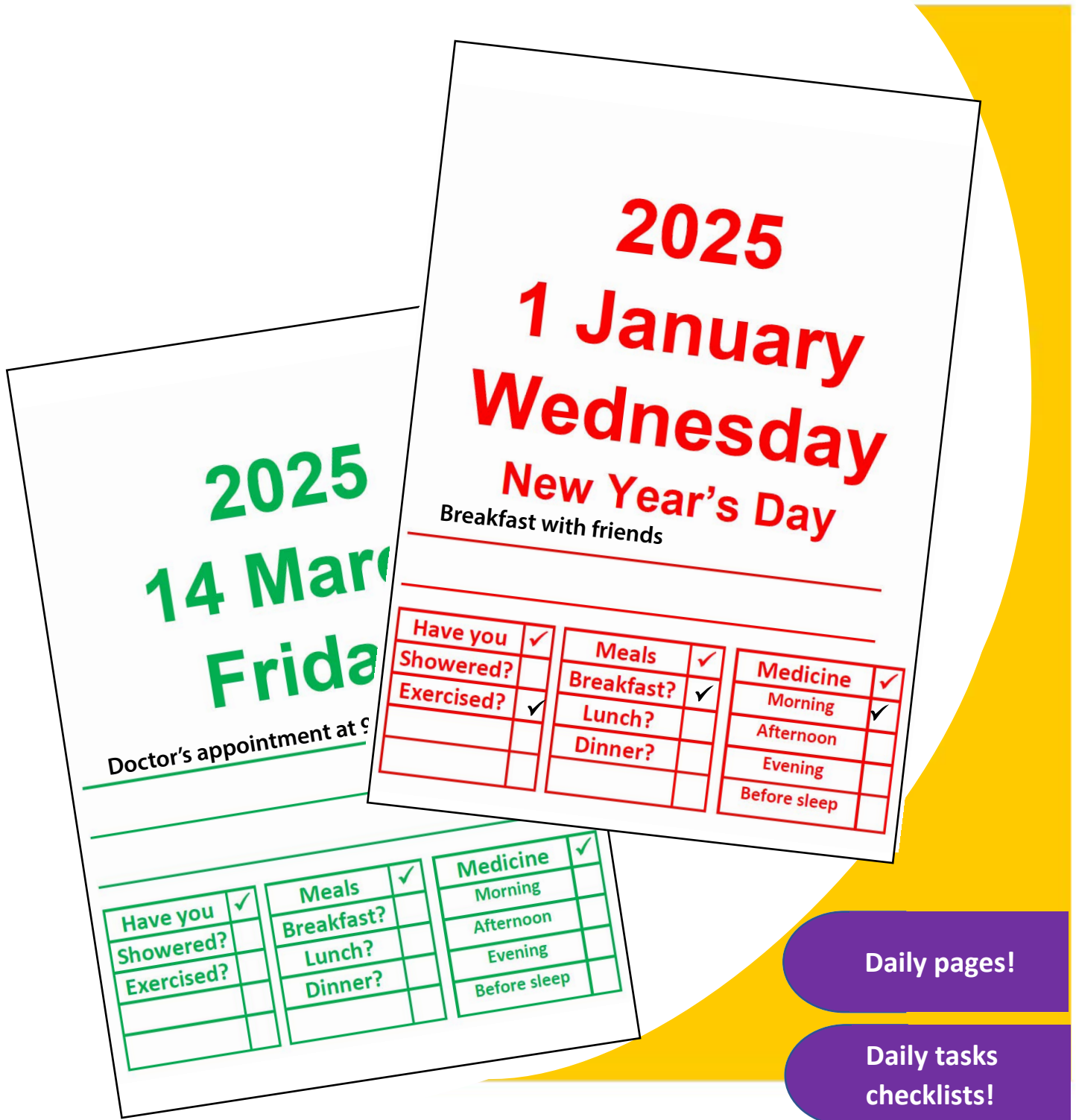


# Clear Calendar



Daily pages!

Daily tasks  
checklists!

# 2025

# 1 January

# Wednesday

## New Year's Day

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 2 January

### Thursday

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---

Have you	✓
Showered?	<input type="checkbox"/>
Exercised?	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Meals	✓
Breakfast?	<input type="checkbox"/>
Lunch?	<input type="checkbox"/>
Dinner?	<input type="checkbox"/>
	<input type="checkbox"/>

Medicine	✓
Morning	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>
Evening	<input type="checkbox"/>
Before sleep	<input type="checkbox"/>

# 2025

## 3 January

### Friday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 4 January

### Saturday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 5 January

# Sunday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 6 January

# Monday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 7 January

# Tuesday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	



# 2025

## 8 January

### Wednesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 9 January

### Thursday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 10 January

# Friday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 11 January

# Saturday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 12 January

# Sunday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 13 January

# Monday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 14 January

# Tuesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 15 January

# Wednesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	



# 2025

# 16 January

# Thursday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 17 January

# Friday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 18 January

# Saturday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 19 January

# Sunday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 20 January

# Monday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 21 January

### Tuesday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 22 January

### Wednesday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 23 January

### Thursday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	



# 2025

# 24 January

# Friday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 25 January

# Saturday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 26 January

# Sunday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 27 January

# Monday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 28 January

### Tuesday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 29 January

# Wednesday

# Chinese New Year

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 30 January

# Thursday

# Chinese New Year

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 31 January

### Friday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	



# 2025

# 1 February

# Saturday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 2 February

# Sunday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 3 February

### Monday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 4 February

# Tuesday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 5 February

### Wednesday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 6 February

### Thursday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 7 February

# Friday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 8 February

### Saturday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	



# 2025

## 9 February

### Sunday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 10 February

# Monday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 11 February

# Tuesday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 12 February

# Wednesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 13 February

# Thursday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 14 February

# Friday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 15 February

# Saturday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 16 February

# Sunday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	



# 2025

# 17 February

# Monday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 18 February

# Tuesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 19 February Wednesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 20 February

# Thursday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 21 February

# Friday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 22 February

# Saturday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 23 February

# Sunday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 24 February

# Monday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	



# 2025

# 25 February

# Tuesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 26 February Wednesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 27 February

# Thursday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 28 February

# Friday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 1 March

# Saturday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 2 March

### Sunday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 3 March

### Monday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 4 March

### Tuesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	



# 2025

## 5 March

### Wednesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 6 March

### Thursday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 7 March

### Friday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 8 March

### Saturday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 9 March

### Sunday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 10 March

# Monday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 11 March

# Tuesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 12 March

### Wednesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	



# 2025

## 13 March

### Thursday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 14 March

# Friday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 15 March

### Saturday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 16 March

# Sunday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 17 March

# Monday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 18 March

### Tuesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 19 March

### Wednesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 20 March

# Thursday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	



# 2025

# 21 March

# Friday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 22 March

### Saturday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 23 March

### Sunday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 24 March

### Monday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 25 March

### Tuesday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 26 March

### Wednesday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 27 March

### Thursday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 28 March

### Friday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	



# 2025

## 29 March

### Saturday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 30 March

### Sunday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 31 March

# Monday

## Hari Raya Puasa

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	