

## Day planner

Date:		
Import	ant things to do today:	$\mathbf{M}$
1		
2		
3		
Other things to do today:		$\mathbf{M}$
1		
2		
3		
4		
Time	Planned activity:	$\mathbf{\underline{\checkmark}}$
8 am		
9 am		
10 am		
11 am		
12 pm		
1 pm		



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Time	Planned activity:		
2 pm			
3 pm			
4 pm			
5 pm			
6 pm			
7 pm			
8 pm			
	vent well today?		
Next time, I will:			



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