



DATE: _____

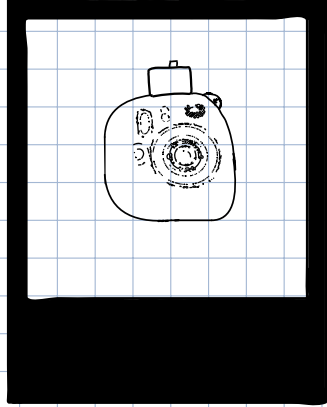
MOOD 😊 😊 😐 😞 😞

SUN	MON	TUE	WED	THU	FRI	SAT
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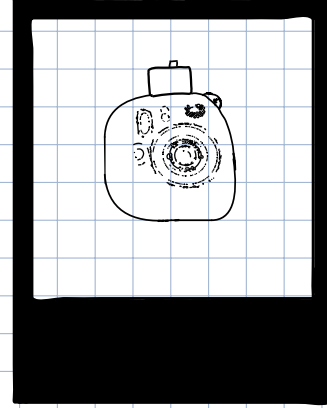
MY DAY

09:00
10:00
11:00
12:00
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FOOD



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IMPORTANT

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NOTES

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