**Daily Schedule** for Mon / Tues / Weds / Thurs / Fri Sat / Sun

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| Physical Activities |  |  |

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| **Morning** | **Tasks** | **Done?** |
| 8am | Get up, get dressed, get moving!!! | ✔ |
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| Lunch Idea |  |

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| Afternoon |  |  |
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| Dinner Idea |  |

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| Evening |  |  |
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**How was my day? EXCELLENT / GOOD / OK / NOT SO GREAT** – So what different tomorrow?