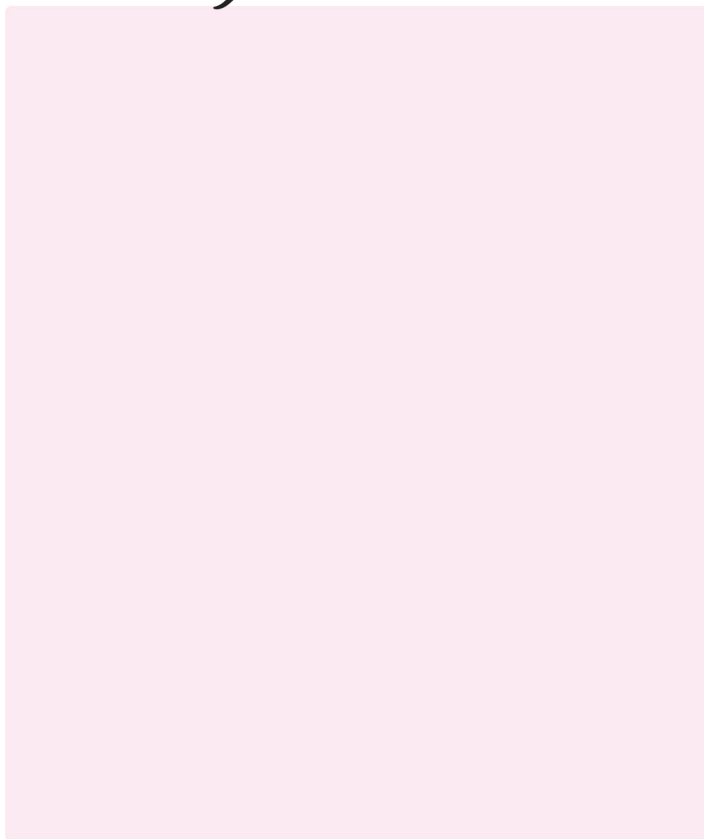


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
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SATURDAY	
SUNDAY	

weekly to-do lists:

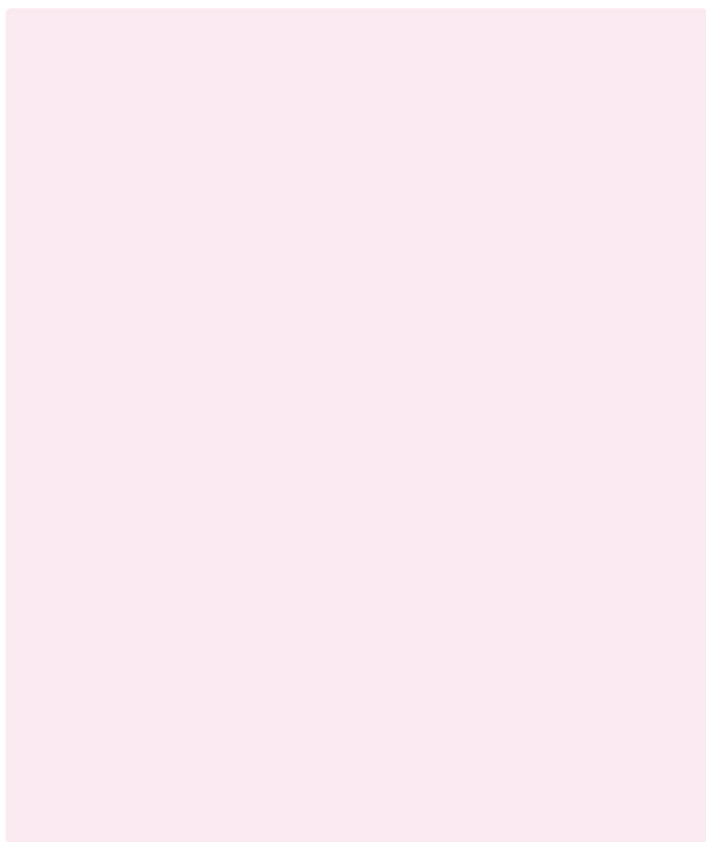
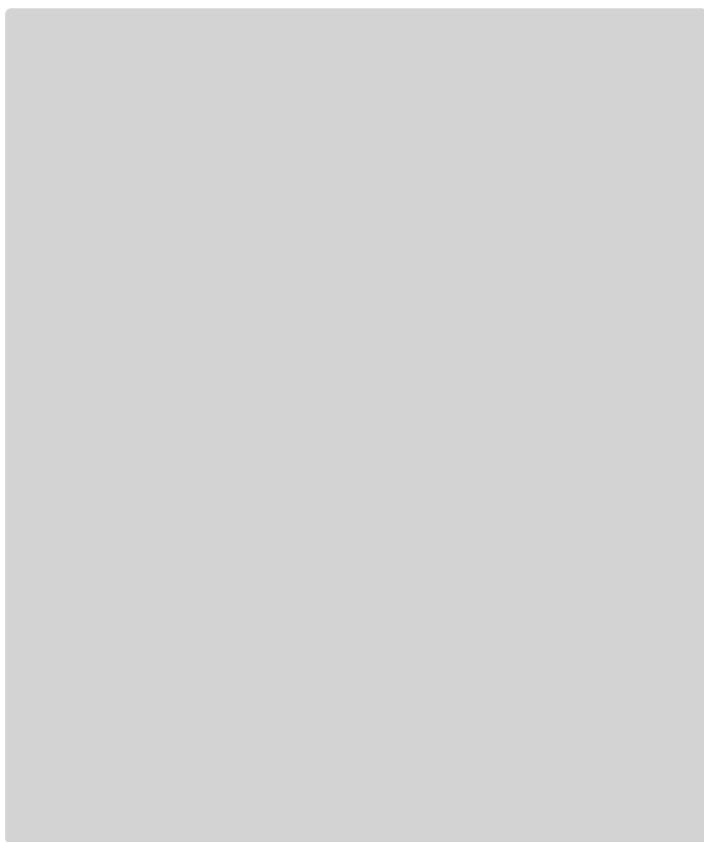
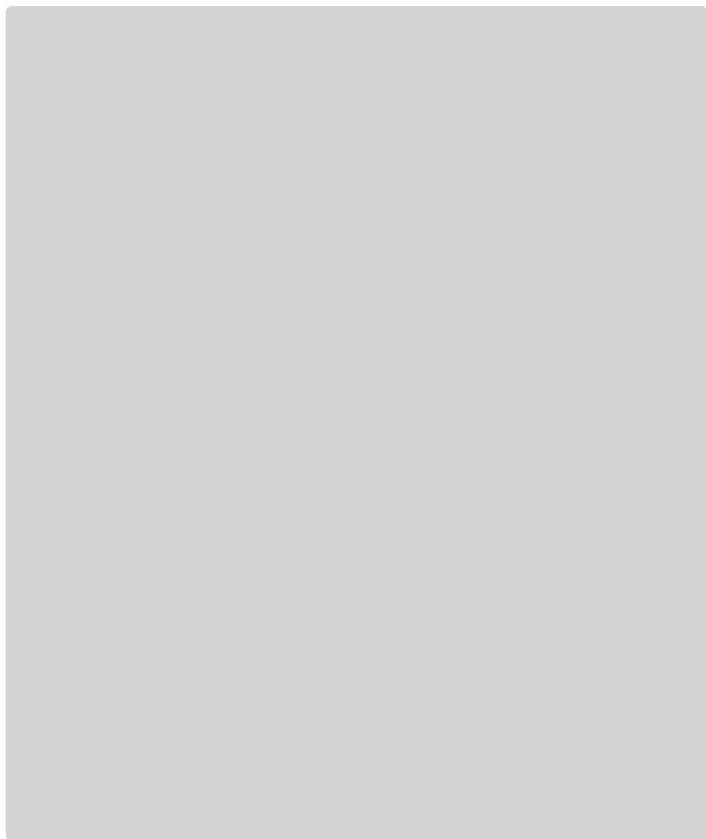
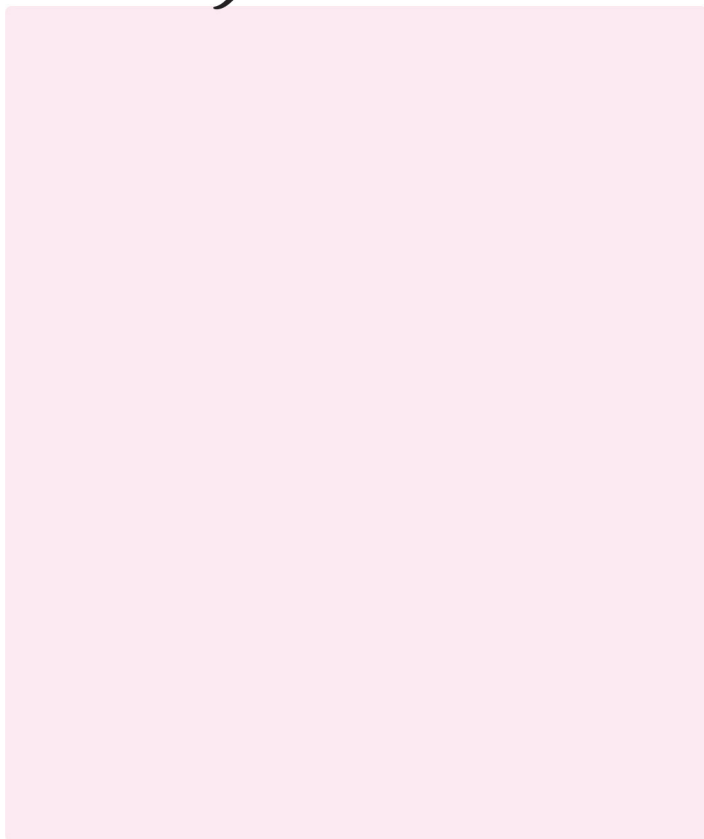


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:



september 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30

THURSDAY

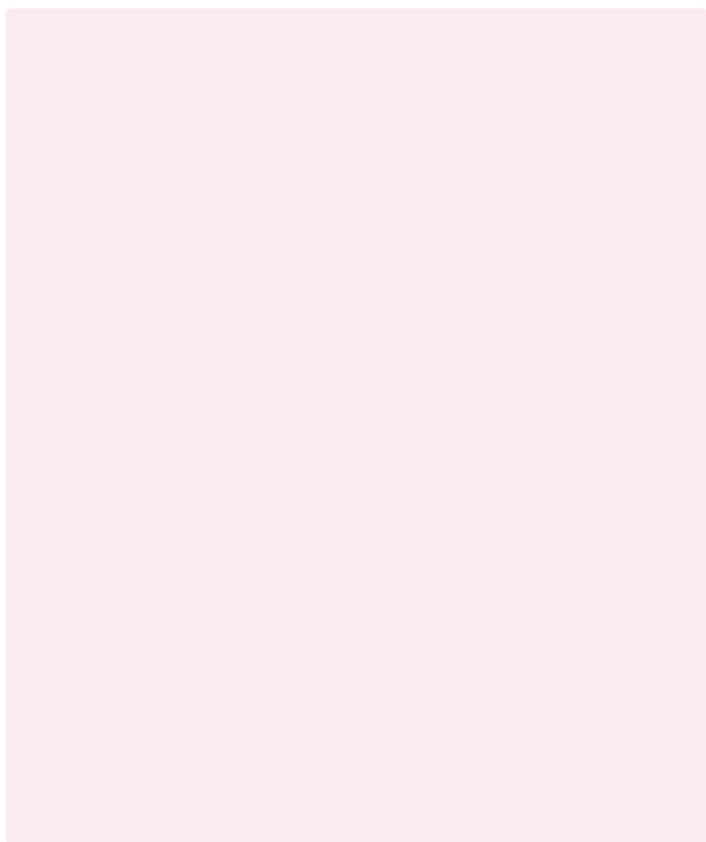
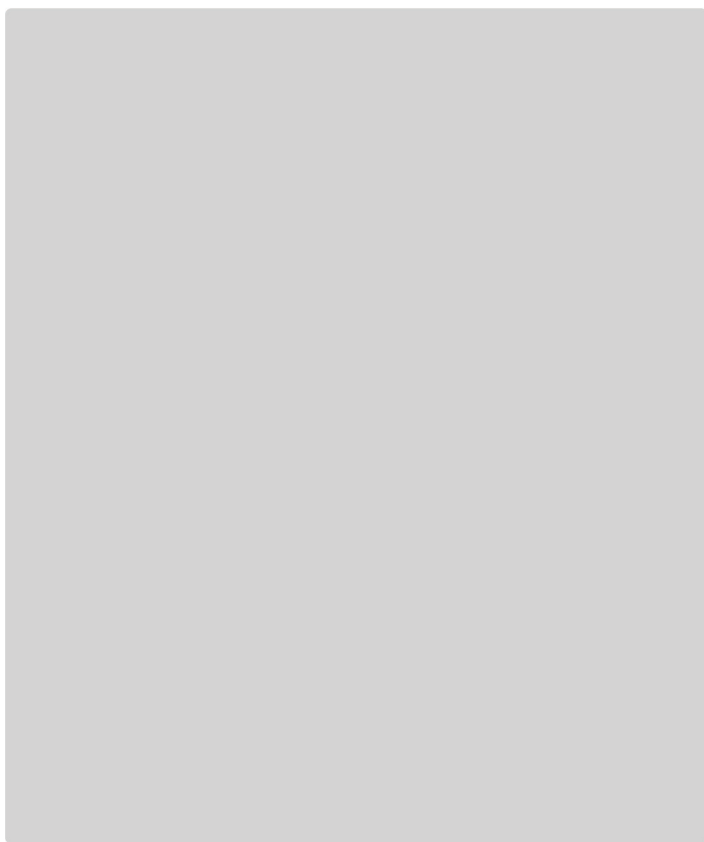
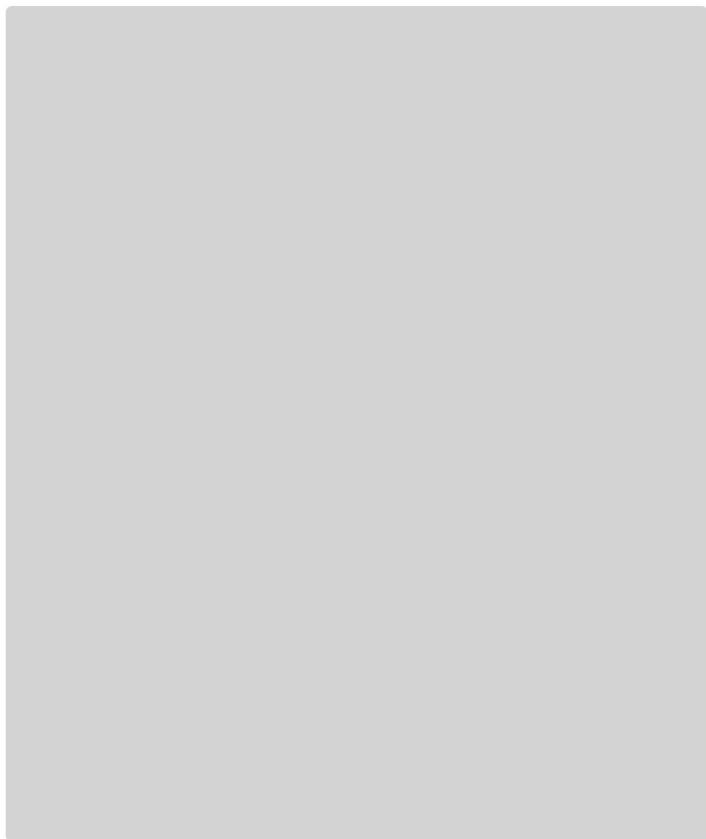
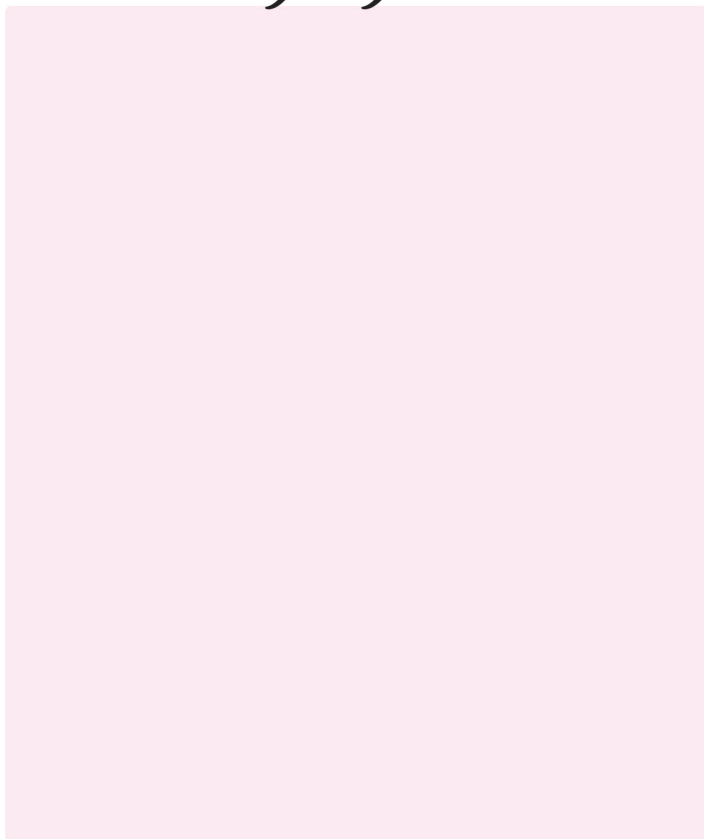
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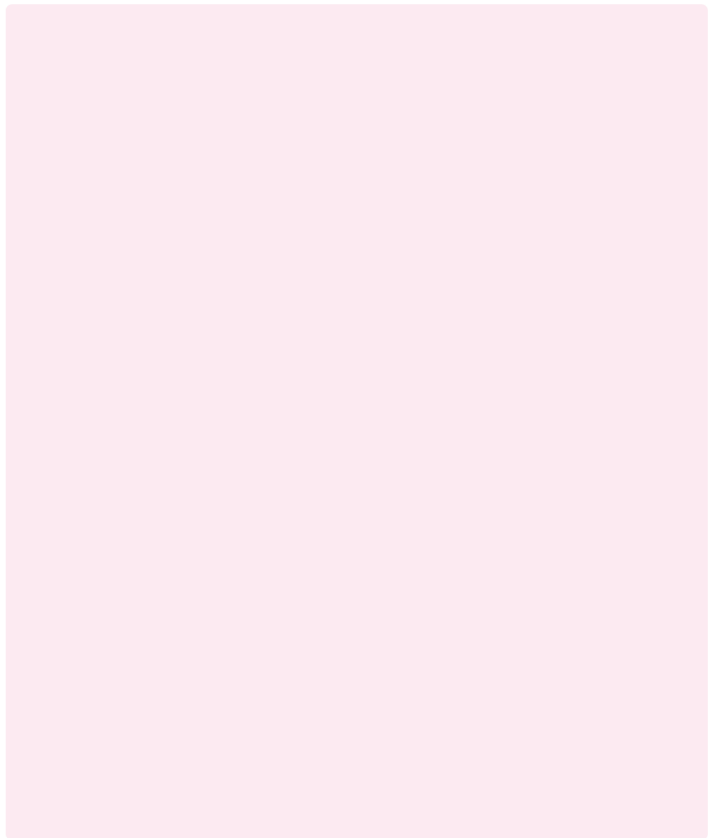
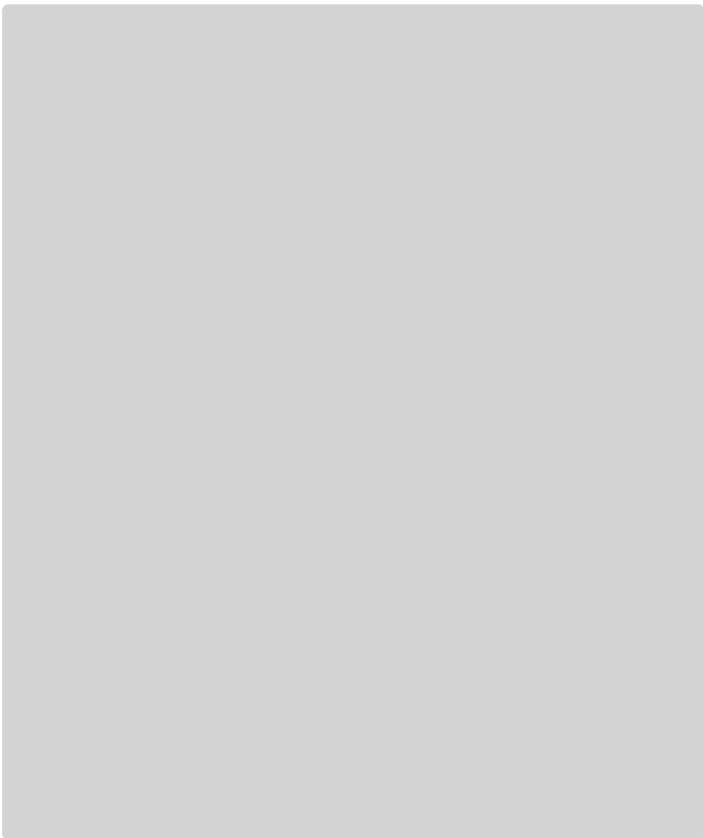
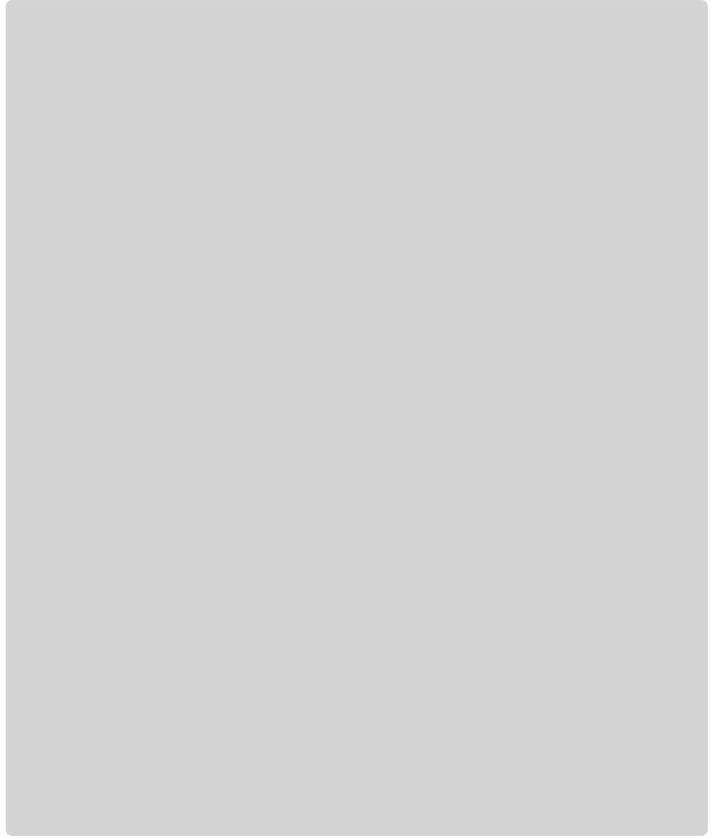
SATURDAY

3	4	5
10	11	12
17	18	19
24	25	26

monthly notes

monthly goals:



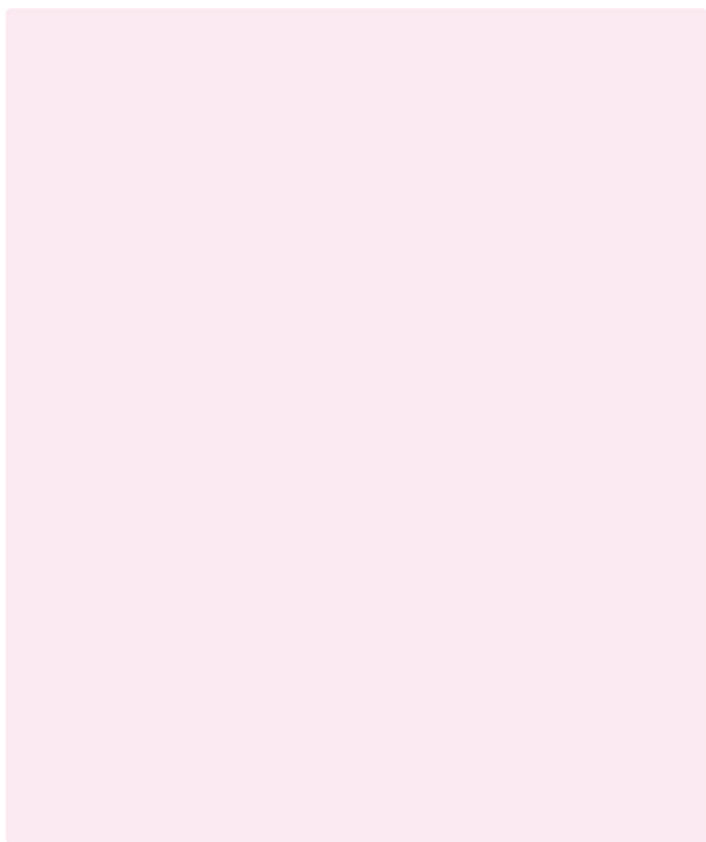
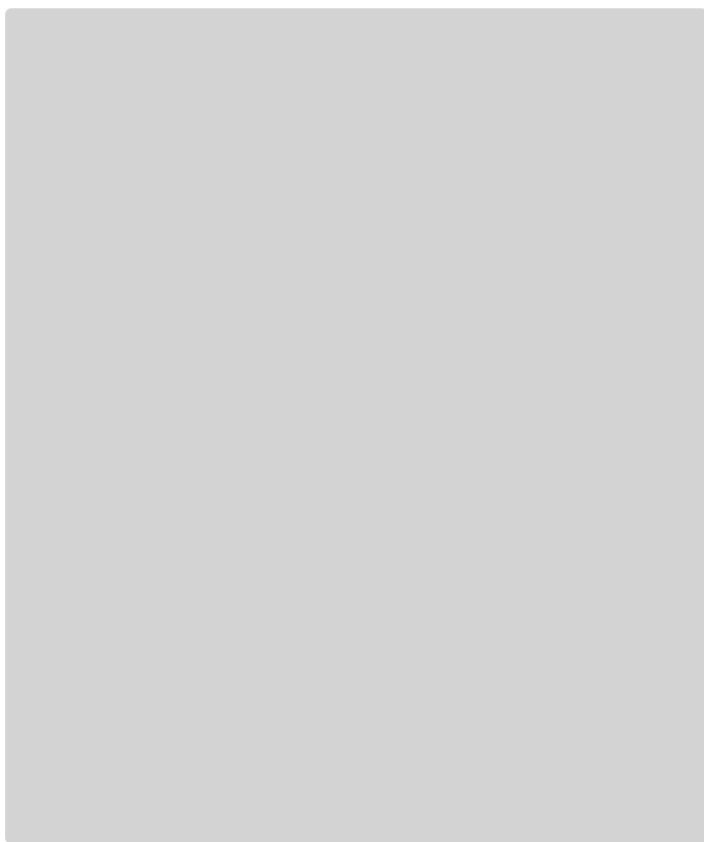
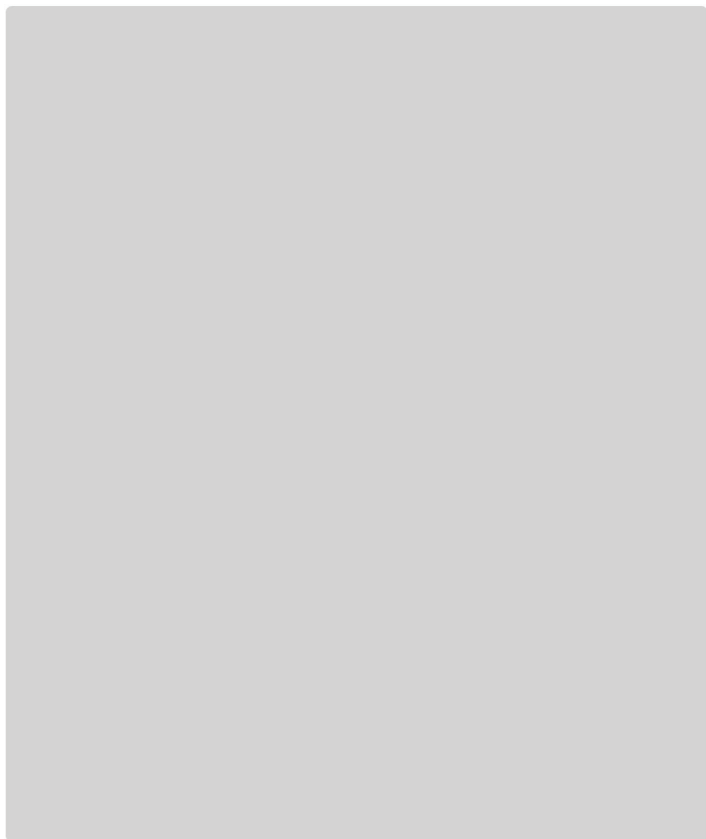
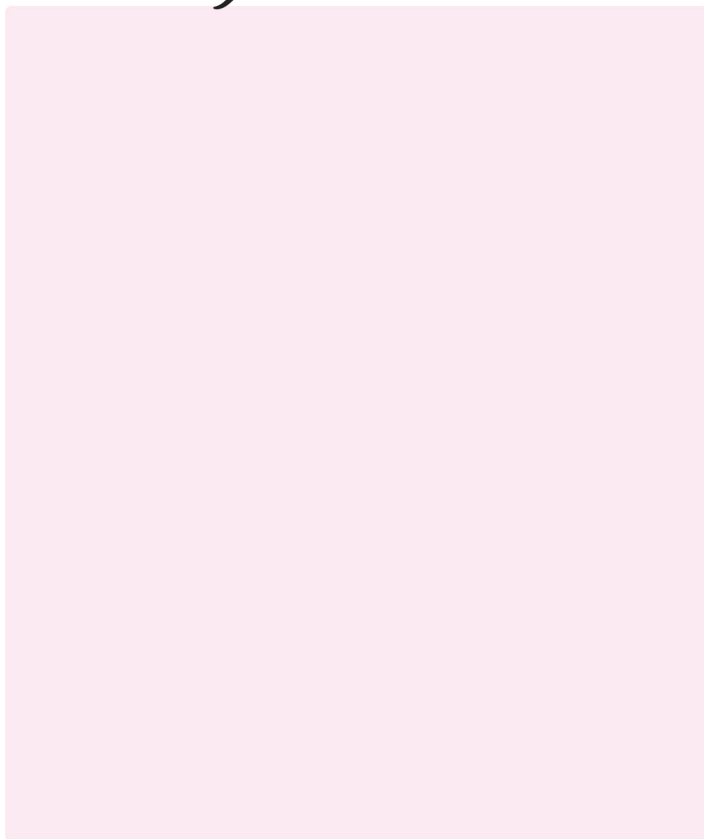


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

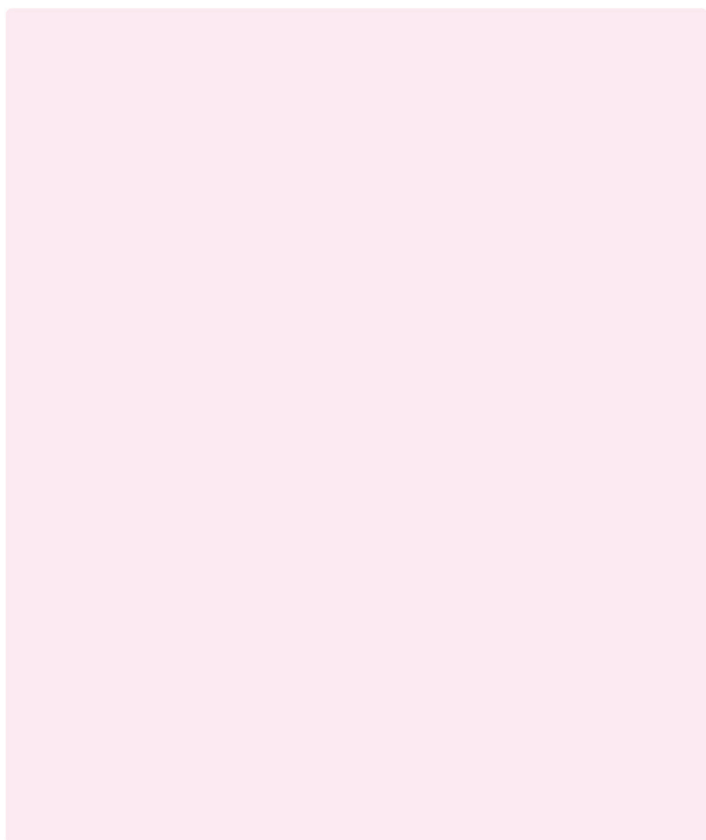
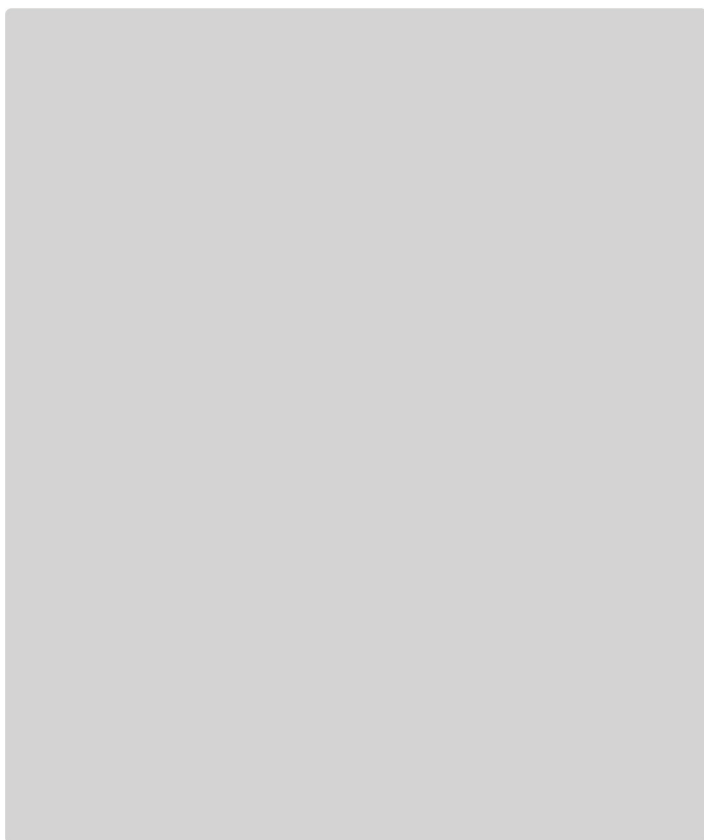
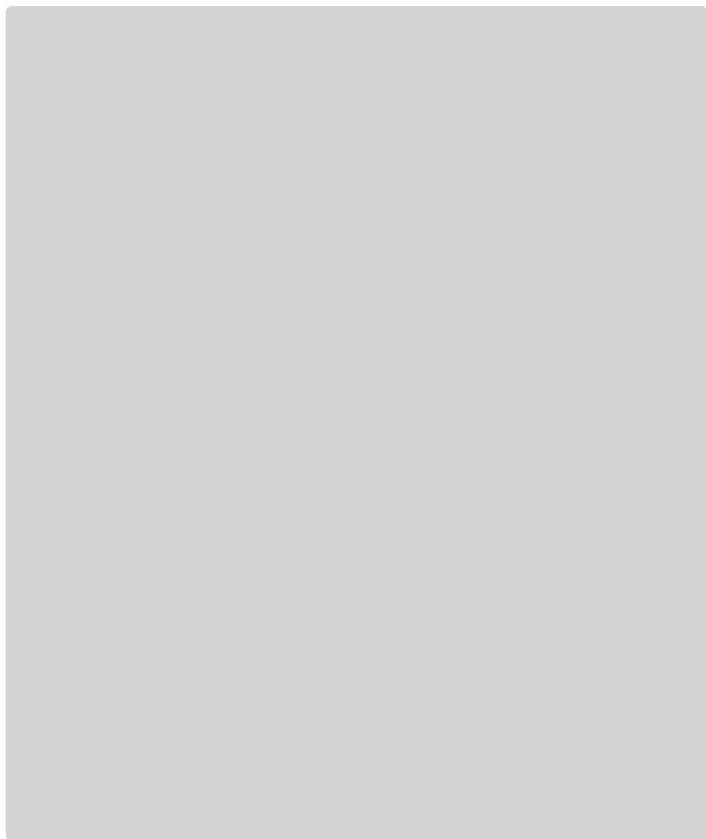
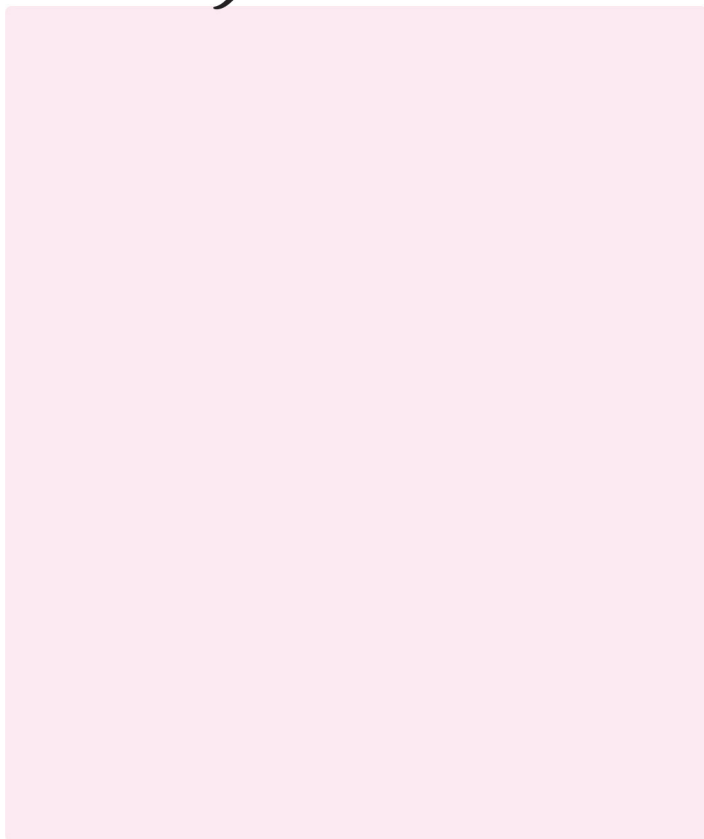


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

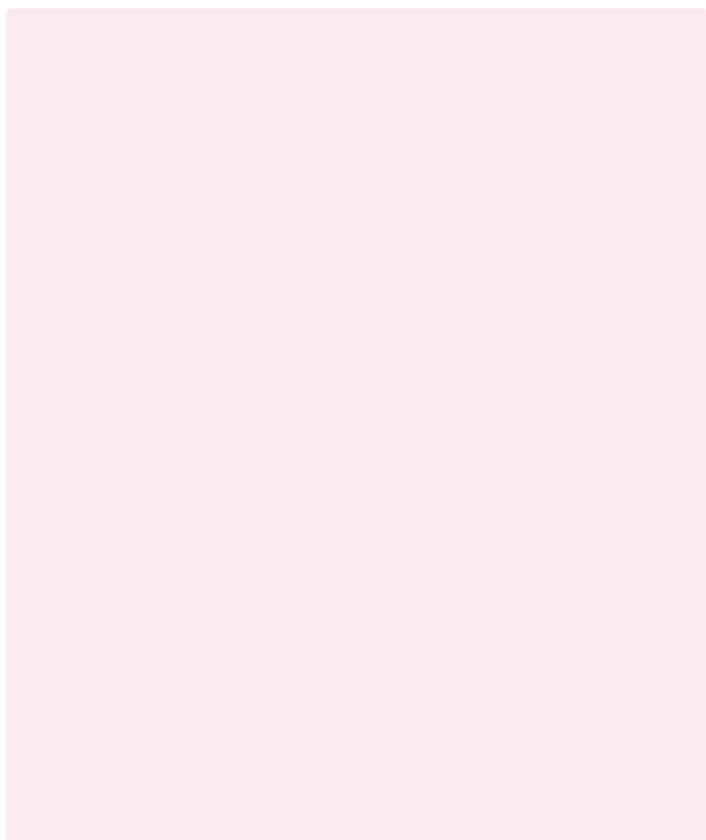
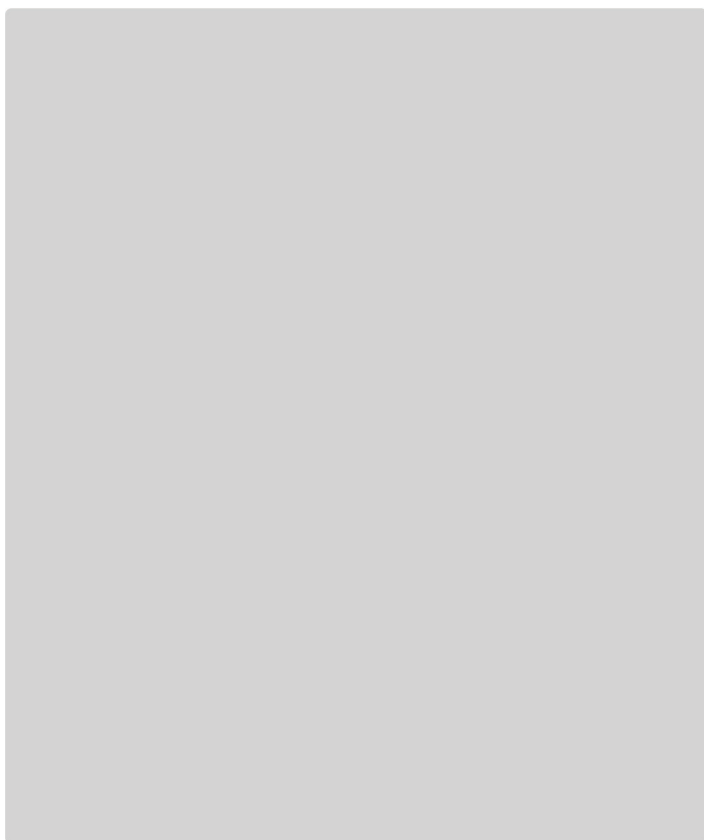
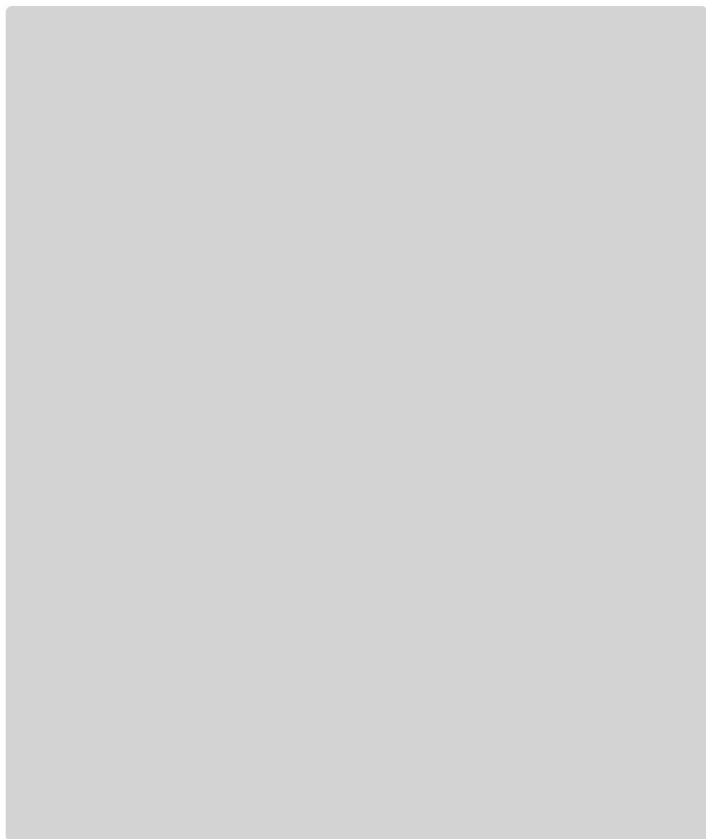
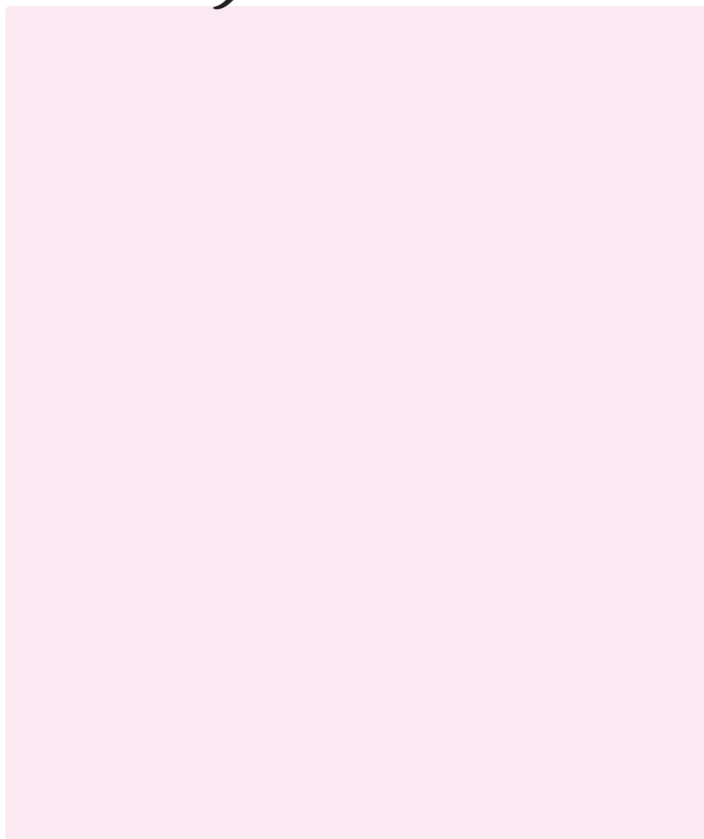


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

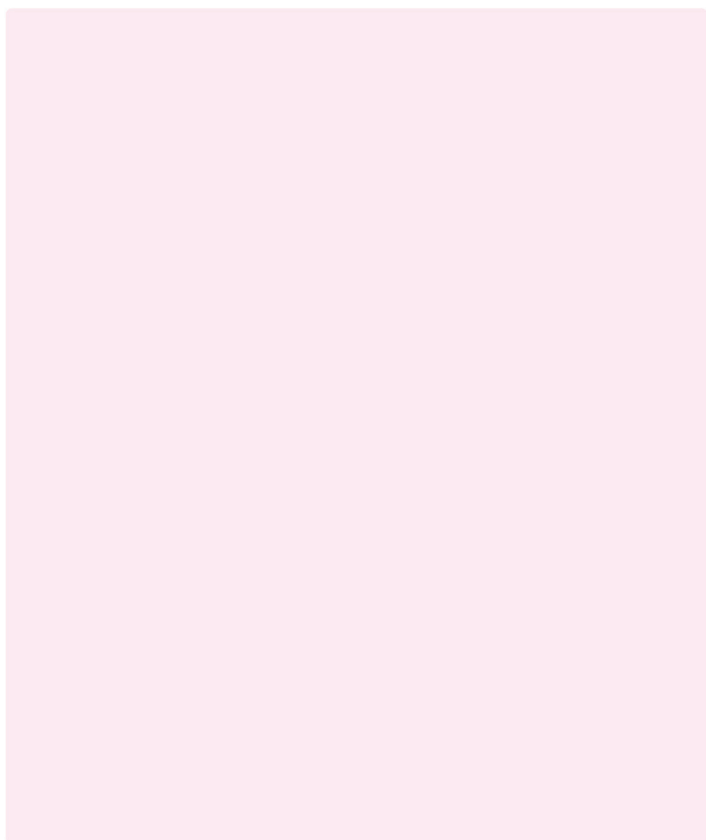
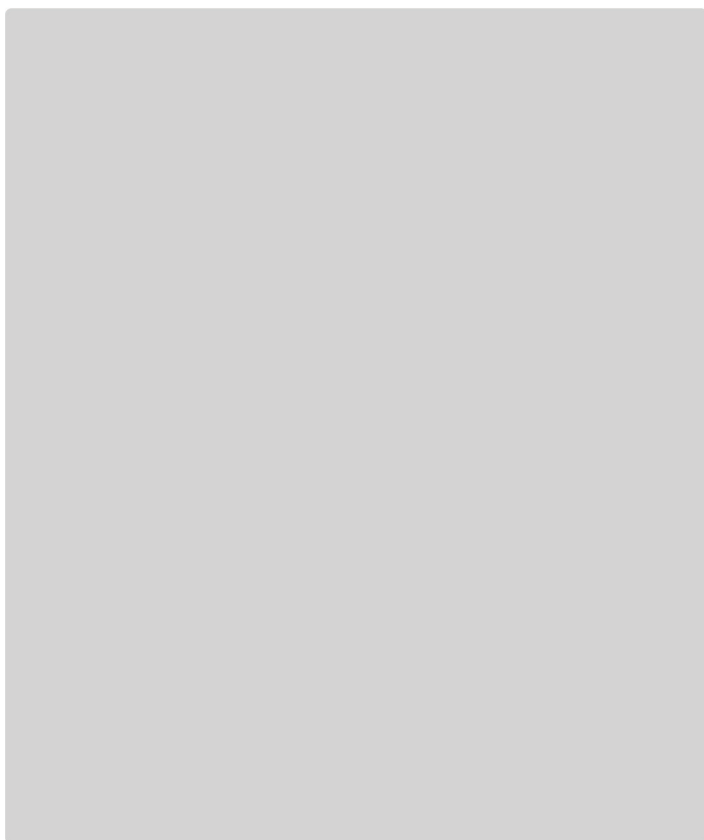
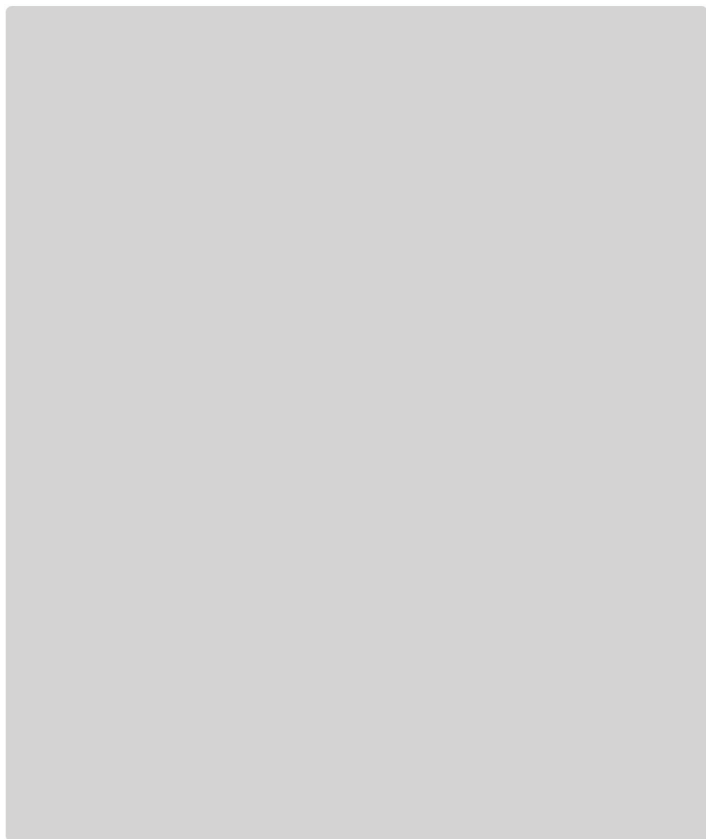
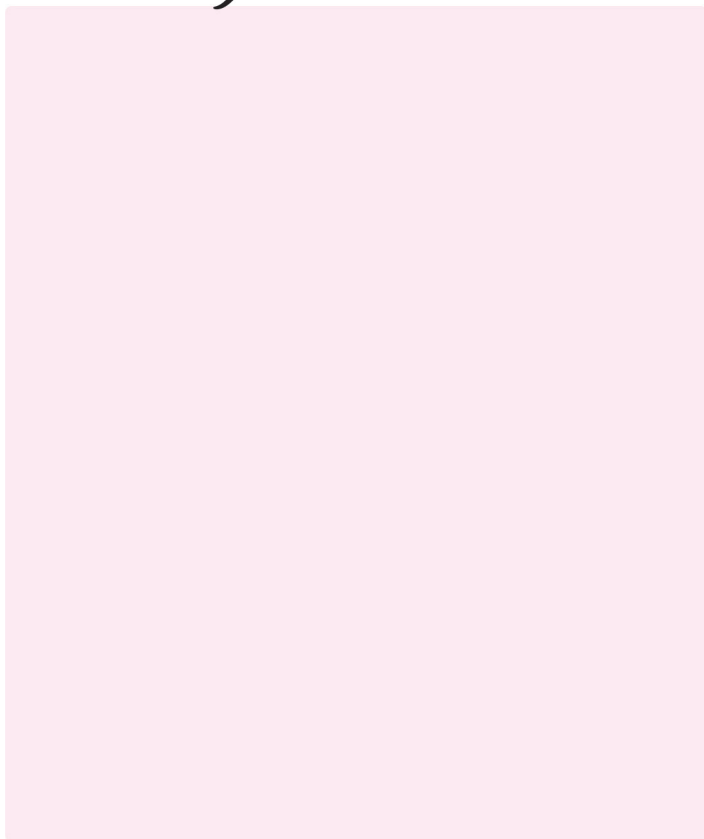


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:



october 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

THURSDAY

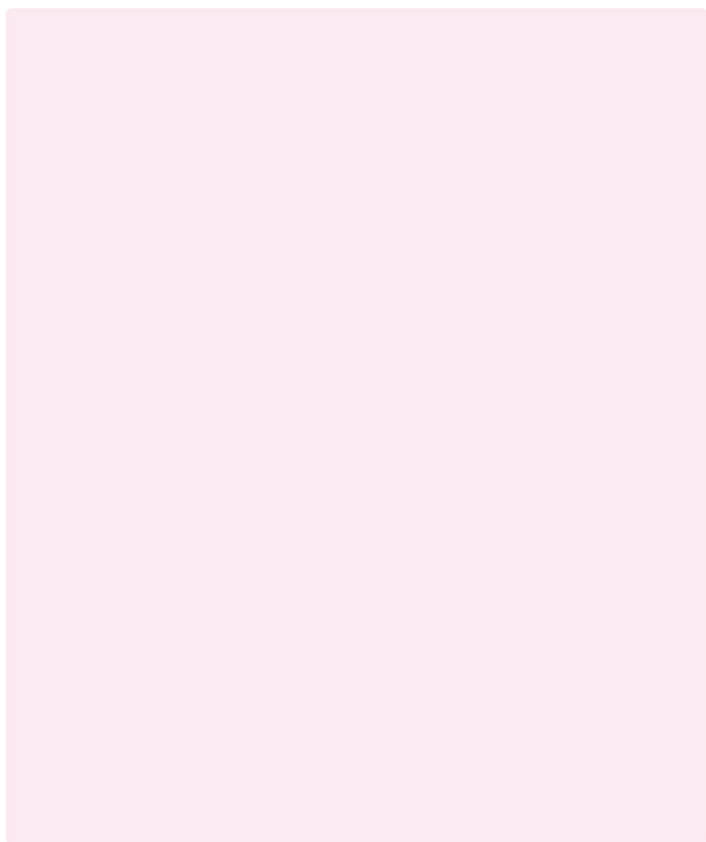
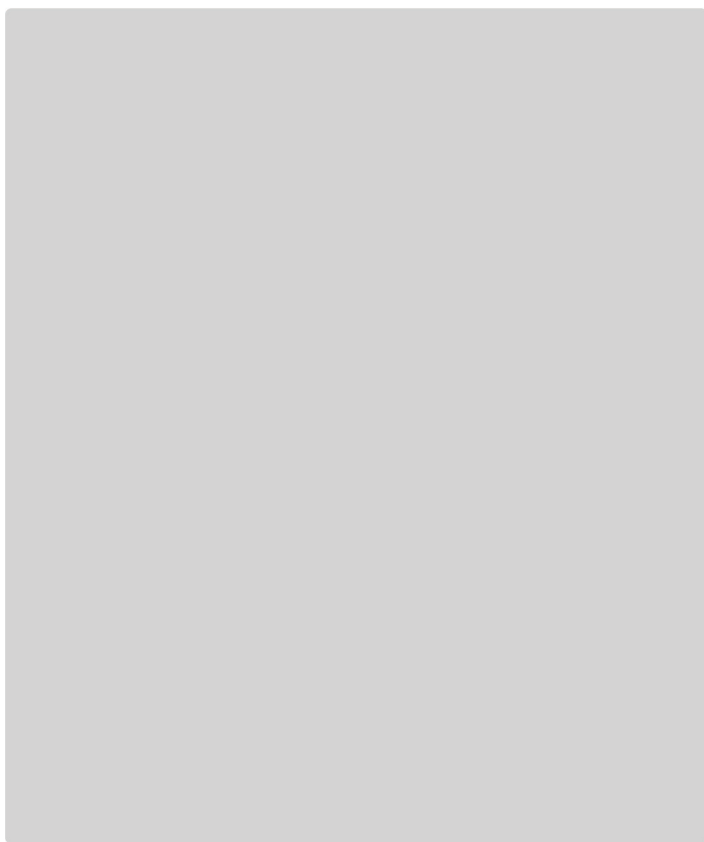
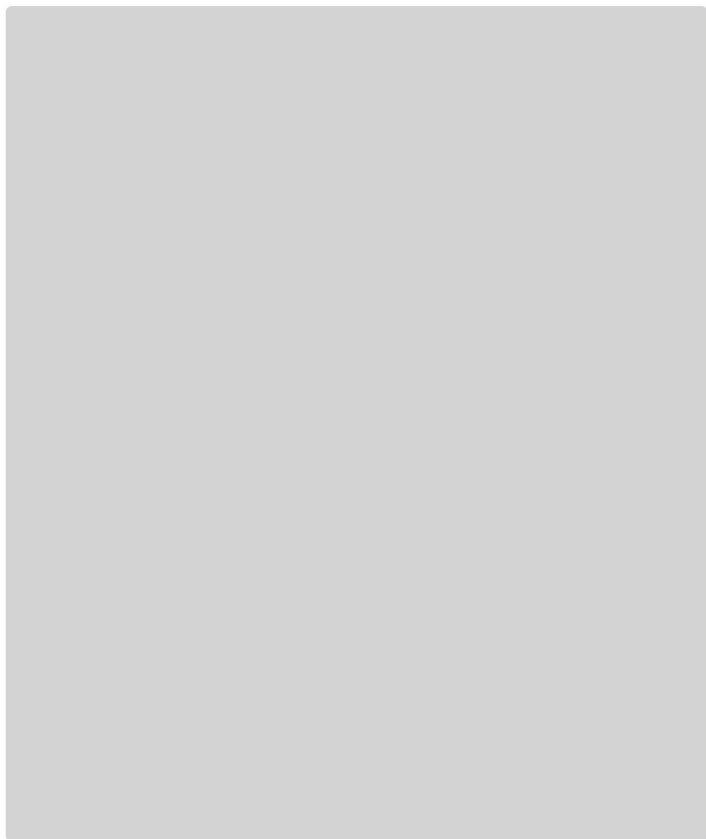
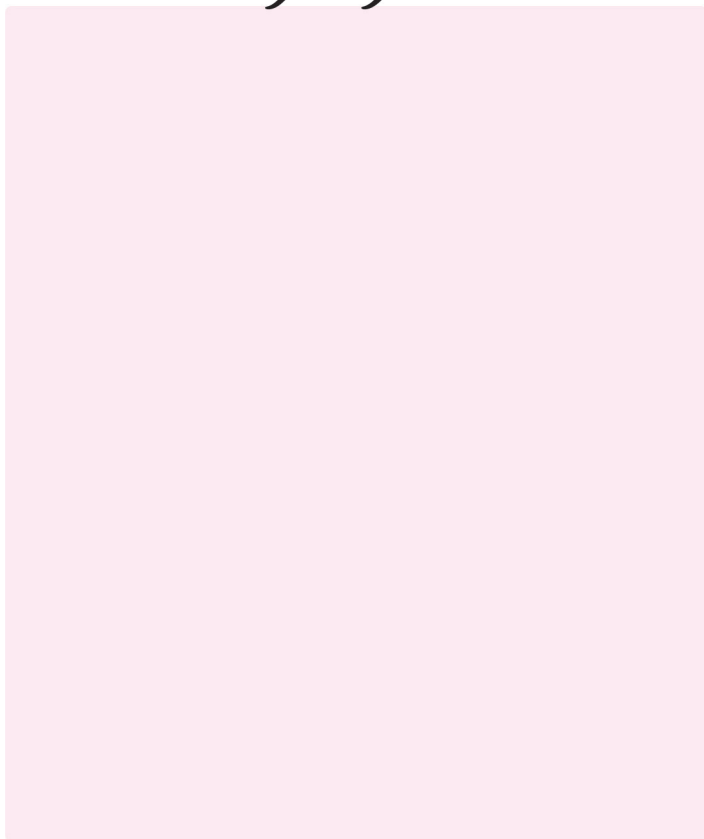
FRIDAY

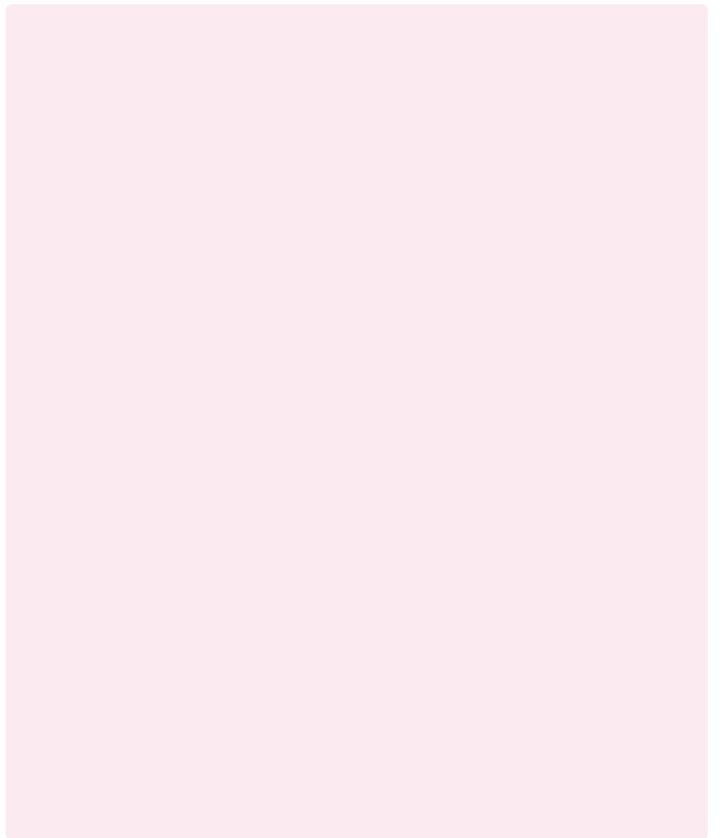
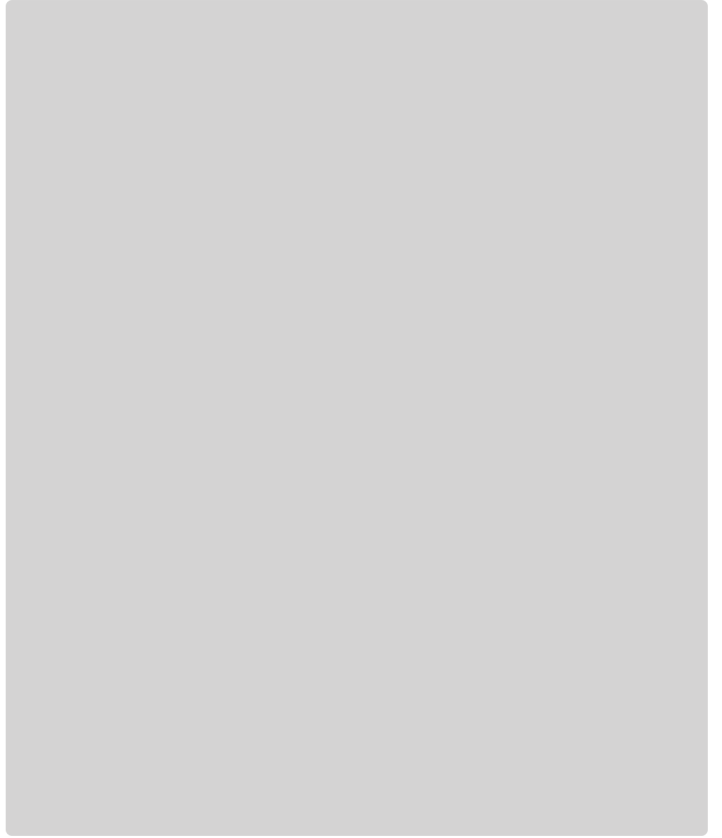
SATURDAY

1	2	3
8	9	10
15	16	17
22	23	24
29	30	31

monthly notes

monthly goals:



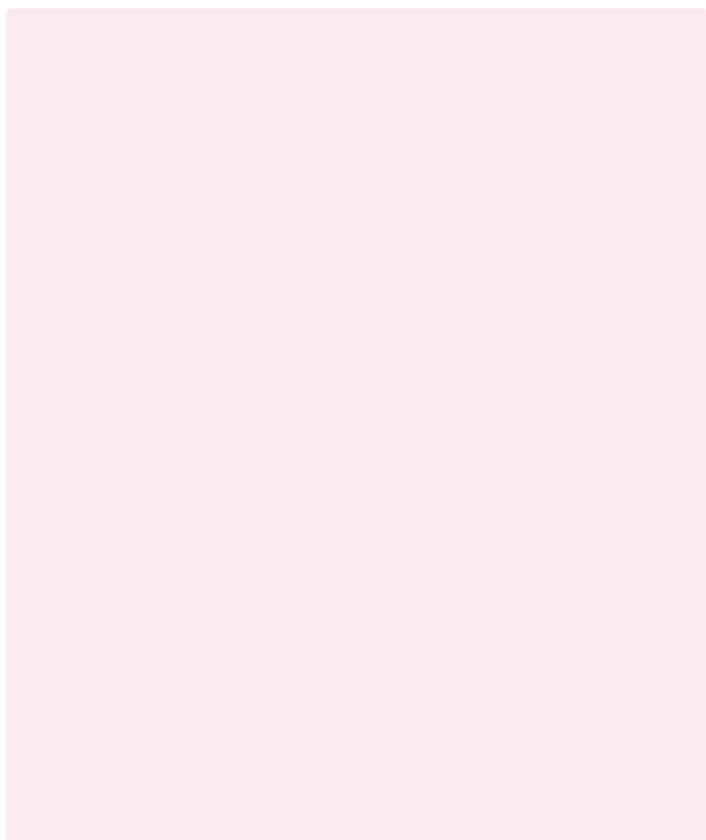
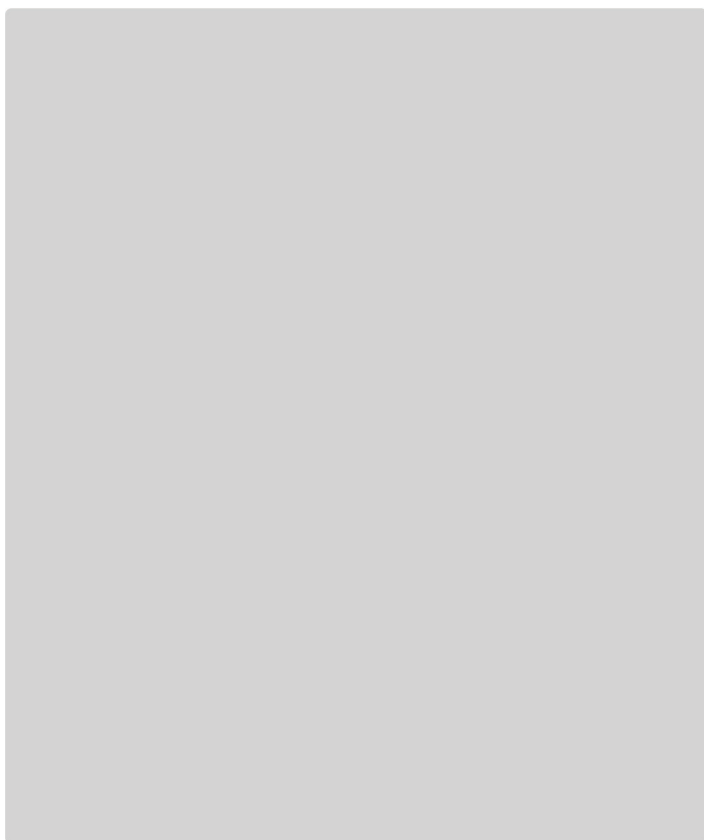
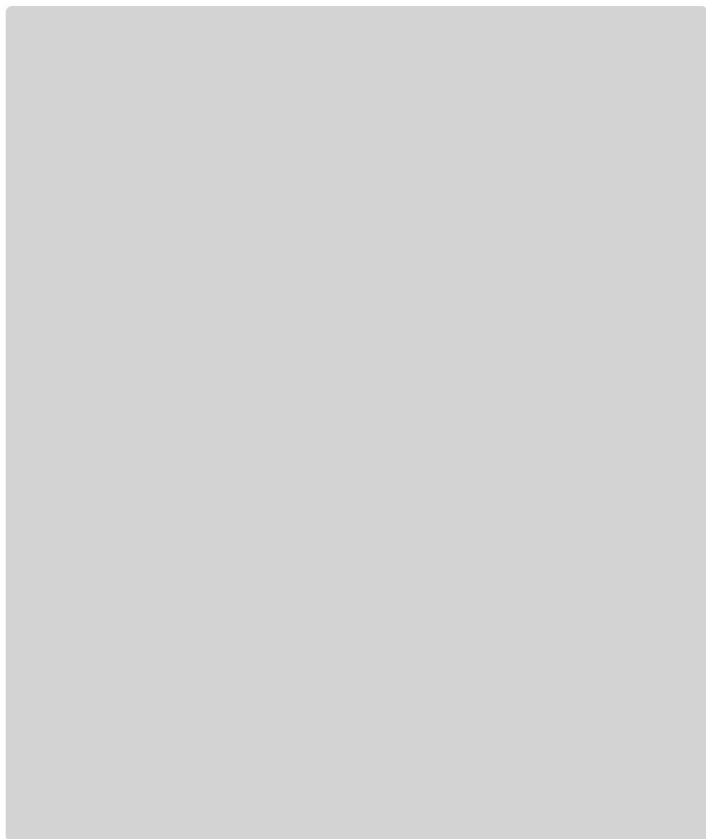
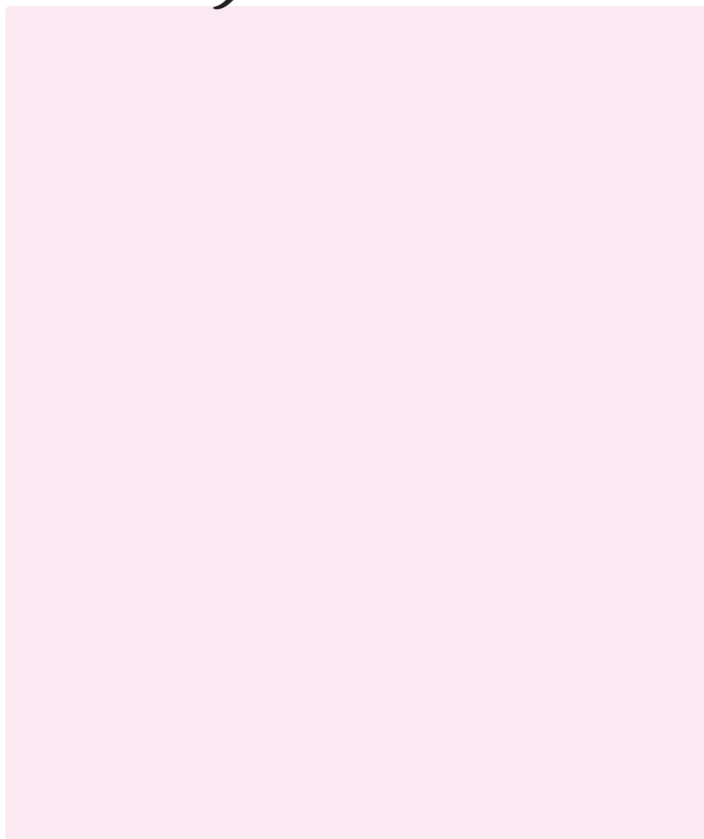


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

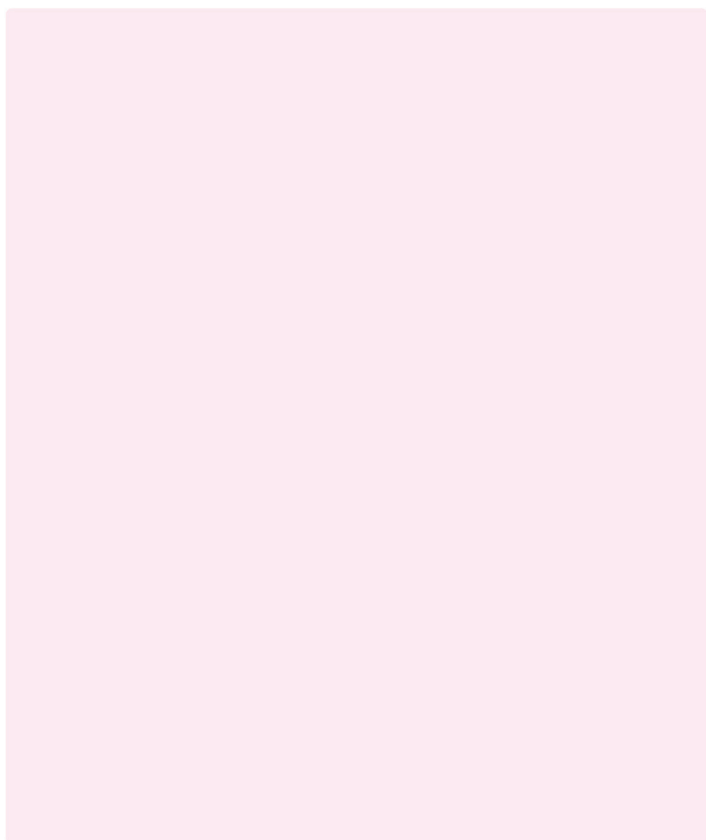
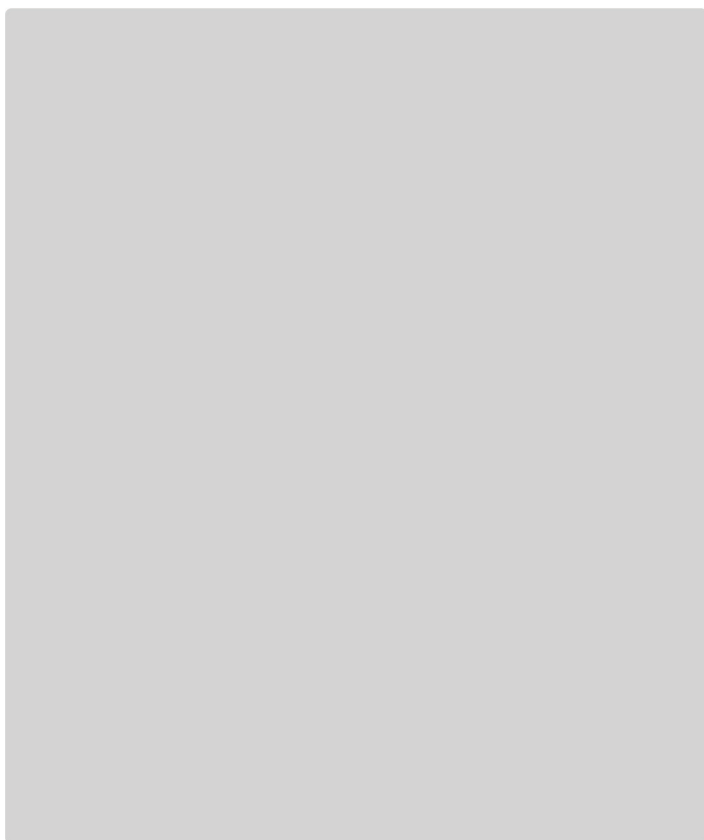
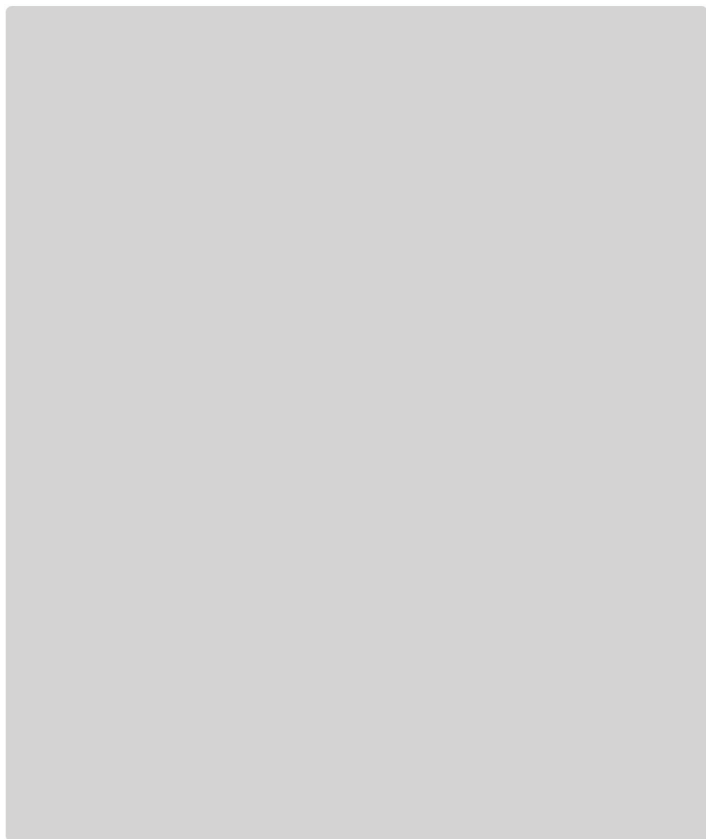
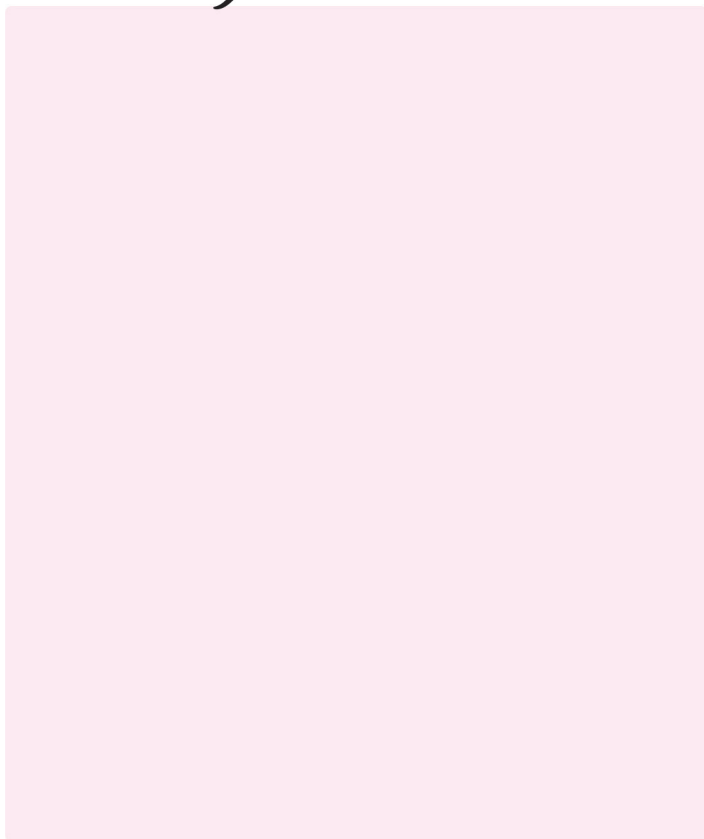


for the week of:

MEALS

MONDAY	
TUESDAY	
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THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

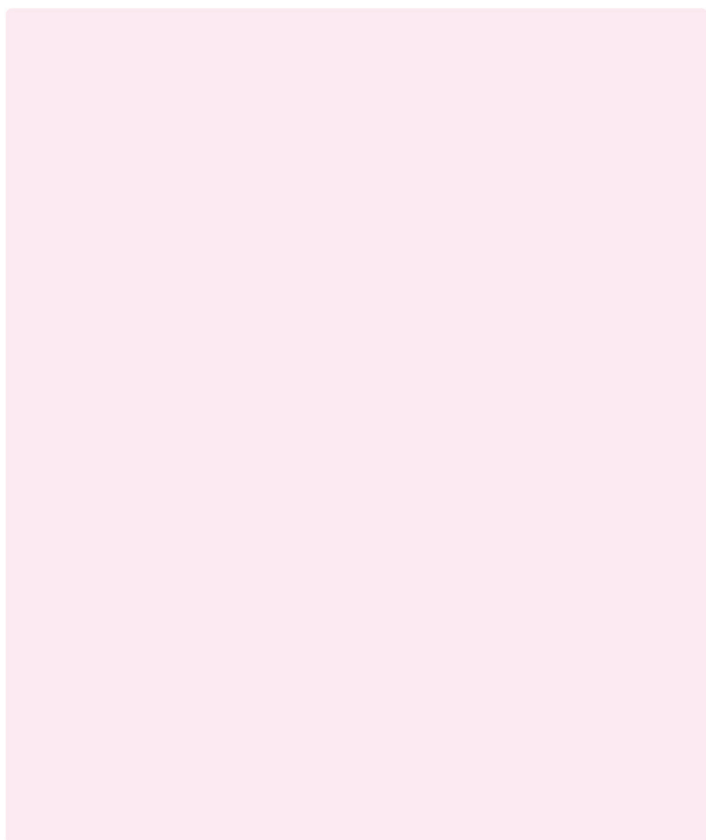
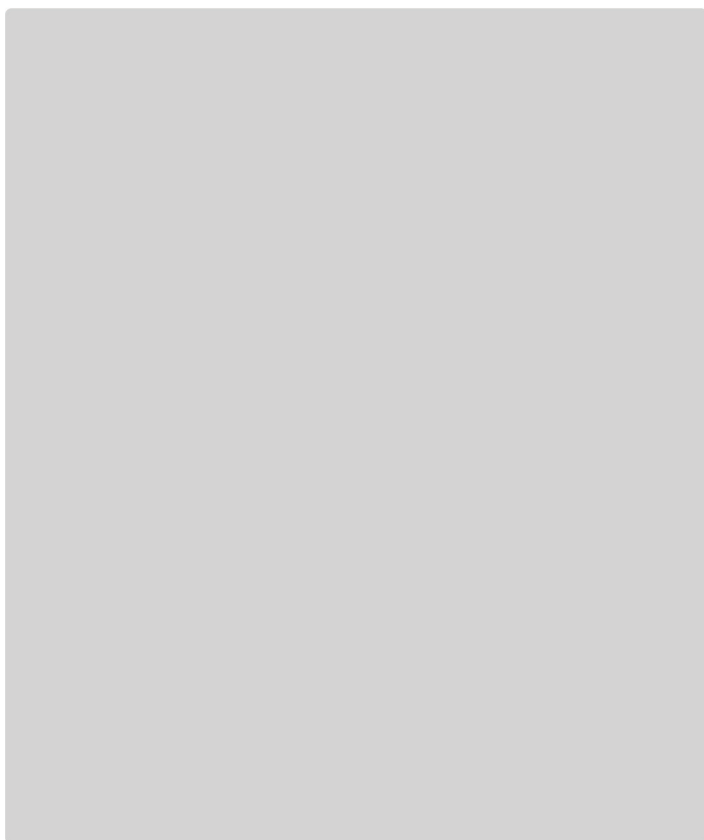
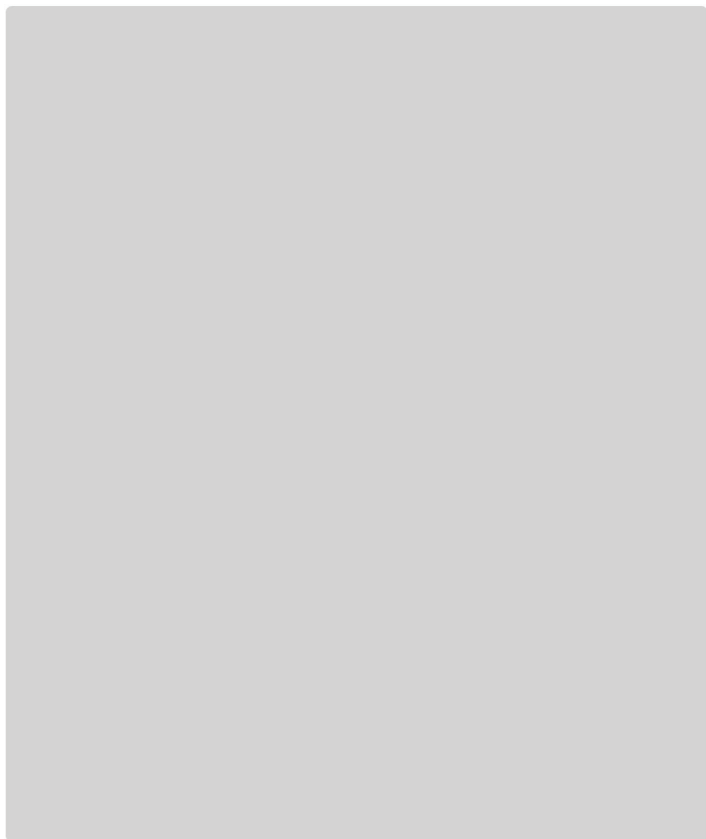
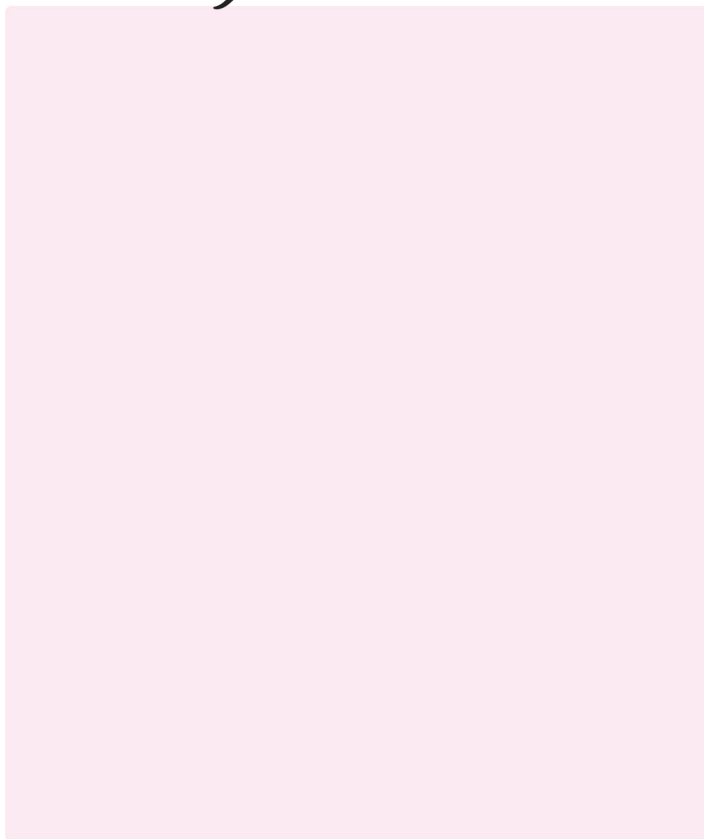


for the week of:

MEALS

MONDAY	
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WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

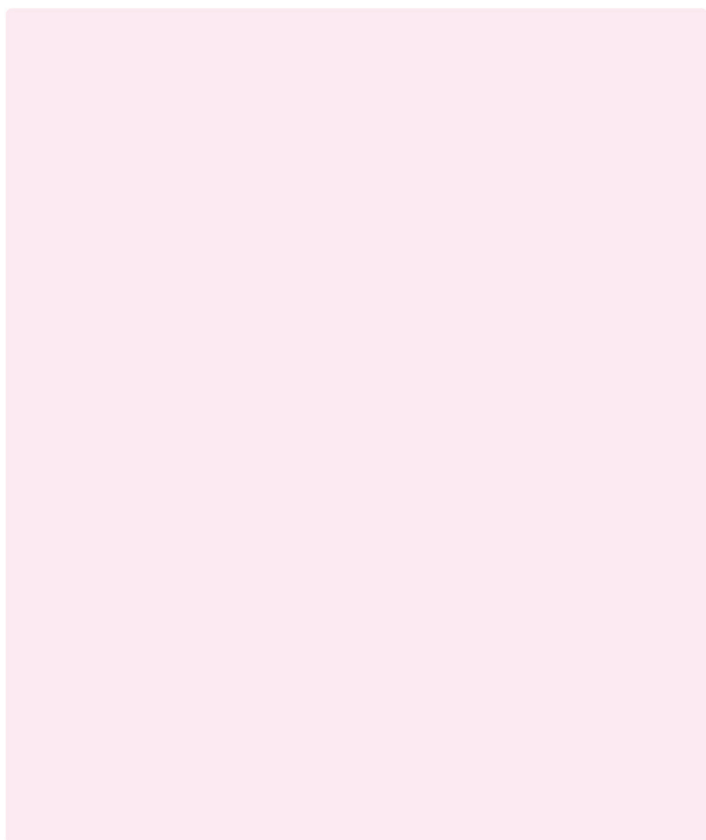
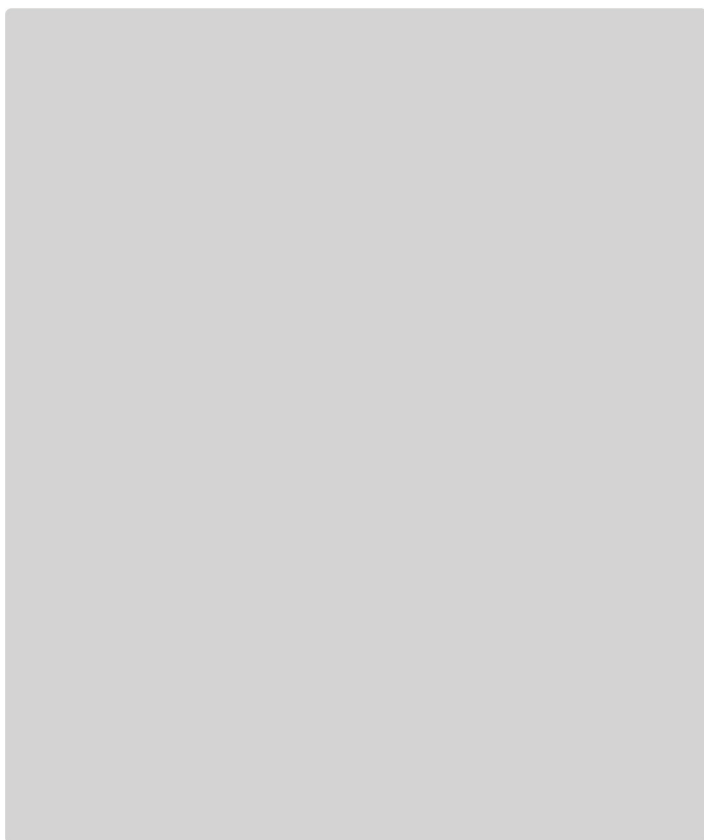
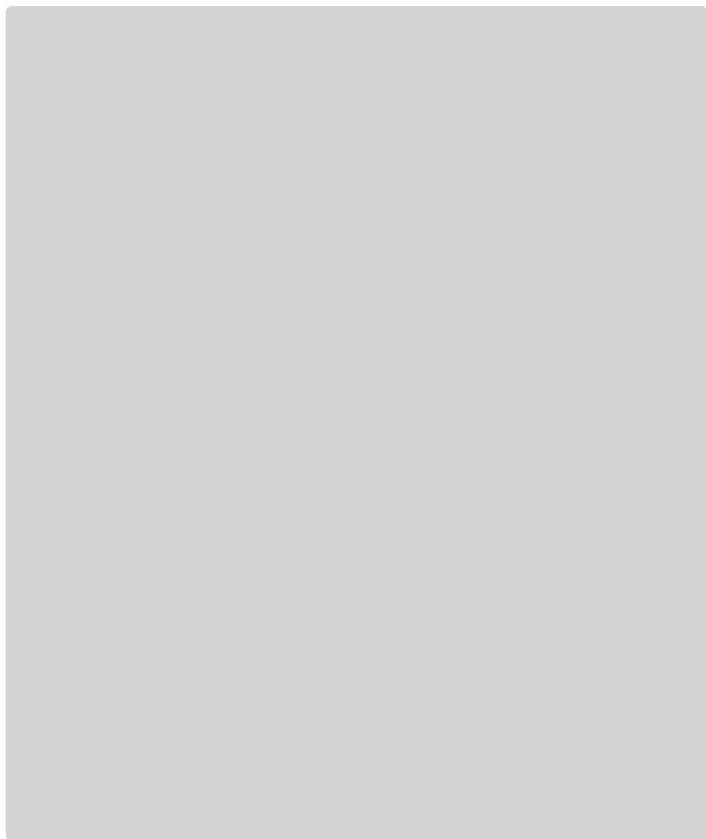
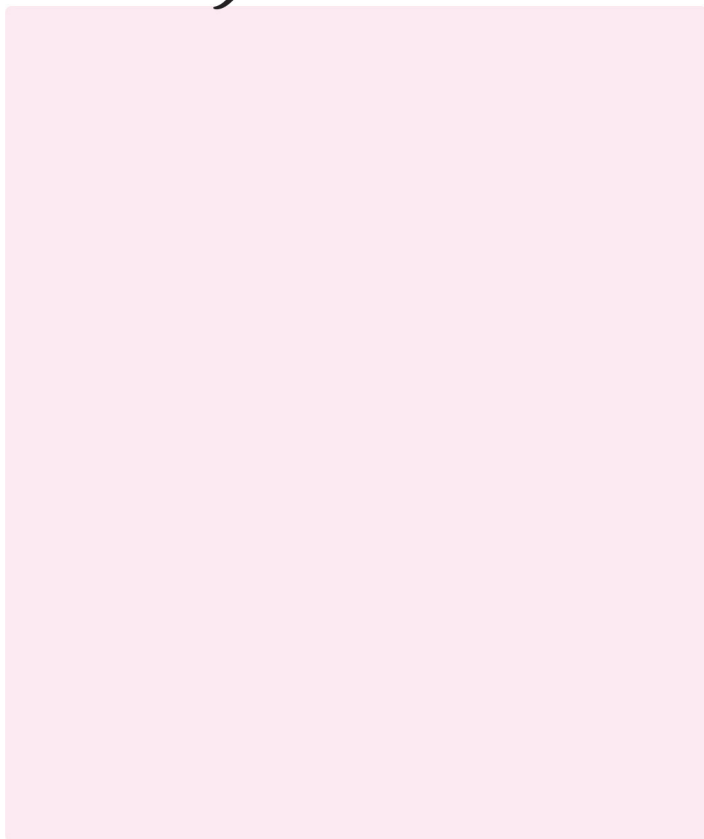


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:



November 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30		

THURSDAY

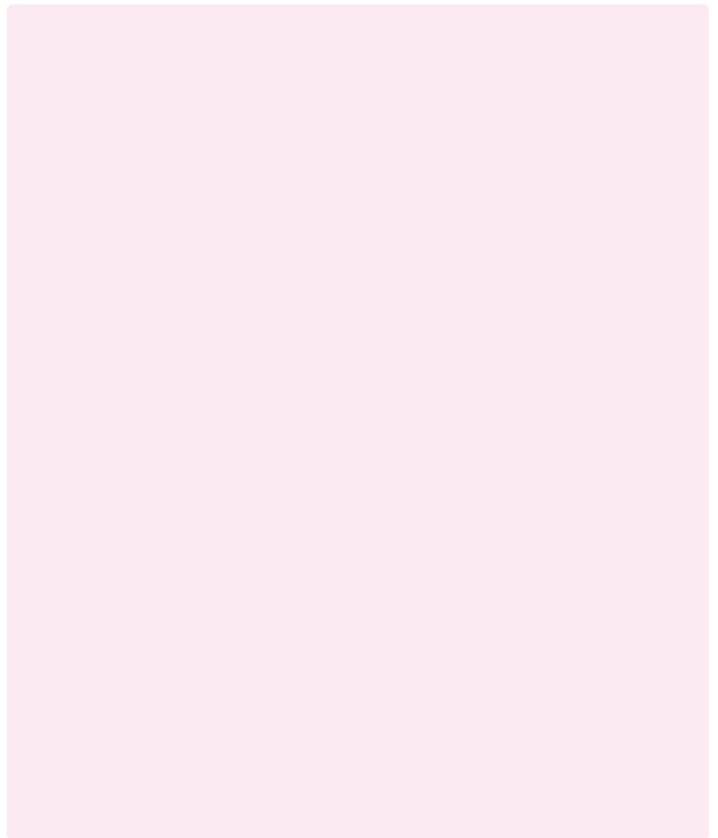
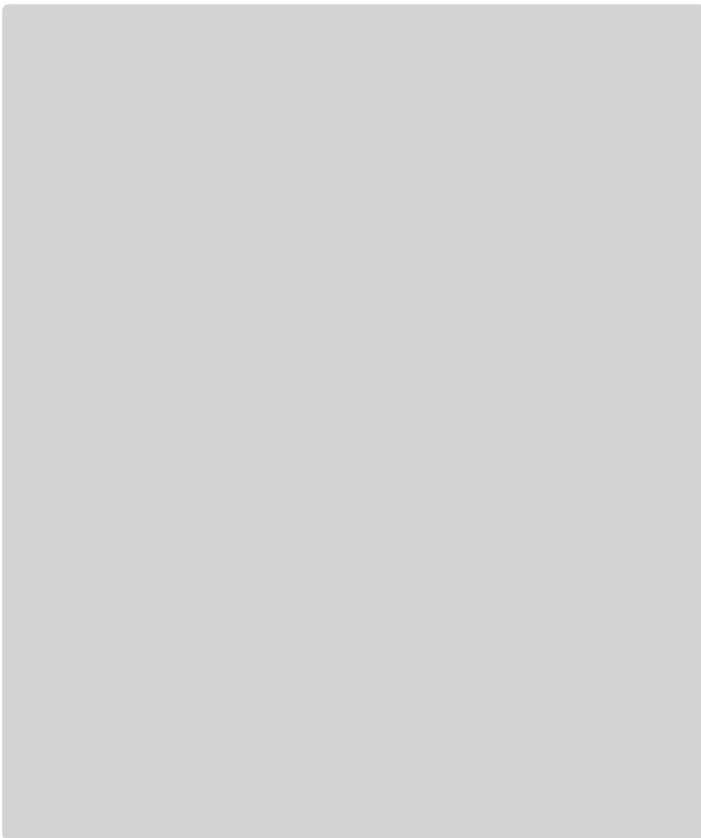
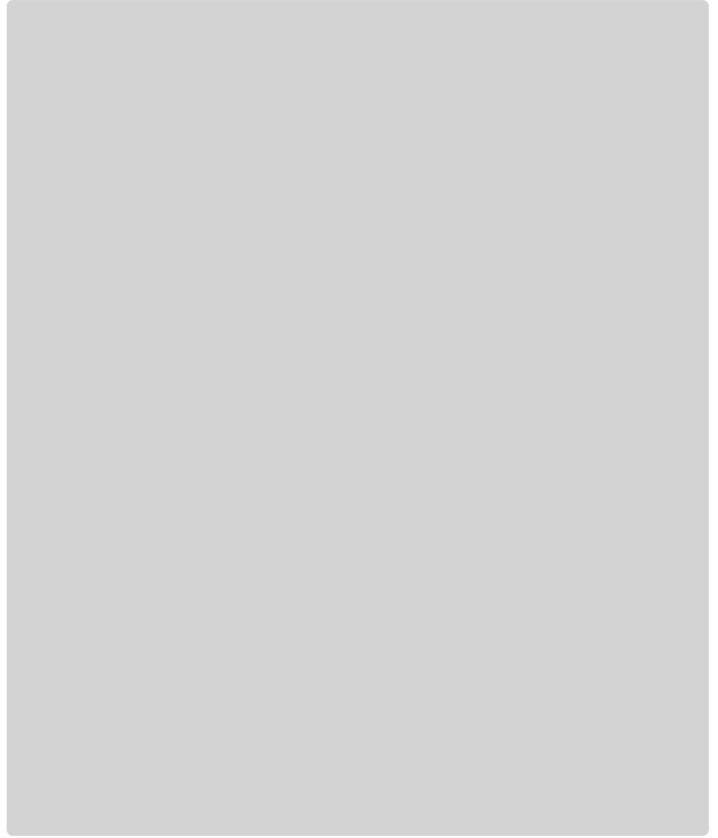
FRIDAY

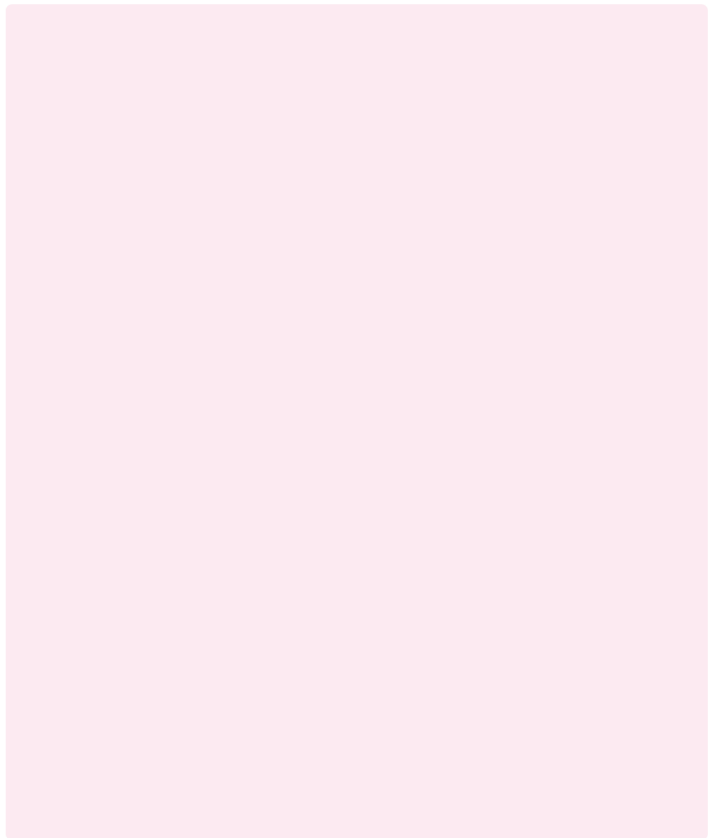
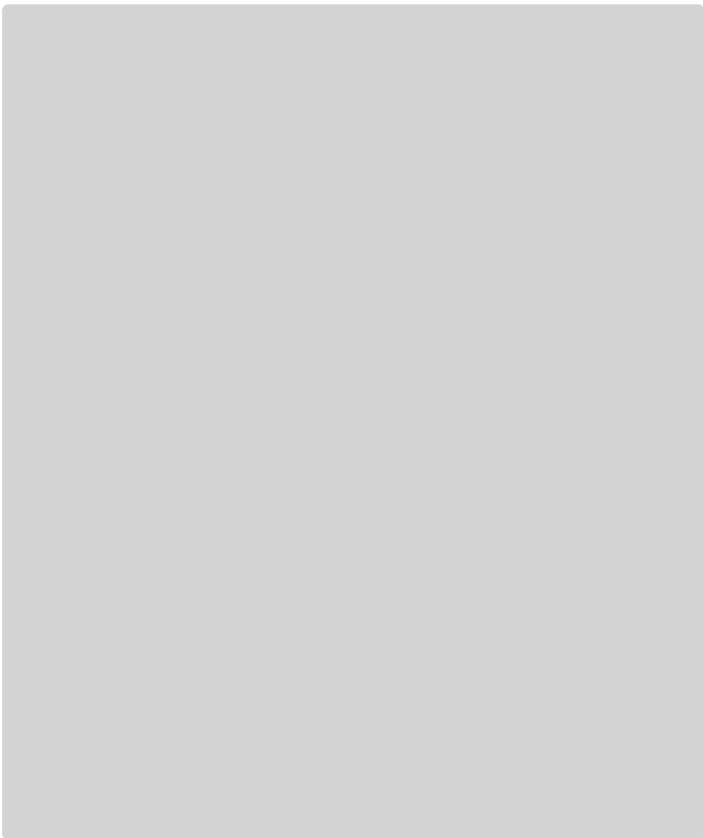
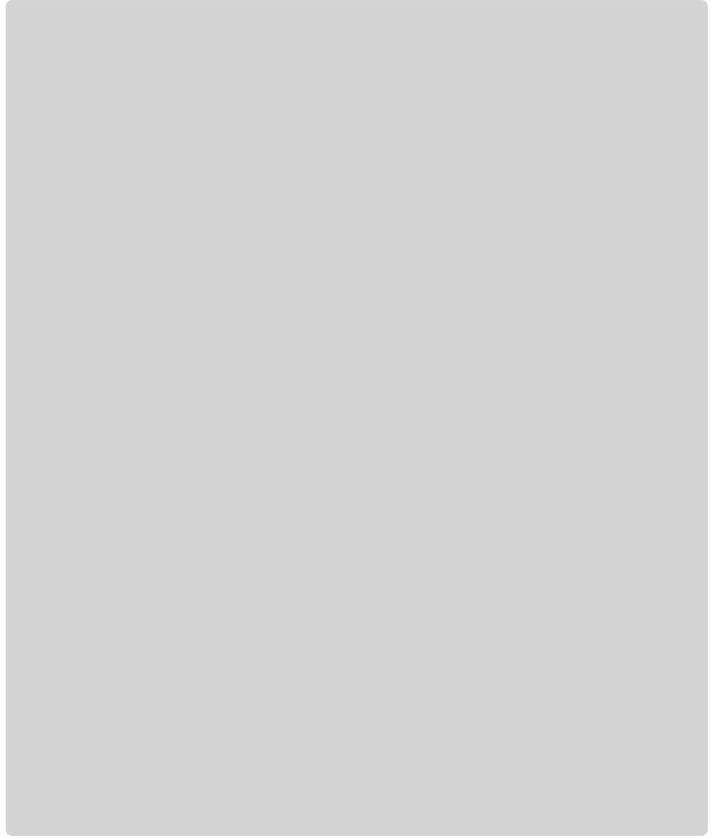
SATURDAY

5	6	7
12	13	14
19	20	21
26	27	28

monthly notes

monthly goals:



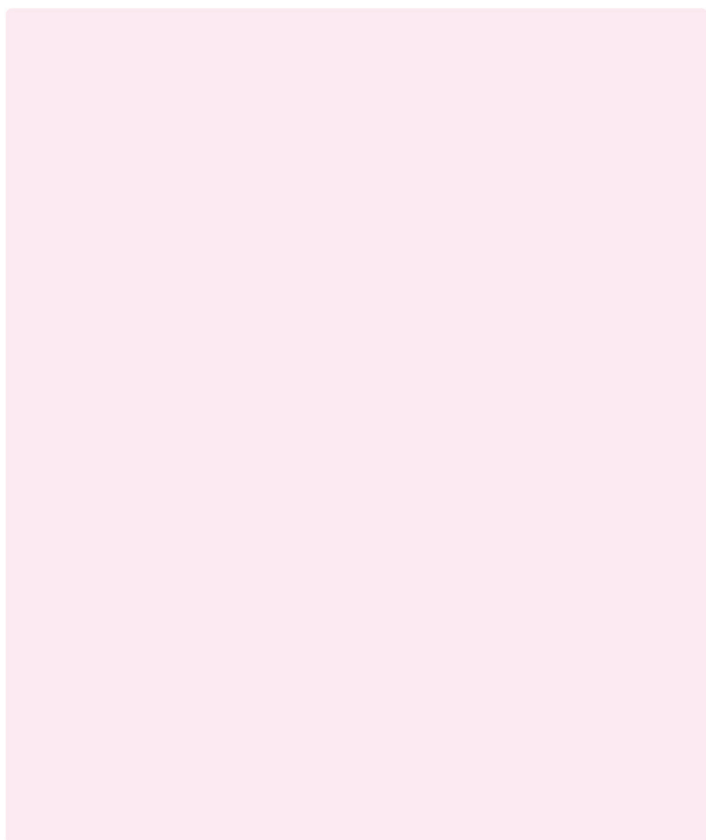
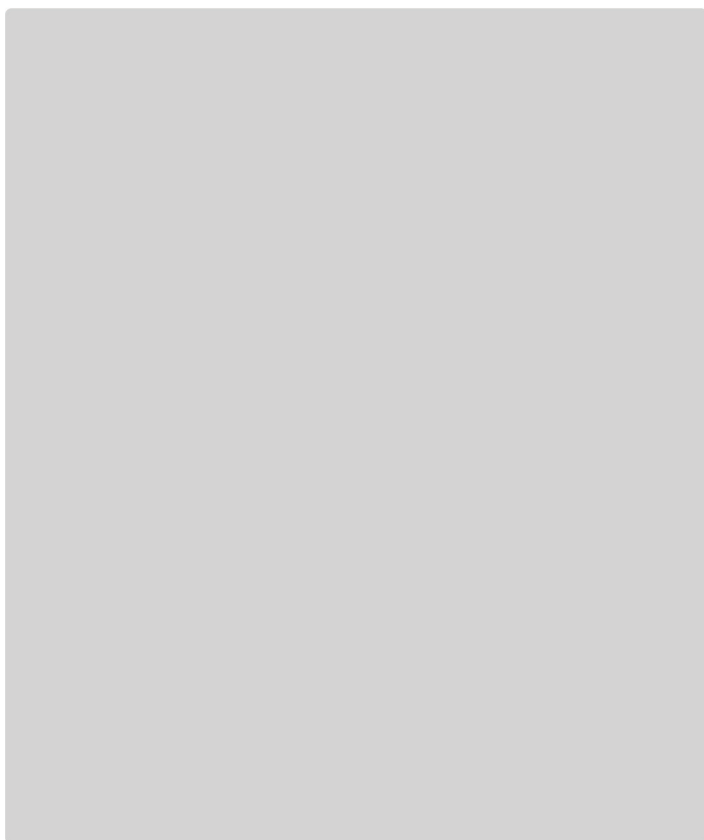
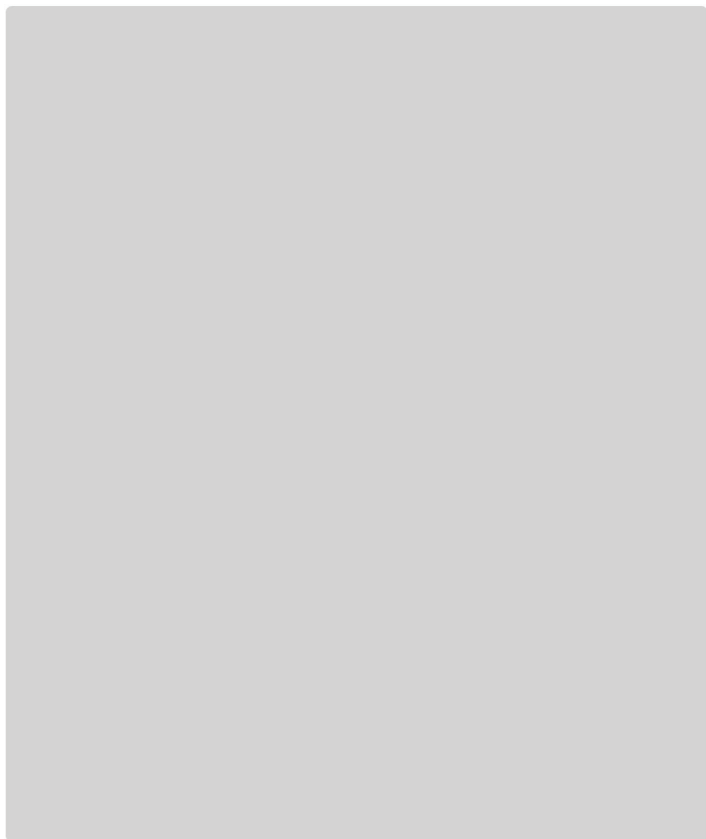
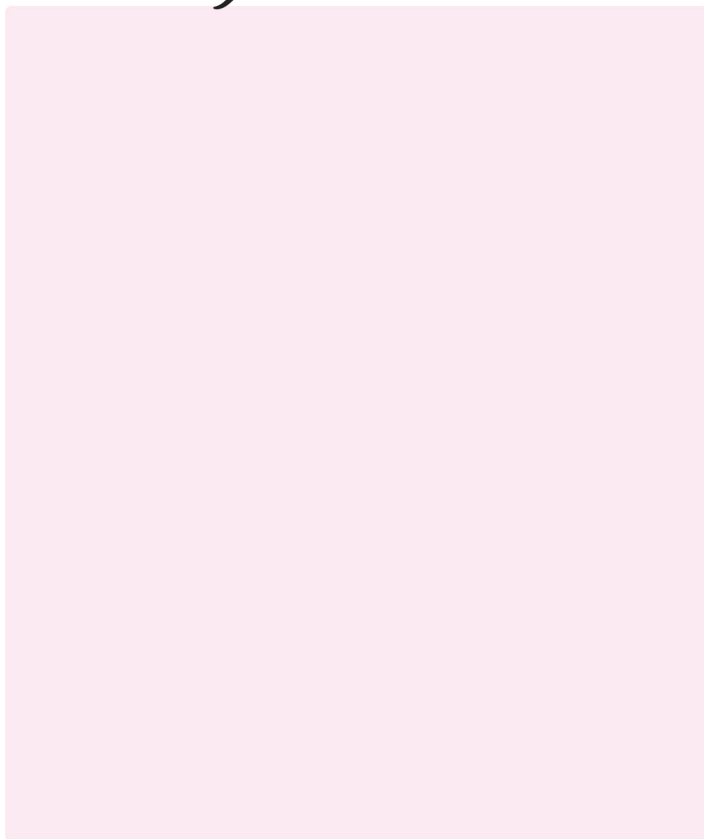


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

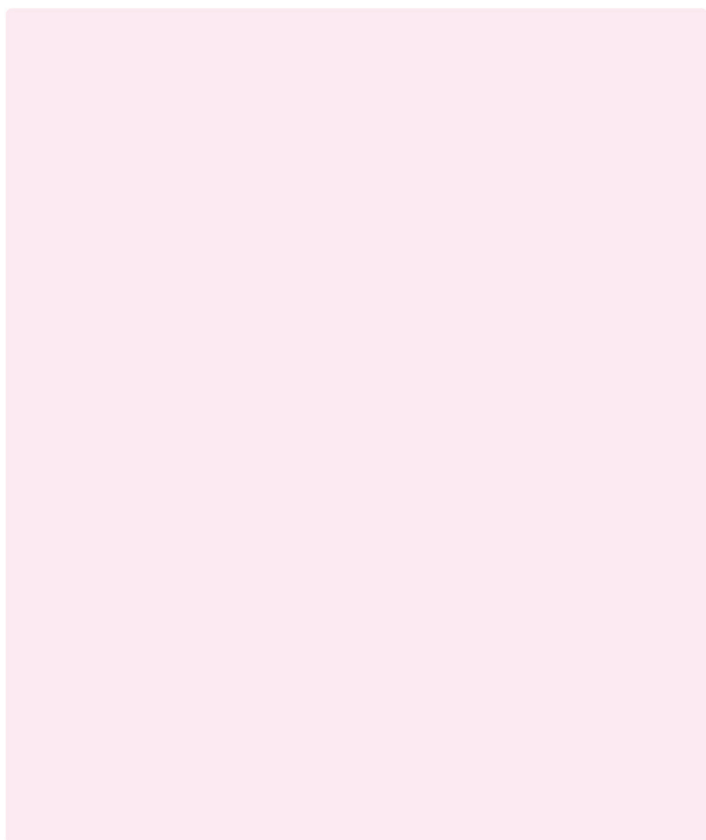
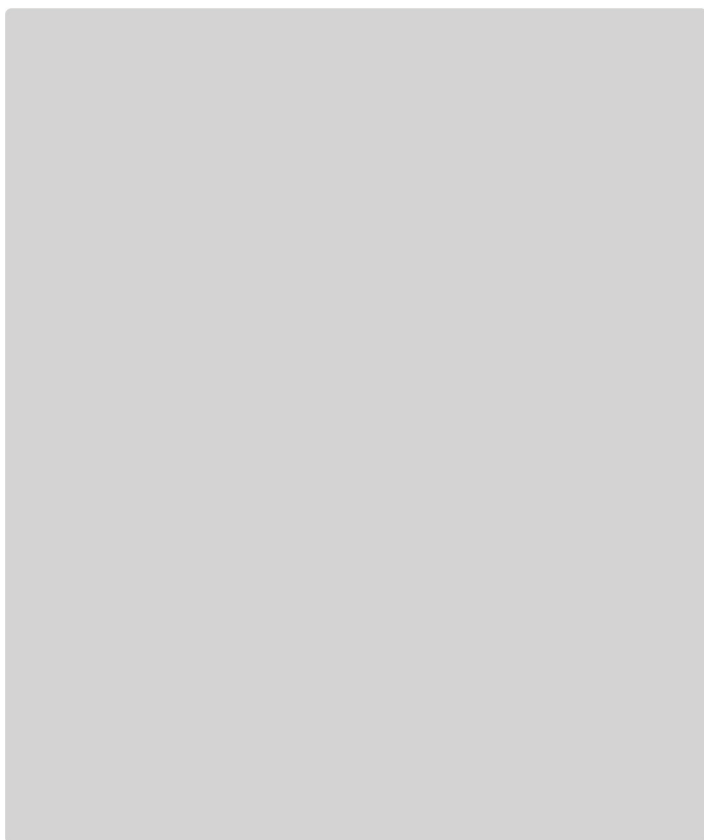
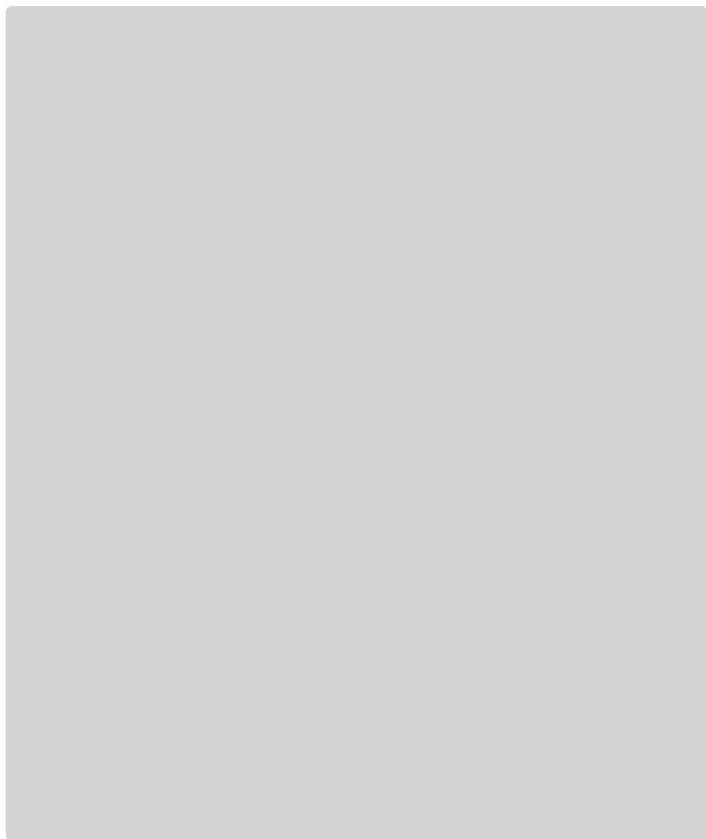
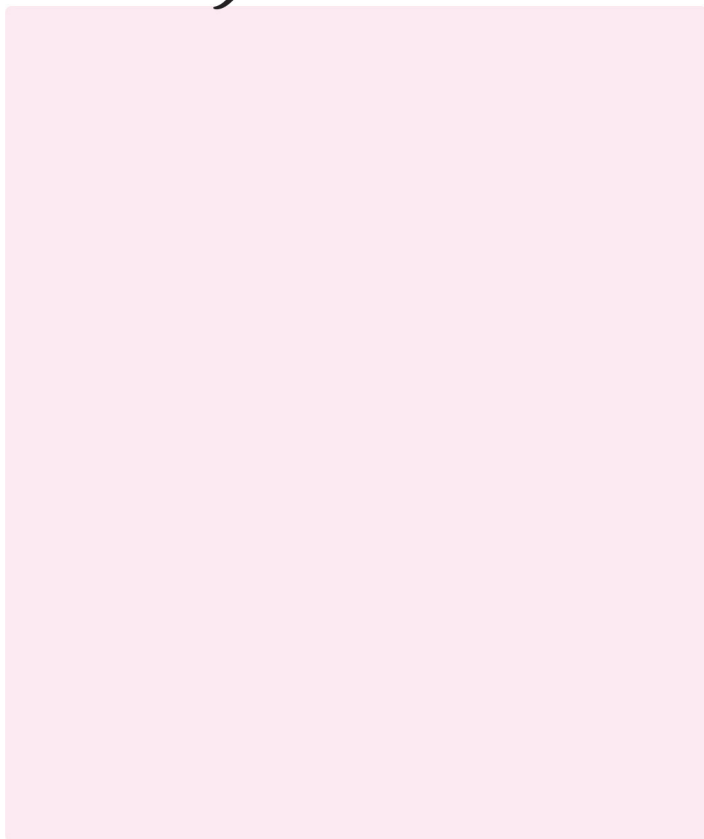


for the week of:

MEALS

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TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

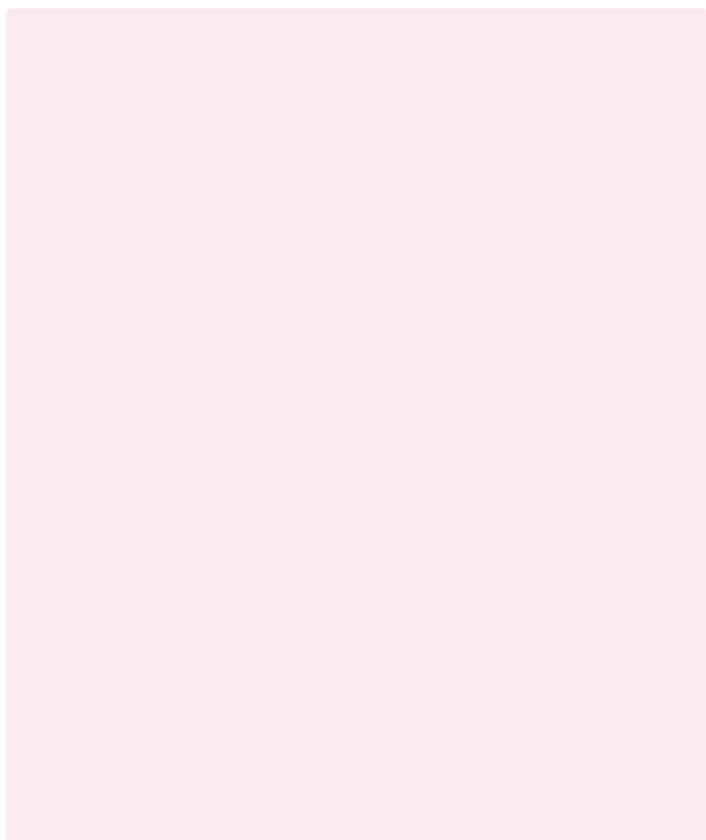
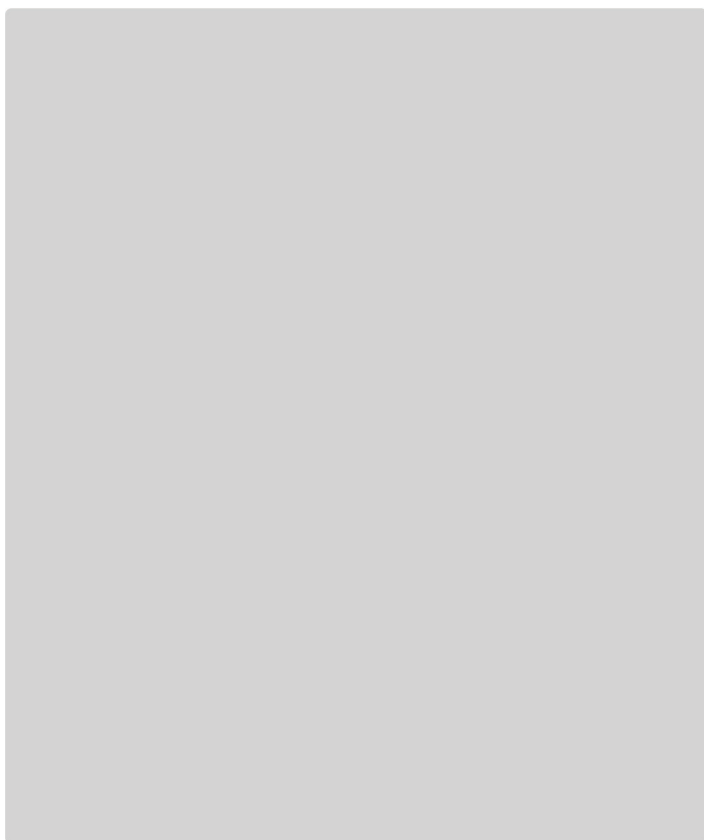
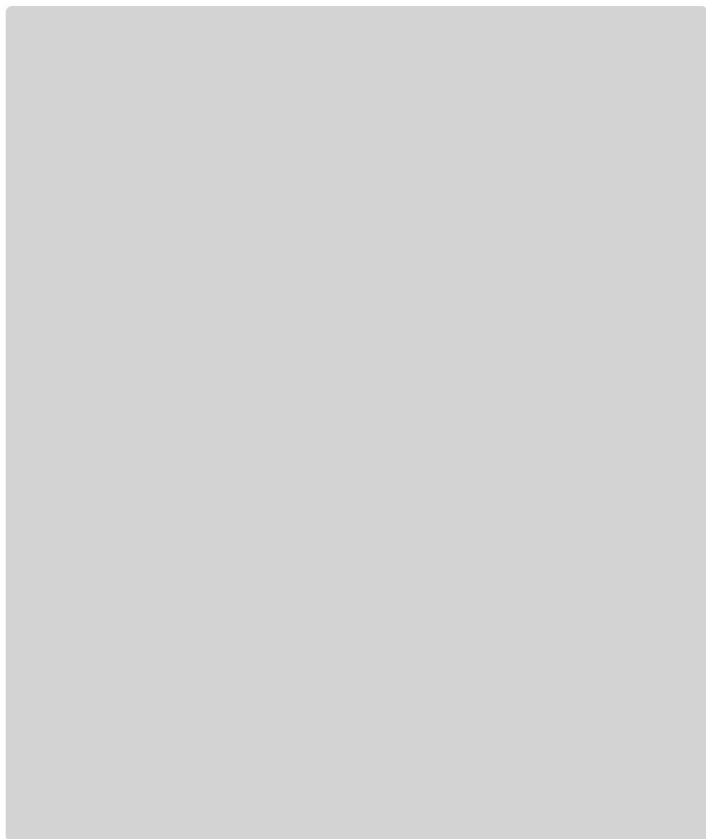
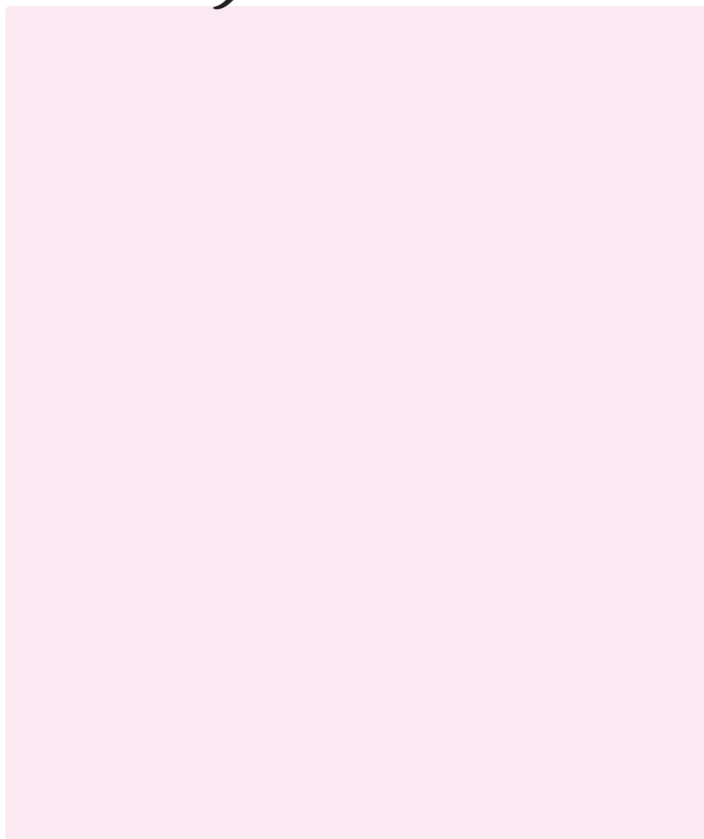


for the week of:

MEALS

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SUNDAY	

weekly to-do lists:

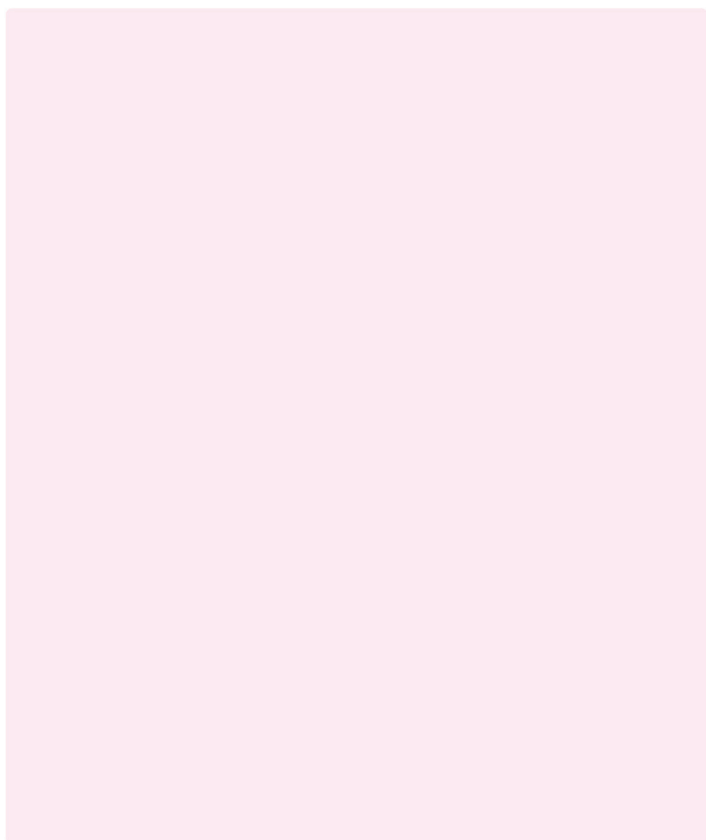
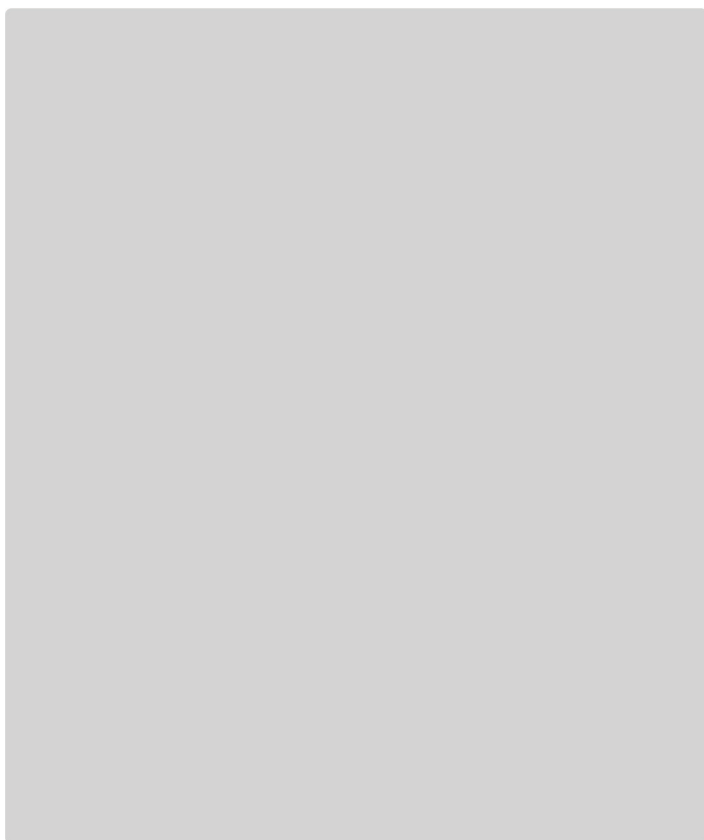
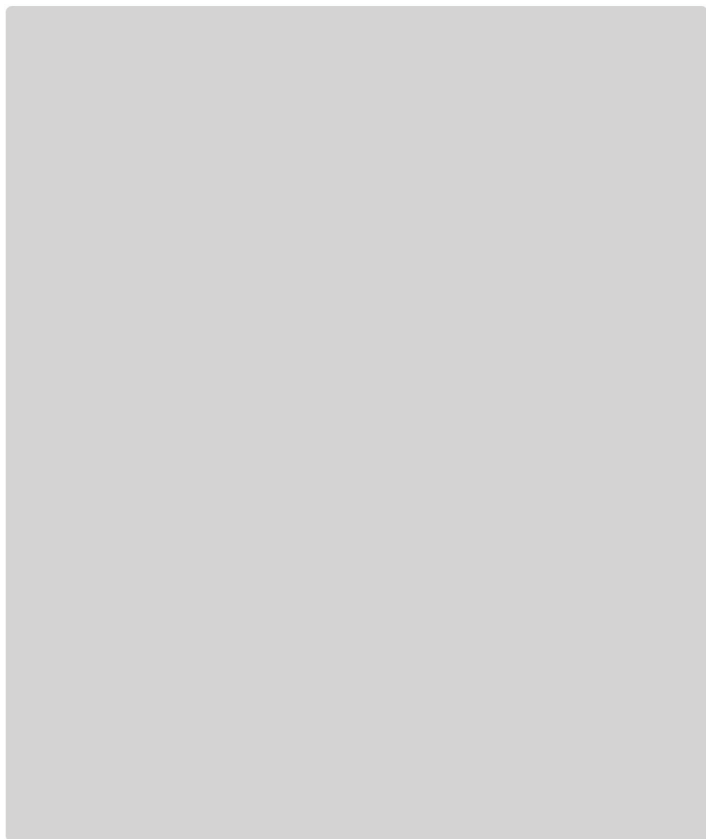
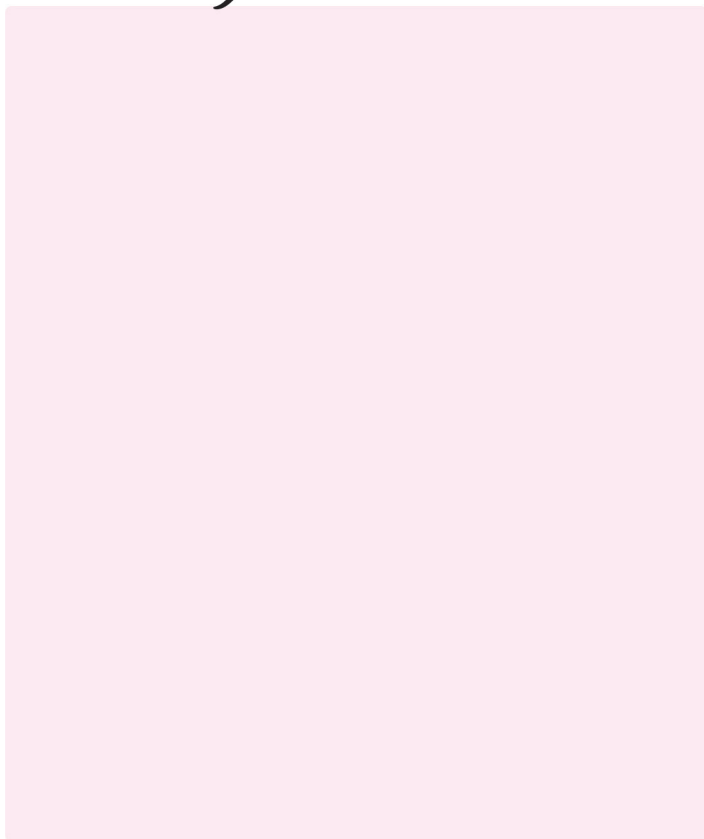


for the week of:

MEALS

MONDAY	
TUESDAY	
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SUNDAY	

weekly to-do lists:

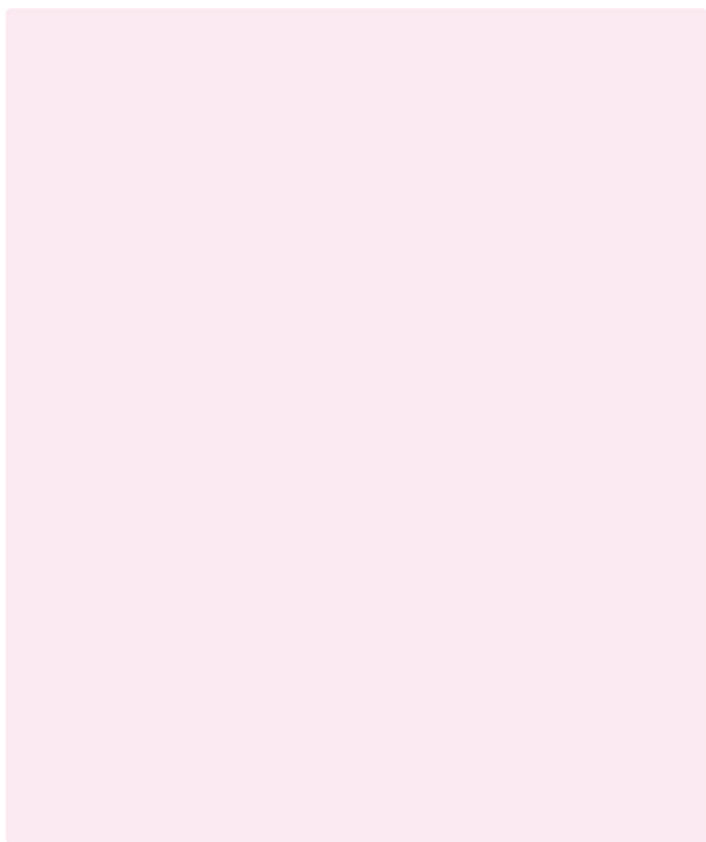
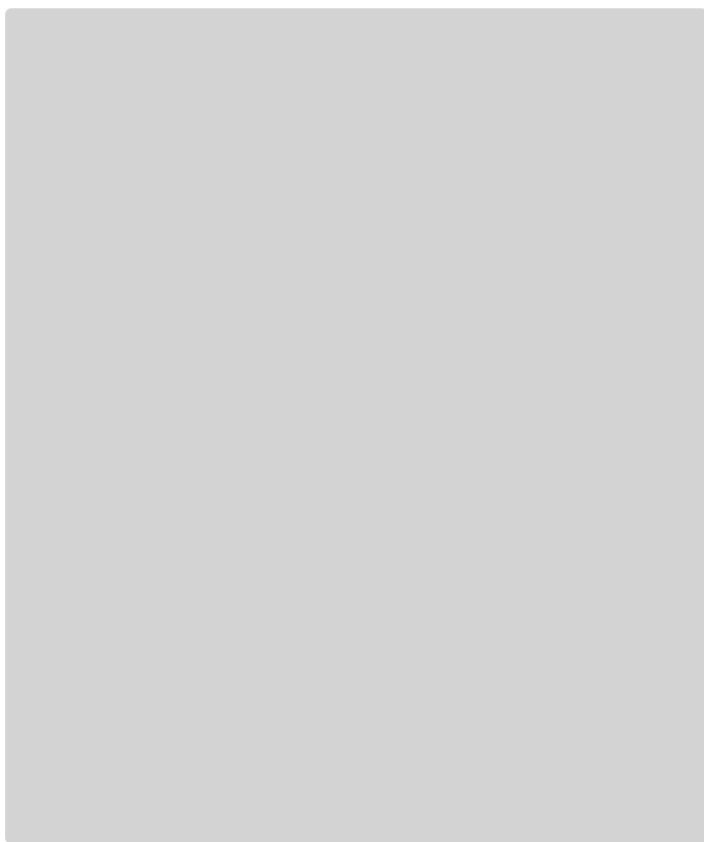
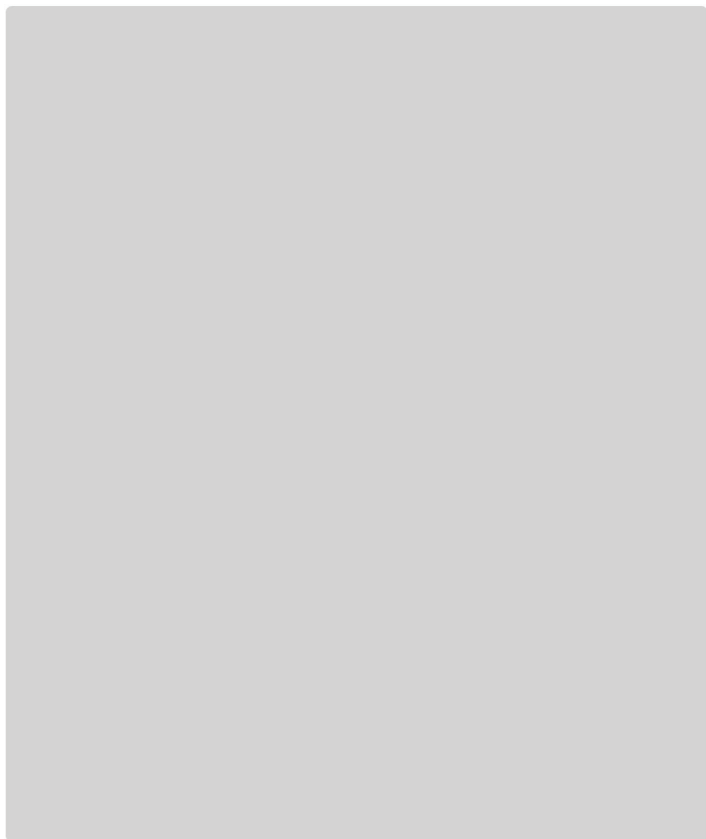
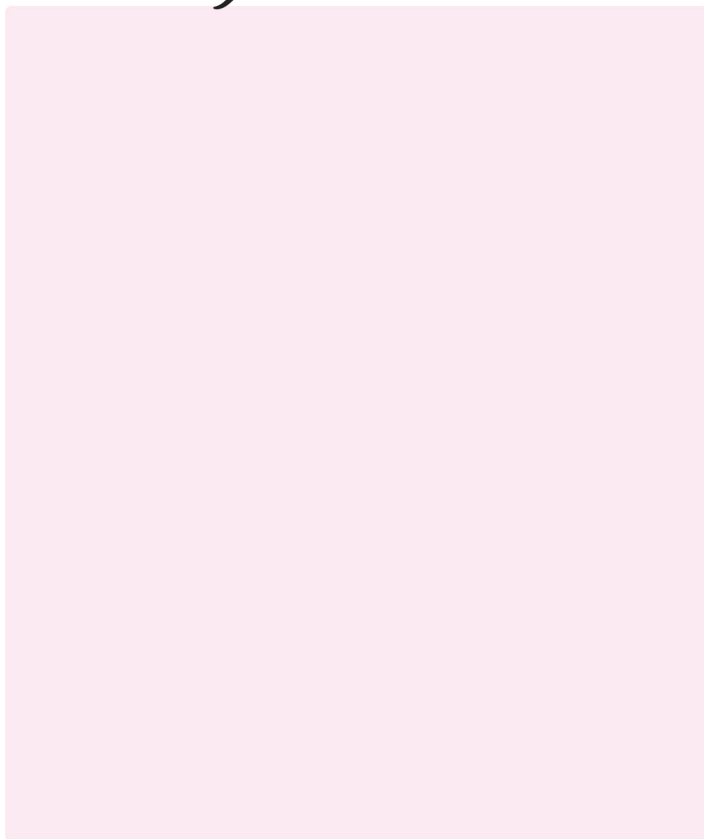


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:



december 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30

THURSDAY

FRIDAY

SATURDAY

3

4

5

10

11

12

17

18

19

24

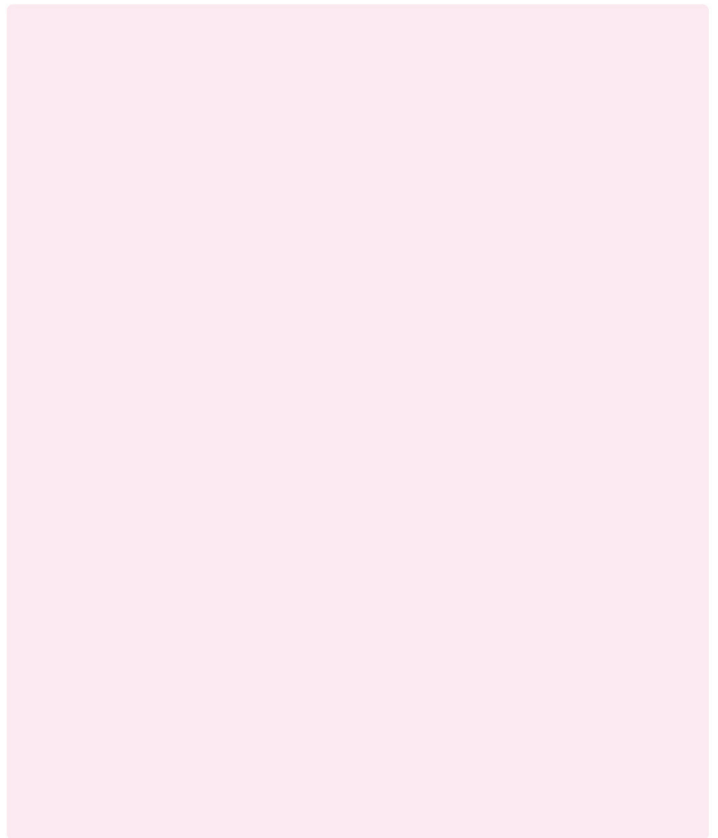
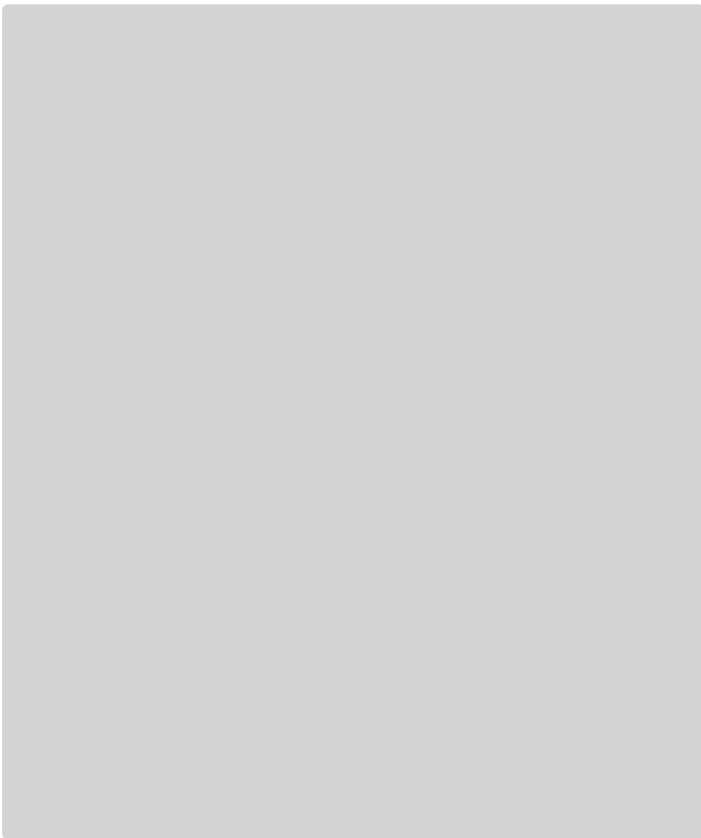
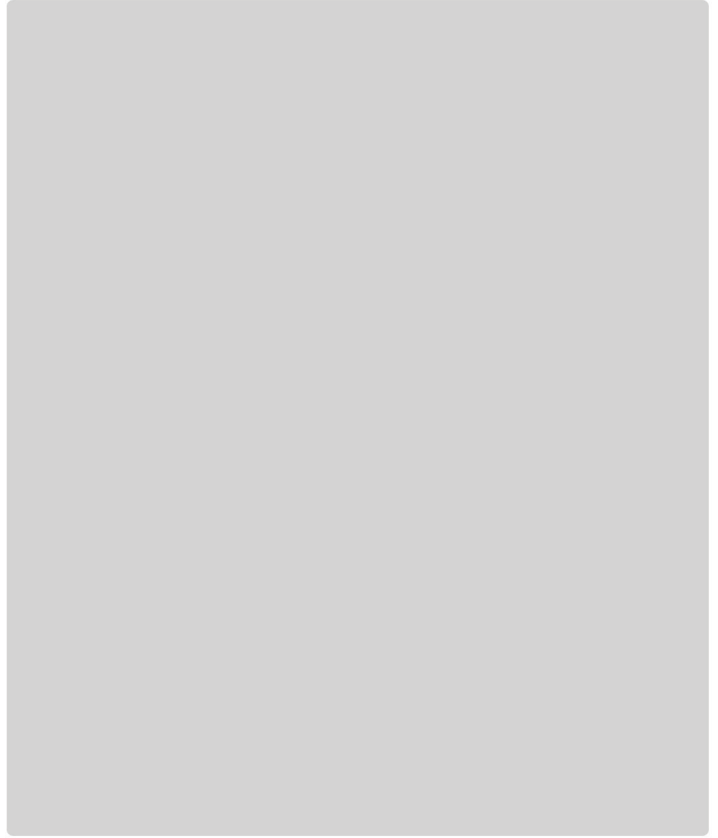
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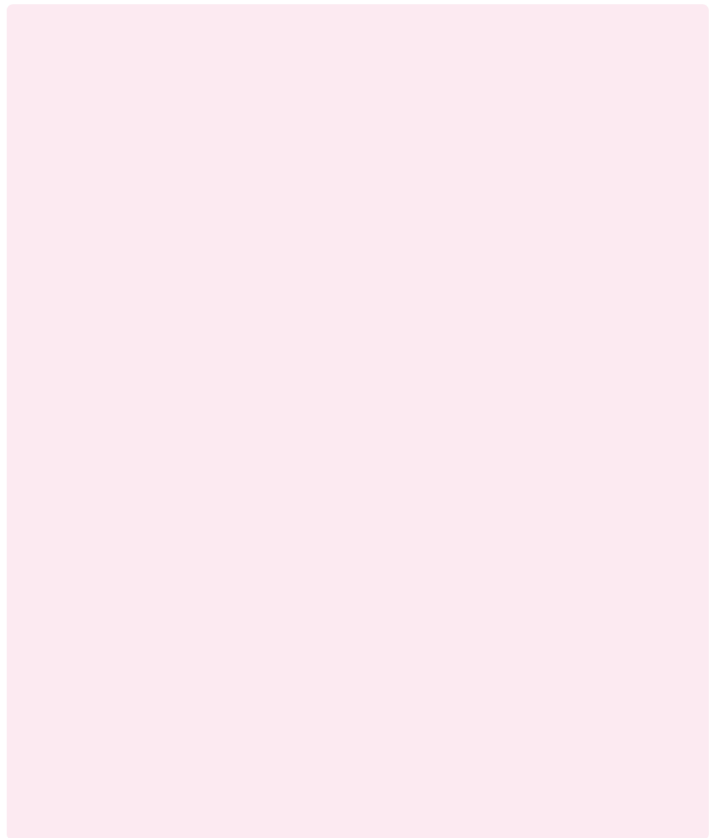
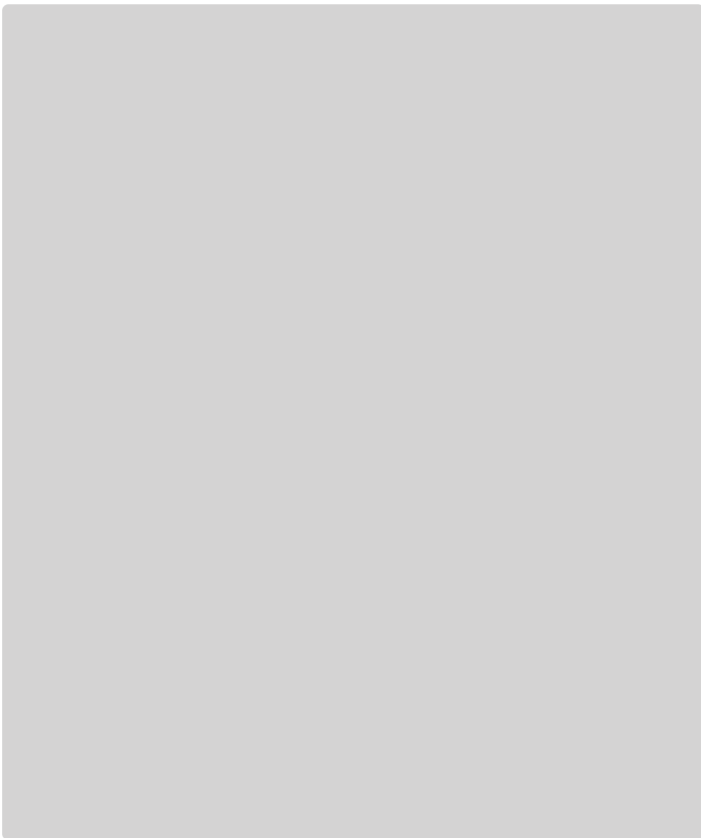
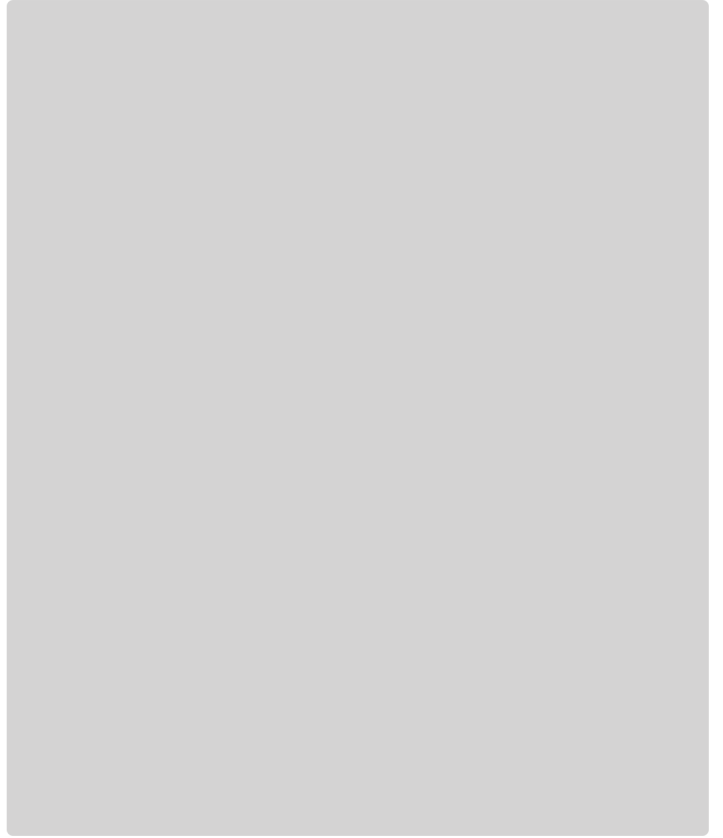
26

31

monthly notes

monthly goals:



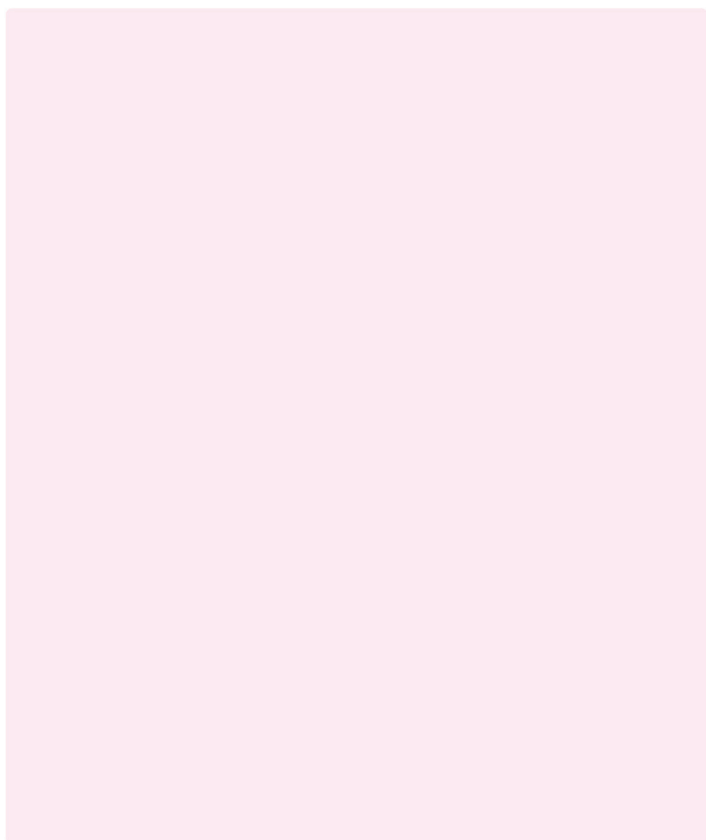
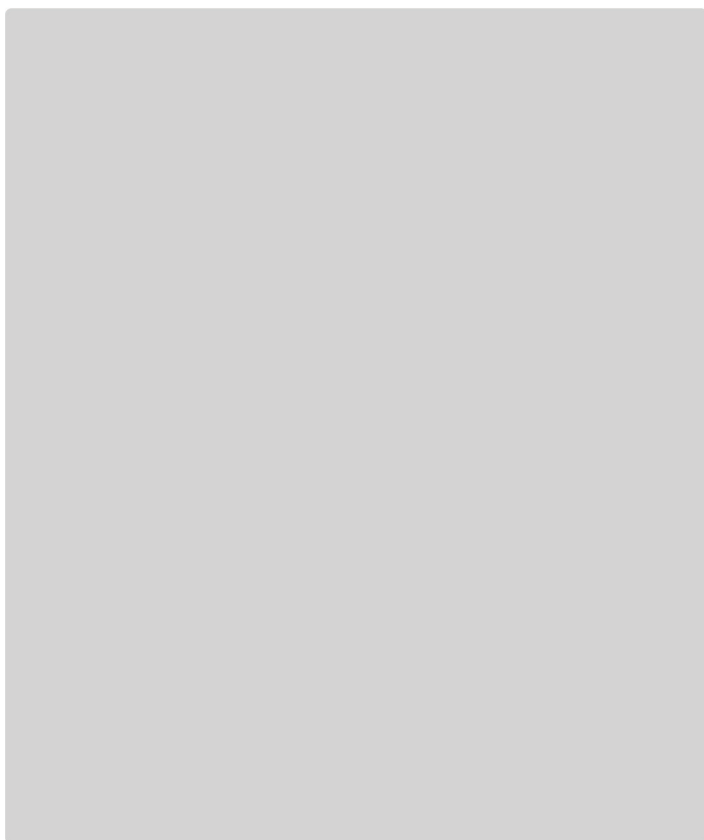
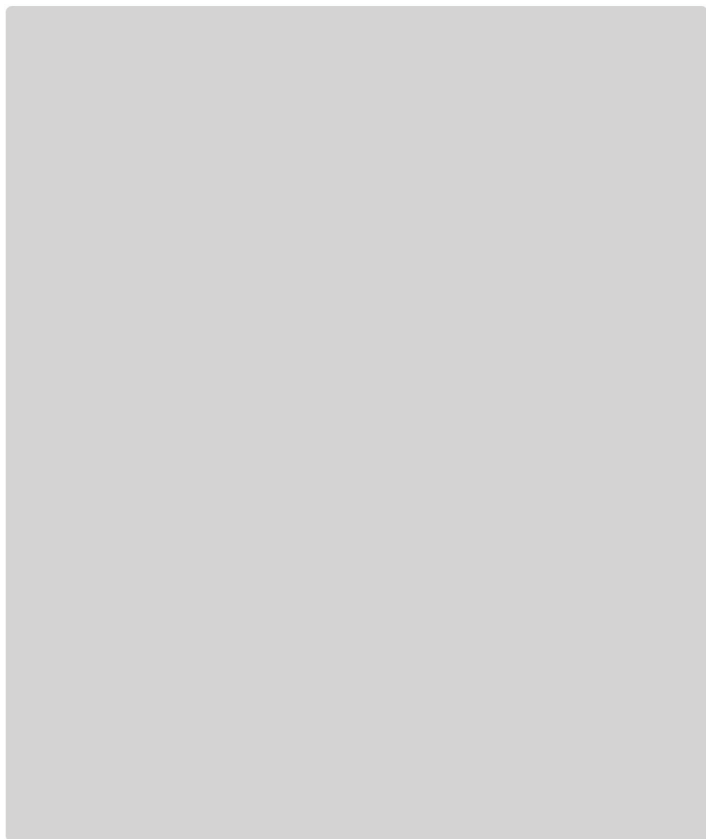
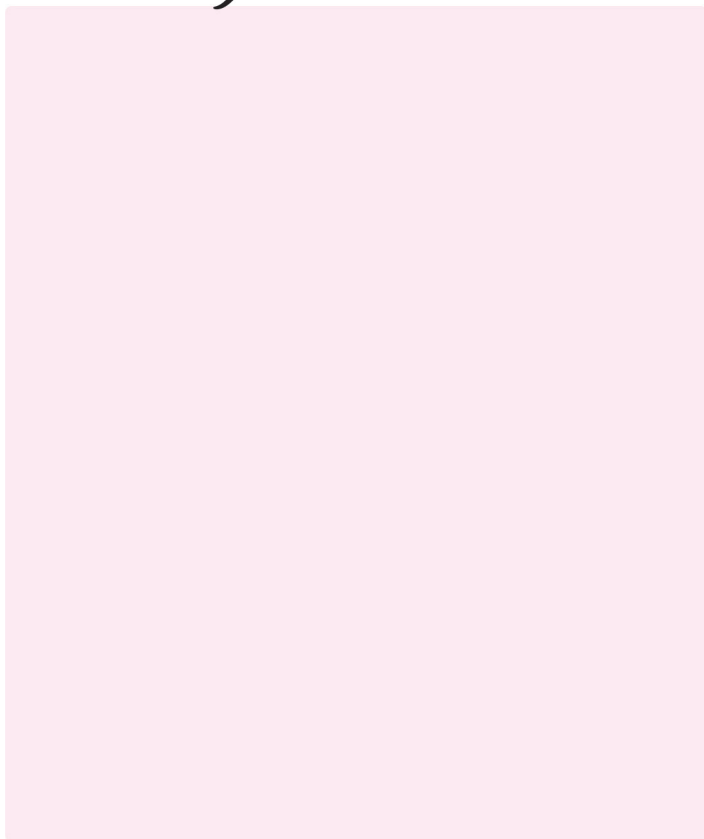


for the week of:

MEALS

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TUESDAY	
WEDNESDAY	
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SATURDAY	
SUNDAY	

weekly to-do lists:

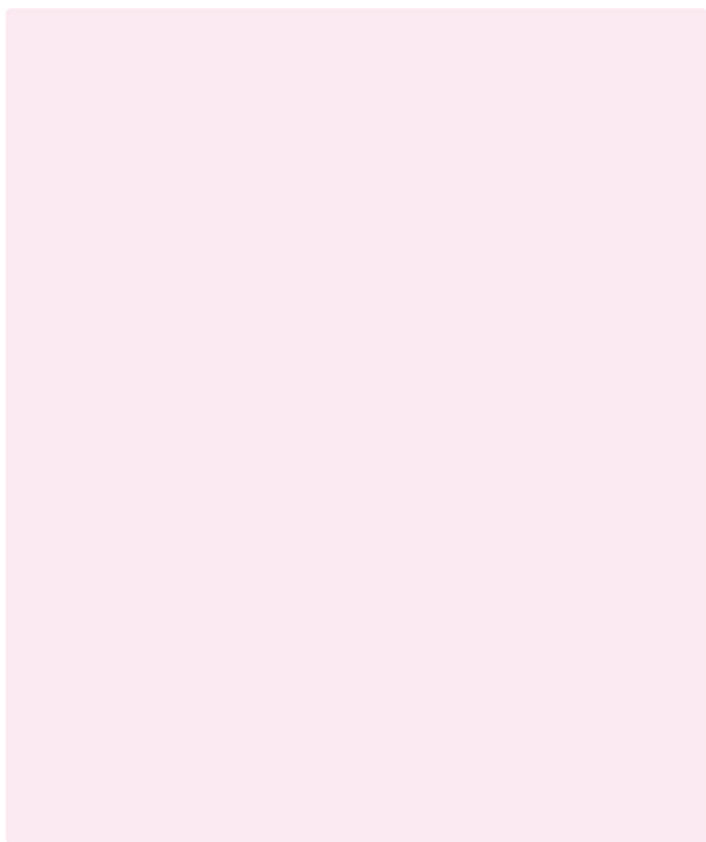
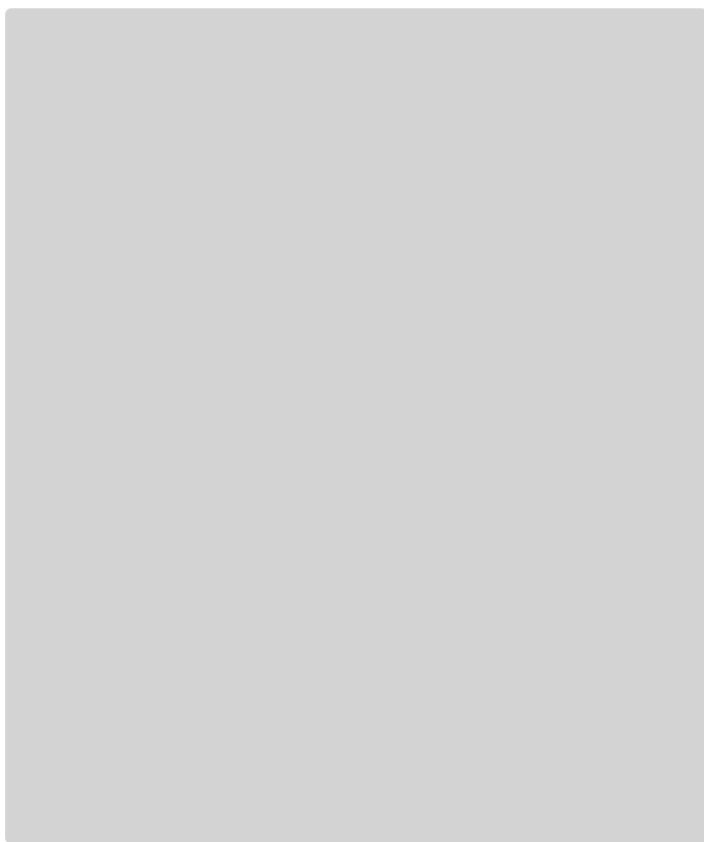
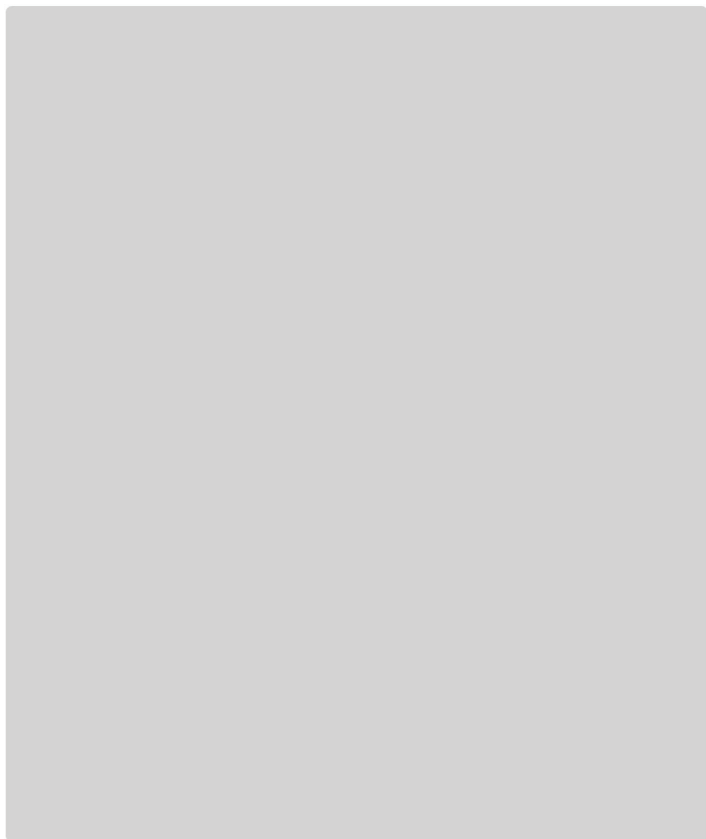
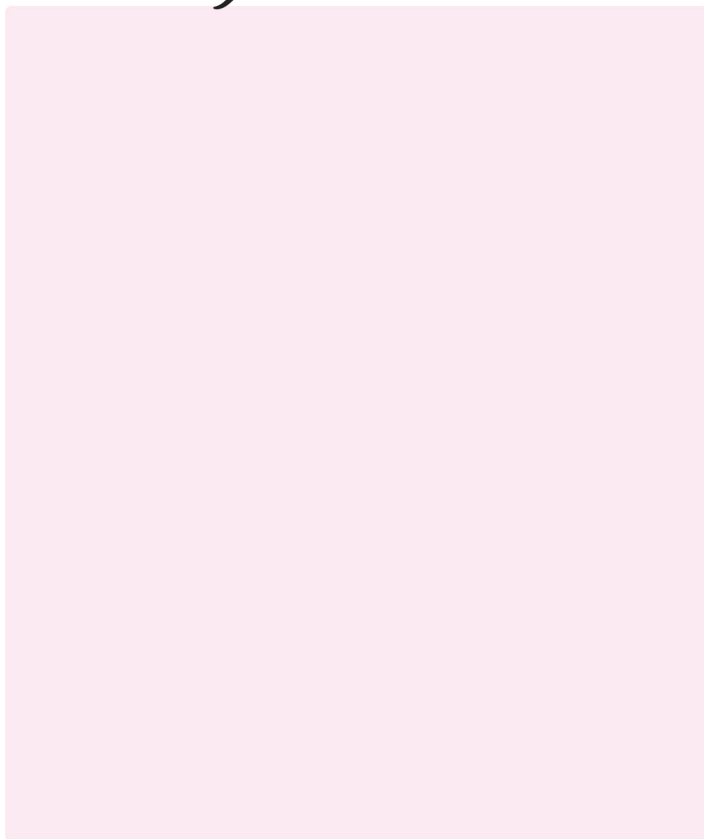


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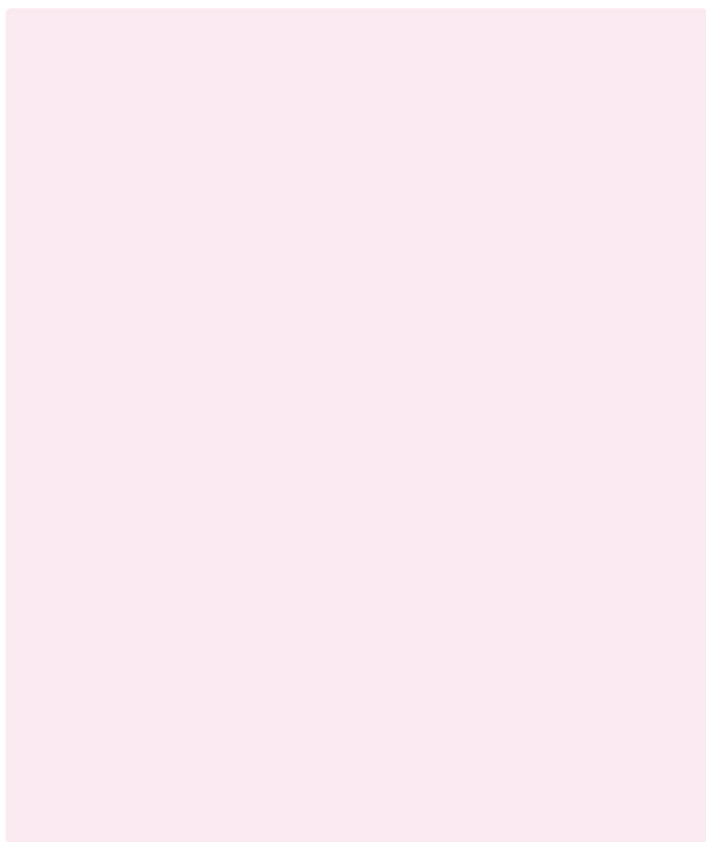
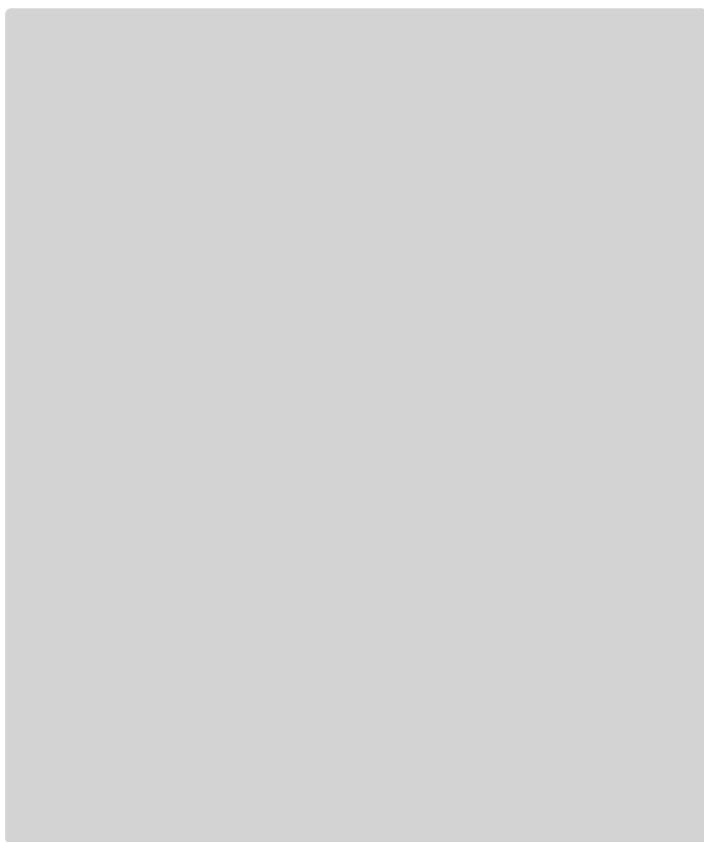
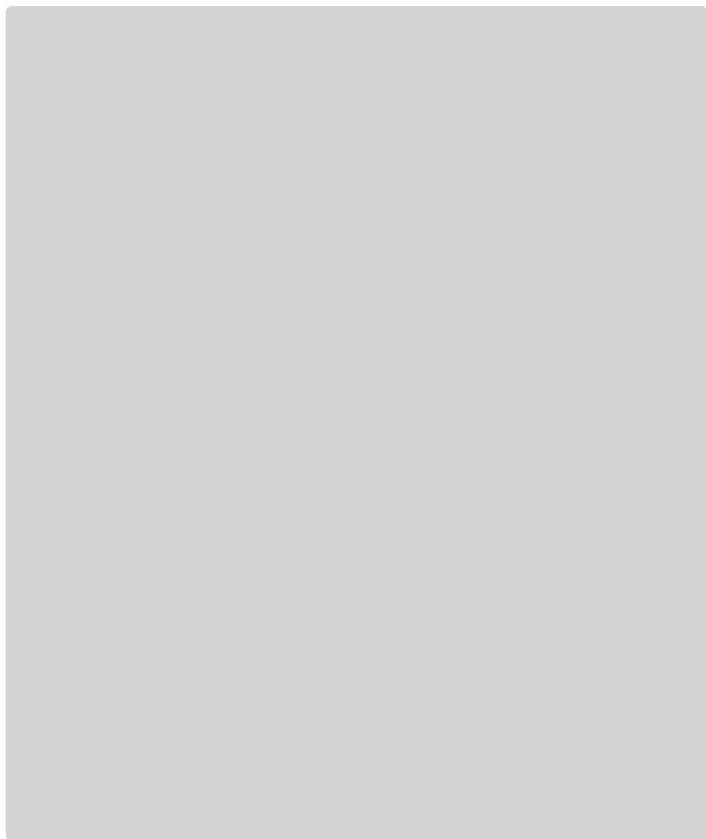
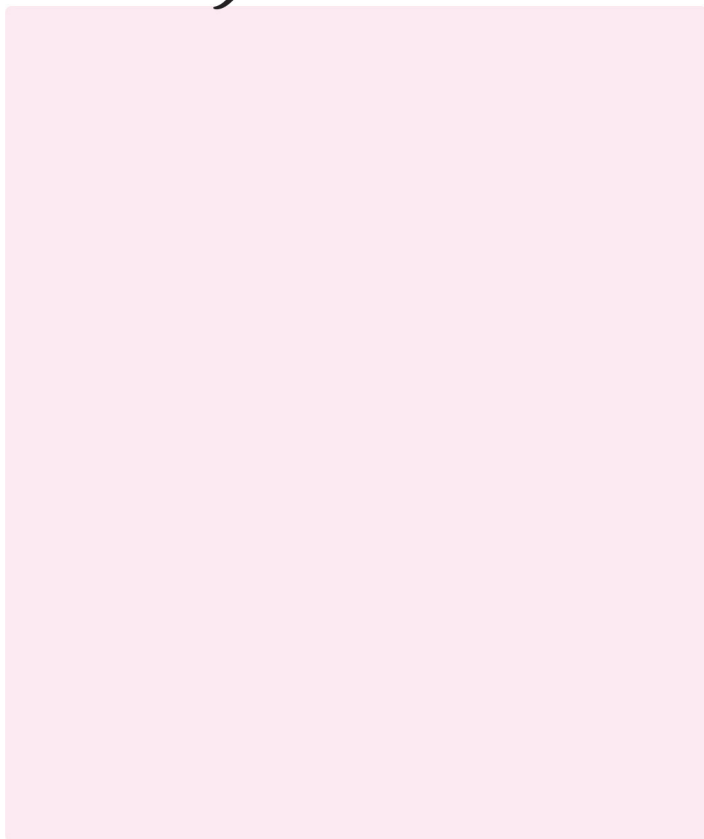


for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:



for the week of:

MEALS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

weekly to-do lists:

