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| --- | --- | --- | --- | --- |
| **Name:** | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |
|  | | | | |
| **MONDAY** | Exercise | | **TUESDAY** | Exercise |
| Cooking meals | | Cooking meals |
| Healthy Diet | | Healthy Diet |
| Cleaning | | Cleaning |
| Grocery | | Grocery |
| Office Work | | Office Work |
|  |  | |  |  |
| **WEDNESDAY** | Exercise | | **THURSDAY** | Exercise |
| Cooking meals | | Cooking meals |
| Healthy Diet | | Healthy Diet |
| Cleaning | | Cleaning |
| Grocery | | Grocery |
| Office Work | | Office Work |
|  |  | |  |  |
| **FRIDAY** | Exercise | | **SATURDAY** | Exercise |
| Cooking meals | | Cooking meals |
| Healthy Diet | | Healthy Diet |
| Cleaning | | Cleaning |
| Grocery | | Grocery |
| Office Work | | Office Work |
|  |  | |  |  |
|  |  | |  |  |
| **SUNDAY** | | | | |
|  | Exercise | |  | Cleaning |
|  | Cooking meals | |  | Grocery |
|  | Healthy Diet | |  | Laundry |
|  |  | |  |  |
|  |  | |  |  |
| **URGENT** | Urgent Chore to handle | | **REMINDER** | Special ocassion |
| Urgent Chore to handle | | Doctor's Appoinment |
| Urgent Chore to handle | | Car Service Appointment |
| Urgent Chore to handle | | Any Reminder |
|  |  | |  |  |