



Weekly Planner



MONDAY

TO DO

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- _____

EXERCISE

TUESDAY

TO DO

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- _____
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- _____

EXERCISE

WEDNESDAY

TO DO

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- _____
- _____
- _____
- _____

EXERCISE

THURSDAY		TO DO
		<ul style="list-style-type: none">_________________________
		EXERCISE

FRIDAY		TO DO
		<ul style="list-style-type: none">_________________________
		EXERCISE

SATURDAY	
EXERCISE	TO DO
	<ul style="list-style-type: none">_________________________

SUNDAY	
EXERCISE	TO DO
	<ul style="list-style-type: none">_________________________