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# THIS WEEK

WEEK OF

PRIORITY 1

PRIORITY 2

PRIORITY 3

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| ❑ | ❑ | ❑ | ❑ | ❑ | ❑ | ❑ |
| ❑ | ❑ | ❑ | ❑ | ❑ | ❑ | ❑ |
| ❑ | ❑ | ❑ | ❑ | ❑ | ❑ | ❑ |
| ❑ | ❑ | ❑ | ❑ | ❑ | ❑ | ❑ |
| ❑ | ❑ | ❑ | ❑ | ❑ | ❑ | ❑ |
| ❑ | ❑ | ❑ | ❑ | ❑ | ❑ | ❑ |
| ❑ | ❑ | ❑ | ❑ | ❑ | ❑ | ❑ |
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| Habit | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Notes |
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| | ❑ | ❑ | ❑ | ❑ | ❑ | ❑ | ❑ | |
| | ❑ | ❑ | ❑ | ❑ | ❑ | ❑ | ❑ | |
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