

□ Monday	□ Tuesday	□ Wednesday	□ Thursday	□ Friday	□ Saturday	□ Sunday date:
Time	:00	:15	:30		:45	Top 3 must do today
7:00 AM						$\left\{\begin{array}{c}1\\\\2\\\\3\end{array}\right\}$
8:00 AM						of 2
9:00 AM						(3)
10:00 AM						To Do
11:00 AM						
12:00 PM						
1:00 PM						
2:00 PM						
3:00 PM						
4:00 PM						
5:00 PM						
6:00 PM						
7:00 PM						
8:00 PM						
What J	want to rememb	er about today				This week
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				9		Š
Hatel Lam	Pooling to day			`		
ilow j am	feeling today					
Notes						
					P	rovided by your good day doulas: www.doulasoflansing.com