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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Gentle with self** |  |  |  |  |  |  |  |
| **Relaxation** |  |  |  |  |  |  |  |
| **Accomplishment** |  |  |  |  |  |  |  |
| **Pleasure** |  |  |  |  |  |  |  |
| **Exercise** |  |  |  |  |  |  |  |
| **Social** |  |  |  |  |  |  |  |