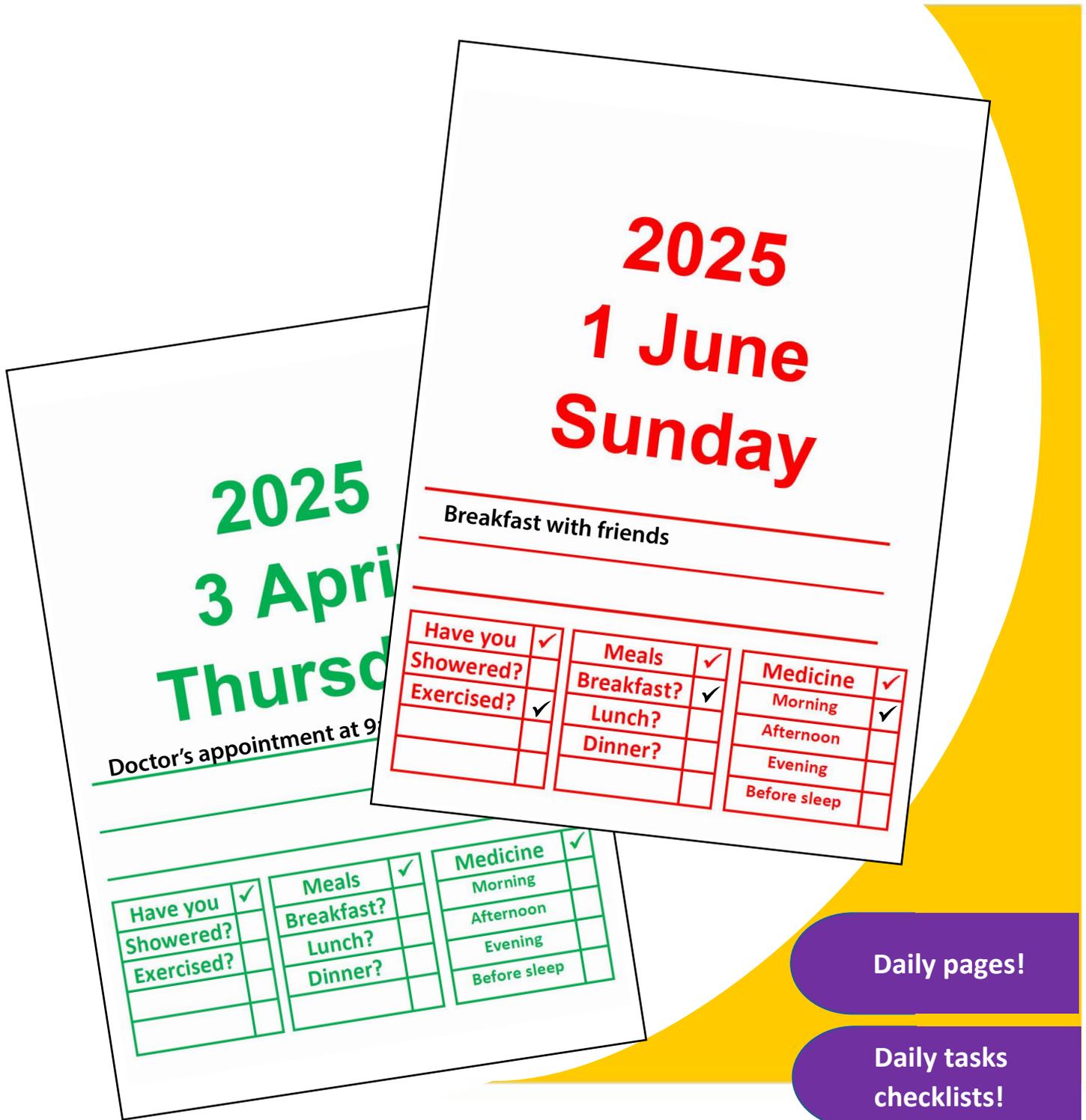


# Clear Calendar



Daily pages!

Daily tasks  
checklists!

# 2025

## 1 April

### Tuesday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 2 April

### Wednesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 3 April

# Thursday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 4 April

### Friday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 5 April

### Saturday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 6 April

### Sunday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 7 April

### Monday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 8 April

### Tuesday

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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

## 9 April

# Wednesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 10 April

### Thursday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 11 April

# Friday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 12 April

### Saturday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 13 April

### Sunday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 14 April

### Monday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 15 April

### Tuesday

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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

## 16 April

### Wednesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 17 April

# Thursday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 18 April

### Friday

#### Good Friday

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---

<b>Have you</b>	✓
<b>Showered?</b>	
<b>Exercised?</b>	

<b>Meals</b>	✓
<b>Breakfast?</b>	
<b>Lunch?</b>	
<b>Dinner?</b>	

<b>Medicine</b>	✓
<b>Morning</b>	
<b>Afternoon</b>	
<b>Evening</b>	
<b>Before sleep</b>	

# 2025

## 19 April

### Saturday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 20 April

### Sunday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 21 April

### Monday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 22 April

### Tuesday

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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

## 23 April

### Wednesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 24 April

### Thursday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 25 April

### Friday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 26 April

### Saturday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 27 April

### Sunday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 28 April

### Monday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 29 April

### Tuesday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 30 April

# Wednesday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 1 May

# Thursday

# Labour

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 2 May

### Friday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 3 May

### Saturday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 4 May

### Sunday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 5 May

### Monday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 6 May

### Tuesday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 7 May

# Wednesday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 8 May

# Thursday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 9 May

### Friday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 10 May

### Saturday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 11 May

### Sunday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 12 May

### Monday

#### Vesak Day

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 13 May

### Tuesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 14 May

### Wednesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 15 May

### Thursday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 16 May

### Friday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 17 May

### Saturday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 18 May

### Sunday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 19 May

### Monday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 20 May

### Tuesday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 21 May

### Wednesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 22 May

# Thursday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 23 May

### Friday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 24 May

### Saturday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 25 May

### Sunday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 26 May

### Monday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 27 May

### Tuesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 28 May

### Wednesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 29 May

### Thursday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 30 May

### Friday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 31 May

### Saturday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 1 June

# Sunday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 2 June

### Monday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 3 June

### Tuesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 4 June

### Wednesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 5 June

# Thursday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 6 June

### Friday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 7 June

# Saturday

## Hari Raya Haji

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 8 June

### Sunday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 9 June

### Monday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 10 June

### Tuesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 11 June

# Wednesday

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---

---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 12 June

# Thursday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 13 June

# Friday

---

---

---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 14 June

### Saturday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 15 June

# Sunday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 16 June

# Monday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 17 June

# Tuesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 18 June

### Wednesday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 19 June

### Thursday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 20 June

### Friday

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---

Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 21 June

### Saturday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 22 June

### Sunday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 23 June

### Monday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 24 June

### Tuesday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 25 June

### Wednesday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 26 June

### Thursday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

# 27 June

# Friday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 28 June

### Saturday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 29 June

### Sunday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	

# 2025

## 30 June

### Monday

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Have you	✓
Showered?	
Exercised?	

Meals	✓
Breakfast?	
Lunch?	
Dinner?	

Medicine	✓
Morning	
Afternoon	
Evening	
Before sleep	