LBsoft

# LBsoftDigitalPlanner

*School runs, appointments, meals,*
*and the things a household has to remember.*

## 2026 – 2030 R9

Monday start · January to December

INSIDE

Household, school, and health
Meetings, markets, and projects
Tasks, a board, and a year chart
Habits, money, travel, and home
A month, a week, and a day
Money, meals, and notes

Open in Xodo, or any PDF app that lets you write.

No password. Links inside. Your notes stay in the file.

# Start here

Five years, one file

LBsoftDigitalPlanner is a Monday-start planner for one household, from January 2026 to December 2030. It is a normal PDF with no password.

1 **Open it where you write**

Xodo, GoodNotes, Samsung Notes, Adobe Acrobat, Nebo, or an e-ink tablet. You can also print it on A4.

2 **Underlined words are links**

Tap a date to open that day. From the day, go back to the week, the month, or the contents. Teams and Zoom on the calendar open a new meeting. Google opens a blank all-day event for that date. Tasks opens the task board.

3 **Type or write**

On the household, school, health, and contact pages, tap a line and the keyboard comes up. Those are form fields. Day and week pages are open lines, so a pen stays a pen. In Xodo, use Text anywhere you would rather type.

4 **Duplicate opens a blank**

The coral Duplicate button on meals, groceries, task lists, and the More pages opens the next empty copy. The last copy links back to the first. Meeting notes and lined notes already run to 500 pages, with Next and Last. Nothing in this file phones home.

JUMP TO A YEAR

2026 2027 2028 2029 2030

February 2028 includes the 29th. Weeks begin on Monday.

# Contents

Home | Settings | House | Meals | Money | Tasks | Notes | More

THE HOUSE


Settings 5
The household 4
Family cards 89
School and care 6
Health 7
People we call 8
Birthdays 9
Papers 92
When we last did it 10
Chores 11
Routines 12
Meals 13
Groceries 25
Pantry 95
Fees 98
Ideas 101
Waiting 104
Timetable 107
Goals 31
Bucket list 36
Notes 2751
More 88


WORK

Overview | Goals | Markets | Meetings | Team | Projects | Sales | Progress | 2026 | Notes

TASKS

Setup | Days off | Board | Once | Repeat | Year
Schedule | Filter | Matrix | Kanban | Phases | Gantt

THE YEARS

| 2026 | 2027 | 2028 | 2029 | 2030 |
|---|---|---|---|---|
| Jan | Jan | Jan | Jan | Jan |
| Feb | Feb | Feb | Feb | Feb |
| Mar | Mar | Mar | Mar | Mar |
| Apr | Apr | Apr | Apr | Apr |
| May | May | May | May | May |
| Jun | Jun | Jun | Jun | Jun |
| Jul | Jul | Jul | Jul | Jul |
| Aug | Aug | Aug | Aug | Aug |
| Sep | Sep | Sep | Sep | Sep |
| Oct | Oct | Oct | Oct | Oct |
| Nov | Nov | Nov | Nov | Nov |
| Dec | Dec | Dec | Dec | Dec |

# The household



The people this planner is for, and how to reach the house.

Address

## PEOPLE

| Name | Birthday | Phone | Note |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

## IF WE ARE NOT HOME, CALL

Name

Phone

# Settings

Written once



The household name, the currency, twelve spending words, and what each colour means. Money pages keep their own lines, so copy these words across when you want them there. Nothing on this page is a password or a card number.

Name _____

## CURRENCY

☐ TRY ☐ EUR ☐ USD ☐ GBP Other _____

## SPENDING WORDS

Twelve names. Housing, groceries, and school are a useful start.

01 _____ 07 _____

02 _____ 08 _____

03 _____ 09 _____

04 _____ 10 _____

05 _____ 11 _____

06 _____ 12 _____

## COLOUR LABELS

■ _____ ■ _____ ■ _____ ■ _____

■ _____ ■ _____ ■ _____ ■ _____

# School and care

One block for each child. Write the school, the teacher, and who is allowed to collect them.

## 01

Name _____ Year _____

School _____ Teacher _____

Phone _____ Room _____

Collect _____

Activities _____

If away _____

## 02

Name _____ Year _____

School _____ Teacher _____

Phone _____ Room _____

Collect _____

Activities _____

If away _____

## 03

Name _____ Year _____

School _____ Teacher _____

Phone _____ Room _____

Collect _____

Activities _____

If away _____

## 04

Name _____ Year _____

School _____ Teacher _____

Phone _____ Room _____

Collect _____

Activities _____

If away _____

# Health



The page you want in a waiting room. Keep it current.

## ALLERGIES

| Person | Allergy | What to do |
|---|---|---|
| | | |
| | | |
| | | |
| | | |

## MEDICINES

| Person | Medicine | Dose | When |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |

## DOCTORS, DENTIST, PHARMACY

| Who | Name | Phone |
|---|---|---|
| | | |
| | | |
| | | |
| | | |

# People we call

The numbers you do not want to hunt for.

## 01

Name

Who

Phone

Note

## 02

Name

Who

Phone

Note

## 03

Name

Who

Phone

Note

## 04

Name

Who

Phone

Note

## 05

Name

Who

Phone

Note

## 06

Name

Who

Phone

Note

## 07

Name

Who

Phone

Note

## 08

Name

Who

Phone

Note

## 09

Name

Who

Phone

Note

## 10

Name

Who

Phone

Note

## 11

Name

Who

Phone

Note

## 12

Name

Who

Phone

Note

# Birthdays

People, not logistics. Write the day and the name. Term dates and trips belong on the year pages.

## January

## February

## March

## April

## May

## June

## July

## August

## September

## October

## November

## December

# When we last did it

The jobs no calendar remembers. Write the last date, and the next one if you know it.

Car service

Registration

Tyres

Dentist

Eye test

Haircuts

Vaccinations

Vet

Air filters

Smoke alarms

School photos

Passports

Insurance

Rent or mortgage

Gutters

Lawn

Shoe sizes

Sports fees

Library books

Prescriptions

# Chores

Write the chore down the side and a name across the top. Tick who is doing it.

| Chore | | | | | |
|---|---|---|---|---|---|
| | | | | | |
| | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ |

# Routines

The same every weekday, until it isn't.

| MORNING | AFTER SCHOOL | BEDTIME |
| --- | --- | --- |
| ☐ | ☐ | ☐ |
| ☐ | ☐ | ☐ |
| ☐ | ☐ | ☐ |
| ☐ | ☐ | ☐ |
| ☐ | ☐ | ☐ |
| ☐ | ☐ | ☐ |
| ☐ | ☐ | ☐ |
| ☐ | ☐ | ☐ |

## WEEKEND IS DIFFERENT

# Meals

Another week 1 of 12 Duplicate



Week of

| | Breakfast | Lunch | Dinner | Notes |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

# Meals

Another week 2 of 12 Duplicate



Week of

| | Breakfast | Lunch | Dinner | Notes |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

# Meals

Another week 3 of 12 Duplicate



Week of

| | Breakfast | Lunch | Dinner | Notes |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

# Meals

Another week 4 of 12 Duplicate



Week of

| | Breakfast | Lunch | Dinner | Notes |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

# Meals

Another week 5 of 12 Duplicate



Week of

| | Breakfast | Lunch | Dinner | Notes |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

# Meals

Another week 6 of 12 Duplicate



Week of

| | Breakfast | Lunch | Dinner | Notes |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

# Meals

Another week 7 of 12 Duplicate



Week of

| | Breakfast | Lunch | Dinner | Notes |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

# Meals

Another week 8 of 12 Duplicate



Week of

| | Breakfast | Lunch | Dinner | Notes |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

# Meals

Another week 9 of 12 Duplicate



Week of

| | Breakfast | Lunch | Dinner | Notes |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

# Meals

Another week 10 of 12 Duplicate



Week of

| | Breakfast | Lunch | Dinner | Notes |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

# Meals

Another week 11 of 12 Duplicate



Week of

| | Breakfast | Lunch | Dinner | Notes |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

# Meals

Another week 12 of 12 First copy



Week of

| | Breakfast | Lunch | Dinner | Notes |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

# Groceries

By aisle 1 of 6 Duplicate



Shop for

## PRODUCE

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

## FRIDGE AND DAIRY

- [ ]
- [ ]
- [ ]
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- [ ]
- [ ]

## MEAT AND FISH

- [ ]
- [ ]
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## FREEZER

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## PANTRY

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## BAKERY

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## HOUSEHOLD

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## OTHER

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# Groceries

By aisle 2 of 6 Duplicate



Shop for

## PRODUCE

- [ ]
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- [ ]

## FRIDGE AND DAIRY

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- [ ]

## MEAT AND FISH

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## FREEZER

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## PANTRY

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## BAKERY

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## HOUSEHOLD

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## OTHER

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# Groceries

By aisle 3 of 6 Duplicate



Shop for

## PRODUCE

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## FRIDGE AND DAIRY

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## MEAT AND FISH

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## FREEZER

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## PANTRY

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## BAKERY

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## HOUSEHOLD

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## OTHER

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# Groceries

By aisle 4 of 6 Duplicate



Shop for

## PRODUCE

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- [ ]

## FRIDGE AND DAIRY

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- [ ]

## MEAT AND FISH

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## FREEZER

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## PANTRY

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## BAKERY

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## HOUSEHOLD

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## OTHER

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# Groceries

By aisle 5 of 6 Duplicate



Shop for

## PRODUCE

## FRIDGE AND DAIRY

## MEAT AND FISH

## FREEZER

## PANTRY

## BAKERY

## HOUSEHOLD

## OTHER

# Groceries

By aisle 6 of 6 First copy



Shop for

## PRODUCE

- [ ]
- [ ]
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## FRIDGE AND DAIRY

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- [ ]

## MEAT AND FISH

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## FREEZER

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## PANTRY

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## BAKERY

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## HOUSEHOLD

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- [ ]
- [ ]

## OTHER

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# Goals

A short list is enough



Six lines for the years in this file. The next pages are for the four that need a plan.

## 01

Goal

Because

J F M A M J J A S O N D

## 02

Goal

Because

J F M A M J J A S O N D

## 03

Goal

Because

J F M A M J J A S O N D

## 04

Goal

Because

J F M A M J J A S O N D

## 05

Goal

Because

J F M A M J J A S O N D

## 06

Goal

Because

J F M A M J J A S O N D

# Goal 1

Of the four that need a plan

Name

Because

Done when

## STEPS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Help from

By when

## IF IT STALLS

# Goal 2

Of the four that need a plan

Name

Because

Done when

## STEPS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Help from

By when

## IF IT STALLS

# Goal 3

Of the four that need a plan

Name

Because

Done when

## STEPS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Help from

By when

## IF IT STALLS

# Goal 4

Of the four that need a plan

Name

Because

Done when

## STEPS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Help from

By when

## IF IT STALLS

# Bucket list

Somewhere to go, something to try, someone to see.

01

02

03

04

05

06

07

08

09

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

# Overview

Subject and date



A running log. One line for a subject, and the date it belongs to.

| Subject | Date |
| --- | --- |

# Markets



Who you are selling to, and what is moving.

| Market | What's happening | Who | Next |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
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# Meetings

1–20 of 500

Overview Goals Markets Meetings Team Projects Sales Progress 2026 Notes
Teams Zoom Meetings Tasks

One line here, one note sheet at the back. The number opens that sheet. Teams and Zoom still open a new meeting.

| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |
| 13 | | | | |
| 14 | | | | |
| 15 | | | | |
| 16 | | | | |
| 17 | | | | |
| 18 | | | | |
| 19 | | | | |
| 20 | | | | |

# Meetings



Overview Goals Markets Meetings Team Projects Sales Progress 2026 Notes
Teams Zoom Meetings Tasks

| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 21 | | | | |
| 22 | | | | |
| 23 | | | | |
| 24 | | | | |
| 25 | | | | |
| 26 | | | | |
| 27 | | | | |
| 28 | | | | |
| 29 | | | | |
| 30 | | | | |
| 31 | | | | |
| 32 | | | | |
| 33 | | | | |
| 34 | | | | |
| 35 | | | | |
| 36 | | | | |
| 37 | | | | |
| 38 | | | | |
| 39 | | | | |
| 40 | | | | |

# Meetings



Overview Goals Markets Meetings Team Projects Sales Progress 2026 Notes
Teams Zoom Meetings Tasks

| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 41 | | | | |
| 42 | | | | |
| 43 | | | | |
| 44 | | | | |
| 45 | | | | |
| 46 | | | | |
| 47 | | | | |
| 48 | | | | |
| 49 | | | | |
| 50 | | | | |
| 51 | | | | |
| 52 | | | | |
| 53 | | | | |
| 54 | | | | |
| 55 | | | | |
| 56 | | | | |
| 57 | | | | |
| 58 | | | | |
| 59 | | | | |
| 60 | | | | |

# Meetings

61–80 of 500



| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 61 | | | | |
| 62 | | | | |
| 63 | | | | |
| 64 | | | | |
| 65 | | | | |
| 66 | | | | |
| 67 | | | | |
| 68 | | | | |
| 69 | | | | |
| 70 | | | | |
| 71 | | | | |
| 72 | | | | |
| 73 | | | | |
| 74 | | | | |
| 75 | | | | |
| 76 | | | | |
| 77 | | | | |
| 78 | | | | |
| 79 | | | | |
| 80 | | | | |

# Meetings

81–100 of 500



| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 81 | | | | |
| 82 | | | | |
| 83 | | | | |
| 84 | | | | |
| 85 | | | | |
| 86 | | | | |
| 87 | | | | |
| 88 | | | | |
| 89 | | | | |
| 90 | | | | |
| 91 | | | | |
| 92 | | | | |
| 93 | | | | |
| 94 | | | | |
| 95 | | | | |
| 96 | | | | |
| 97 | | | | |
| 98 | | | | |
| 99 | | | | |
| 100 | | | | |

# Meetings

101–120 of 500

Overview Goals Markets Meetings Team Projects Sales Progress 2026 Notes
Teams Zoom Meetings Tasks

| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 101 | | | | |
| 102 | | | | |
| 103 | | | | |
| 104 | | | | |
| 105 | | | | |
| 106 | | | | |
| 107 | | | | |
| 108 | | | | |
| 109 | | | | |
| 110 | | | | |
| 111 | | | | |
| 112 | | | | |
| 113 | | | | |
| 114 | | | | |
| 115 | | | | |
| 116 | | | | |
| 117 | | | | |
| 118 | | | | |
| 119 | | | | |
| 120 | | | | |

# Meetings

121–140 of 500

Overview Goals Markets Meetings Team Projects Sales Progress 2026 Notes
Teams Zoom Meetings Tasks

| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 121 | | | | |
| 122 | | | | |
| 123 | | | | |
| 124 | | | | |
| 125 | | | | |
| 126 | | | | |
| 127 | | | | |
| 128 | | | | |
| 129 | | | | |
| 130 | | | | |
| 131 | | | | |
| 132 | | | | |
| 133 | | | | |
| 134 | | | | |
| 135 | | | | |
| 136 | | | | |
| 137 | | | | |
| 138 | | | | |
| 139 | | | | |
| 140 | | | | |

# Meetings

141–160 of 500

Overview Goals Markets Meetings Team Projects Sales Progress 2026 Notes
Teams Zoom Meetings Tasks

| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 141 | | | | |
| 142 | | | | |
| 143 | | | | |
| 144 | | | | |
| 145 | | | | |
| 146 | | | | |
| 147 | | | | |
| 148 | | | | |
| 149 | | | | |
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| 151 | | | | |
| 152 | | | | |
| 153 | | | | |
| 154 | | | | |
| 155 | | | | |
| 156 | | | | |
| 157 | | | | |
| 158 | | | | |
| 159 | | | | |
| 160 | | | | |

# Meetings

161–180 of 500

Overview Goals Markets Meetings Team Projects Sales Progress 2026 Notes
Teams Zoom Meetings Tasks

| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 161 | | | | |
| 162 | | | | |
| 163 | | | | |
| 164 | | | | |
| 165 | | | | |
| 166 | | | | |
| 167 | | | | |
| 168 | | | | |
| 169 | | | | |
| 170 | | | | |
| 171 | | | | |
| 172 | | | | |
| 173 | | | | |
| 174 | | | | |
| 175 | | | | |
| 176 | | | | |
| 177 | | | | |
| 178 | | | | |
| 179 | | | | |
| 180 | | | | |

# Meetings

181–200 of 500



| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 181 | | | | |
| 182 | | | | |
| 183 | | | | |
| 184 | | | | |
| 185 | | | | |
| 186 | | | | |
| 187 | | | | |
| 188 | | | | |
| 189 | | | | |
| 190 | | | | |
| 191 | | | | |
| 192 | | | | |
| 193 | | | | |
| 194 | | | | |
| 195 | | | | |
| 196 | | | | |
| 197 | | | | |
| 198 | | | | |
| 199 | | | | |
| 200 | | | | |

# Meetings

201–220 of 500

Overview Goals Markets Meetings Team Projects Sales Progress 2026 Notes
Teams Zoom Meetings Tasks

| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 201 | | | | |
| 202 | | | | |
| 203 | | | | |
| 204 | | | | |
| 205 | | | | |
| 206 | | | | |
| 207 | | | | |
| 208 | | | | |
| 209 | | | | |
| 210 | | | | |
| 211 | | | | |
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| 213 | | | | |
| 214 | | | | |
| 215 | | | | |
| 216 | | | | |
| 217 | | | | |
| 218 | | | | |
| 219 | | | | |
| 220 | | | | |

# Meetings

221–240 of 500

Overview Goals Markets Meetings Team Projects Sales Progress 2026 Notes
Teams Zoom Meetings Tasks

| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 221 | | | | |
| 222 | | | | |
| 223 | | | | |
| 224 | | | | |
| 225 | | | | |
| 226 | | | | |
| 227 | | | | |
| 228 | | | | |
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| 230 | | | | |
| 231 | | | | |
| 232 | | | | |
| 233 | | | | |
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| 235 | | | | |
| 236 | | | | |
| 237 | | | | |
| 238 | | | | |
| 239 | | | | |
| 240 | | | | |

# Meetings

241–260 of 500

Overview Goals Markets Meetings Team Projects Sales Progress 2026 Notes
Teams Zoom Meetings Tasks

| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 241 | | | | |
| 242 | | | | |
| 243 | | | | |
| 244 | | | | |
| 245 | | | | |
| 246 | | | | |
| 247 | | | | |
| 248 | | | | |
| 249 | | | | |
| 250 | | | | |
| 251 | | | | |
| 252 | | | | |
| 253 | | | | |
| 254 | | | | |
| 255 | | | | |
| 256 | | | | |
| 257 | | | | |
| 258 | | | | |
| 259 | | | | |
| 260 | | | | |

# Meetings

261–280 of 500



| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 261 | | | | |
| 262 | | | | |
| 263 | | | | |
| 264 | | | | |
| 265 | | | | |
| 266 | | | | |
| 267 | | | | |
| 268 | | | | |
| 269 | | | | |
| 270 | | | | |
| 271 | | | | |
| 272 | | | | |
| 273 | | | | |
| 274 | | | | |
| 275 | | | | |
| 276 | | | | |
| 277 | | | | |
| 278 | | | | |
| 279 | | | | |
| 280 | | | | |

# Meetings

281–300 of 500



| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 281 | | | | |
| 282 | | | | |
| 283 | | | | |
| 284 | | | | |
| 285 | | | | |
| 286 | | | | |
| 287 | | | | |
| 288 | | | | |
| 289 | | | | |
| 290 | | | | |
| 291 | | | | |
| 292 | | | | |
| 293 | | | | |
| 294 | | | | |
| 295 | | | | |
| 296 | | | | |
| 297 | | | | |
| 298 | | | | |
| 299 | | | | |
| 300 | | | | |

# Meetings

301–320 of 500

Overview Goals Markets Meetings Team Projects Sales Progress 2026 Notes
Teams Zoom Meetings Tasks

| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 301 | | | | |
| 302 | | | | |
| 303 | | | | |
| 304 | | | | |
| 305 | | | | |
| 306 | | | | |
| 307 | | | | |
| 308 | | | | |
| 309 | | | | |
| 310 | | | | |
| 311 | | | | |
| 312 | | | | |
| 313 | | | | |
| 314 | | | | |
| 315 | | | | |
| 316 | | | | |
| 317 | | | | |
| 318 | | | | |
| 319 | | | | |
| 320 | | | | |

# Meetings

321–340 of 500

Overview Goals Markets Meetings Team Projects Sales Progress 2026 Notes
Teams Zoom Meetings Tasks

| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 321 | | | | |
| 322 | | | | |
| 323 | | | | |
| 324 | | | | |
| 325 | | | | |
| 326 | | | | |
| 327 | | | | |
| 328 | | | | |
| 329 | | | | |
| 330 | | | | |
| 331 | | | | |
| 332 | | | | |
| 333 | | | | |
| 334 | | | | |
| 335 | | | | |
| 336 | | | | |
| 337 | | | | |
| 338 | | | | |
| 339 | | | | |
| 340 | | | | |

# Meetings

341–360 of 500



| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 341 | | | | |
| 342 | | | | |
| 343 | | | | |
| 344 | | | | |
| 345 | | | | |
| 346 | | | | |
| 347 | | | | |
| 348 | | | | |
| 349 | | | | |
| 350 | | | | |
| 351 | | | | |
| 352 | | | | |
| 353 | | | | |
| 354 | | | | |
| 355 | | | | |
| 356 | | | | |
| 357 | | | | |
| 358 | | | | |
| 359 | | | | |
| 360 | | | | |

# Meetings

361–380 of 500

Overview Goals Markets Meetings Team Projects Sales Progress 2026 Notes
Teams Zoom Meetings Tasks

| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 361 | | | | |
| 362 | | | | |
| 363 | | | | |
| 364 | | | | |
| 365 | | | | |
| 366 | | | | |
| 367 | | | | |
| 368 | | | | |
| 369 | | | | |
| 370 | | | | |
| 371 | | | | |
| 372 | | | | |
| 373 | | | | |
| 374 | | | | |
| 375 | | | | |
| 376 | | | | |
| 377 | | | | |
| 378 | | | | |
| 379 | | | | |
| 380 | | | | |

# Meetings

381–400 of 500



| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 381 | | | | |
| 382 | | | | |
| 383 | | | | |
| 384 | | | | |
| 385 | | | | |
| 386 | | | | |
| 387 | | | | |
| 388 | | | | |
| 389 | | | | |
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| 391 | | | | |
| 392 | | | | |
| 393 | | | | |
| 394 | | | | |
| 395 | | | | |
| 396 | | | | |
| 397 | | | | |
| 398 | | | | |
| 399 | | | | |
| 400 | | | | |

# Meetings

401–420 of 500

Overview Goals Markets Meetings Team Projects Sales Progress 2026 Notes
Teams Zoom Meetings Tasks

| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 401 | | | | |
| 402 | | | | |
| 403 | | | | |
| 404 | | | | |
| 405 | | | | |
| 406 | | | | |
| 407 | | | | |
| 408 | | | | |
| 409 | | | | |
| 410 | | | | |
| 411 | | | | |
| 412 | | | | |
| 413 | | | | |
| 414 | | | | |
| 415 | | | | |
| 416 | | | | |
| 417 | | | | |
| 418 | | | | |
| 419 | | | | |
| 420 | | | | |

# Meetings

421–440 of 500

Overview Goals Markets Meetings Team Projects Sales Progress 2026 Notes
Teams Zoom Meetings Tasks

| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 421 | | | | |
| 422 | | | | |
| 423 | | | | |
| 424 | | | | |
| 425 | | | | |
| 426 | | | | |
| 427 | | | | |
| 428 | | | | |
| 429 | | | | |
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| 431 | | | | |
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| 433 | | | | |
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| 435 | | | | |
| 436 | | | | |
| 437 | | | | |
| 438 | | | | |
| 439 | | | | |
| 440 | | | | |

# Meetings

441–460 of 500



| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 441 | | | | |
| 442 | | | | |
| 443 | | | | |
| 444 | | | | |
| 445 | | | | |
| 446 | | | | |
| 447 | | | | |
| 448 | | | | |
| 449 | | | | |
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| 451 | | | | |
| 452 | | | | |
| 453 | | | | |
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| 455 | | | | |
| 456 | | | | |
| 457 | | | | |
| 458 | | | | |
| 459 | | | | |
| 460 | | | | |

# Meetings

461–480 of 500

Overview Goals Markets Meetings Team Projects Sales Progress 2026 Notes
Teams Zoom Meetings Tasks

| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 461 | | | | |
| 462 | | | | |
| 463 | | | | |
| 464 | | | | |
| 465 | | | | |
| 466 | | | | |
| 467 | | | | |
| 468 | | | | |
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| 470 | | | | |
| 471 | | | | |
| 472 | | | | |
| 473 | | | | |
| 474 | | | | |
| 475 | | | | |
| 476 | | | | |
| 477 | | | | |
| 478 | | | | |
| 479 | | | | |
| 480 | | | | |

# Meetings

481–500 of 500

Overview Goals Markets Meetings Team Projects Sales Progress 2026 Notes
Teams Zoom Meetings Tasks

| # | Company | Subject | Attendees | Date / hour |
|---|---|---|---|---|
| 481 | | | | |
| 482 | | | | |
| 483 | | | | |
| 484 | | | | |
| 485 | | | | |
| 486 | | | | |
| 487 | | | | |
| 488 | | | | |
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| 496 | | | | |
| 497 | | | | |
| 498 | | | | |
| 499 | | | | |
| 500 | | | | |

# Team goals



What each person is aiming at, and when it should be done.

| Person | Goal | By when |
|---|---|---|
| | | |
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# Projects



The work that has an owner and a next step.

| Project | Owner | Status | Next step |
|---|---|---|---|
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# Sales



Lead, talking, proposal, won. Write the stage in the last column.

| Who | What | Stage | Next |
|---|---|---|---|
| | | | |
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# Progress



What moved, and when. Short notes are enough.

| When | What moved |
|---|---|
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# Task setup

Categories and people

Setup | Days off | Board | Once | Repeat | Year
Schedule | Filter | Matrix | Kanban | Phases | Gantt

Name the areas and the people first. The other task pages use these words.
Workdays, holidays, statuses, and kanban names are on Days off

## CATEGORIES

Home _____
School _____
Health _____
Money _____
Work _____
Meals _____
People _____
Errands _____
Travel _____
Other _____

## PEOPLE

01 _____
02 _____
03 _____
04 _____
05 _____
06 _____
07 _____
08 _____

## WORDS USED ON THE TASK PAGES

| | |
|---|---|
| **Status** | Not started, in progress, on hold, done |
| **Priority** | High, medium, low |
| **Every** | Daily, weekly, weekdays, the 1st, or a named month |

# Days off

Workdays and holidays

Setup | Days off | Board | Once | Repeat | Year
Schedule | Filter | Matrix | Kanban | Phases | Gantt

Tick the days that count as work. Holidays stay off the year chart. Rename a status or a kanban column here, then use that word on the other pages.

## WORKDAYS

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

## KANBAN COLUMNS

| Idea | Next | Doing | Waiting | Done |
|---|---|---|---|---|
| | | | | |

## STATUS WORDS

| | | | |
|---|---|---|---|
| Not started | | In progress | |
| On hold | | Done | |
| Waiting | | Blocked | |

## HOLIDAYS

| | Date | Name | Off |
|---|---|---|---|
| ☐ | | | |
| ☐ | | | |
| ☐ | | | |
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# Task board

Open, done, and overdue

| | | | | | |
|---|---|---|---|---|---|
| Setup | Days off | Board | Once | Repeat | Year |
| Schedule | Filter | Matrix | Kanban | Phases | Gantt |

Fill the counts yourself. A year name opens that year, including every week. A month opens its calendar.

| Open | Done | Overdue | On hold | High | Waiting |
|---|---|---|---|---|---|
| | | | | | |

Months and weeks

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 2026 | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
| 2027 | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
| 2028 | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
| 2029 | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
| 2030 | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |

| TODAY | THIS WEEK | OVERDUE |
|---|---|---|
| | | |

# One-off tasks



Duplicate



A job that happens once. Priority is high, medium, or low. Urgency is now or later. Status is not started, in progress, on hold, or done.

| Task | Area | Pri | Urg | Who | Start | Due | Status |
|---|---|---|---|---|---|---|---|
| ☐ | | | | | | | |
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# One-off tasks



Duplicate



A job that happens once. Priority is high, medium, or low. Urgency is now or later. Status is not started, in progress, on hold, or done.

| Task | Area | Pri | Urg | Who | Start | Due | Status |
|---|---|---|---|---|---|---|---|
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# One-off tasks



First copy



A job that happens once. Priority is high, medium, or low. Urgency is now or later. Status is not started, in progress, on hold, or done.

| | Task | Area | Pri | Urg | Who | Start | Due | Status |
|---|---|---|---|---|---|---|---|---|
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# Repeating tasks



Duplicate

Setup | Days off | Board | Once | Repeat | Year
Schedule | Filter | Matrix | Kanban | Phases | Gantt

Write the job once. Every can be daily, weekly, weekdays, the 1st, or a month. Tick the months on the year plan, then put the next date here.

| | Task | Every | Who | Pri | Start | Until | Next | Status |
|---|---|---|---|---|---|---|---|---|
| ☐ | | | | | | | | |
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# Repeating tasks



Duplicate



Write the job once. Every can be daily, weekly, weekdays, the 1st, or a month. Tick the months on the year plan, then put the next date here.

| | Task | Every | Who | Pri | Start | Until | Next | Status |
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# Repeating tasks



Setup | Days off | Board | Once | Repeat | Year
Schedule | Filter | Matrix | Kanban | Phases | Gantt

Write the job once. Every can be daily, weekly, weekdays, the 1st, or a month. Tick the months on the year plan, then put the next date here.

| | Task | Every | Who | Pri | Start | Until | Next | Status |
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# Year plan

Twelve months

Setup | Days off | Board | Once | Repeat | Year
Schedule | Filter | Matrix | Kanban | Phases | Gantt

One line for a job that repeats. Tick each month it should land, then copy the real dates onto the week schedule.

Year _____

| Task | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
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| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
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| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
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# Task schedule



Duplicate

Setup | Days off | Board | Once | Repeat | Year
Schedule | Filter | Matrix | Kanban | Phases | Gantt

Week of _____

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|
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## WHAT LANDS THIS WEEK

| When | Task | Who | Kind |
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# Task schedule



Duplicate

Setup | Days off | Board | Once | Repeat | Year
Schedule | Filter | Matrix | Kanban | Phases | Gantt

Week of _____

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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## WHAT LANDS THIS WEEK

| When | Task | Who | Kind |
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# Task schedule



First copy

Setup | Days off | Board | Once | Repeat | Year
Schedule | Filter | Matrix | Kanban | Phases | Gantt

Week of _____

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|
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## WHAT LANDS THIS WEEK

| When | Task | Who | Kind |
|---|---|---|---|
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# Task filter

Twenty views

Setup | Days off | Board | Once | Repeat | Year
Schedule | Filter | Matrix | Kanban | Phases | Gantt

Tick one view and one sort, then write only the tasks that match. Area and person narrow it further.

Sort ☐ Due ☐ Priority ☐ Person ☐ Area ☐ Status

- ☐ Not started
- ☐ In progress
- ☐ On hold
- ☐ Done
- ☐ High
- ☐ Medium
- ☐ Low
- ☐ No priority
- ☐ Overdue
- ☐ Due today
- ☐ Due this week
- ☐ Due this month
- ☐ No date
- ☐ One-off only
- ☐ Repeats only
- ☐ Waiting on someone
- ☐ Unassigned
- ☐ Blocked
- ☐ This quarter
- ☐ High and urgent

Area _____ Person _____

| | Task | Due | Who | Status |
|---|---|---|---|---|
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# Decision matrix

Urgent and important



Sort the work before the day fills up. Then score anything that is still a maybe.

## Do now

Urgent and important

## Plan it

Important, not urgent

## Hand it off

Urgent, not important

## Let it go

Neither

IF YOU NEED A NUMBER

| Task | Impact | Effort | Choice |
|---|---|---|---|
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# Kanban

Idea to done

Setup | Days off | Board | Once | Repeat | Year
Schedule | Filter | Matrix | Kanban | Phases | Gantt

Write a job in the column it is in now. Move it by writing it in the next column. Rename a column on Days off.

| Idea | Next | Doing | Waiting | Done |
|---|---|---|---|---|

# Phases

Start and end



A stretch of work with a start and an end. Skip holidays from Days off, then ink the same span on the year chart.

| Phase | Project | Start | End | Who | Status |
|---|---|---|---|---|---|

# Year chart



Duplicate



One line for a job that stretches. Ink a bar across the months it covers, and leave the holidays blank.

Open a year 2026 2027 2028 2029 2030

| Task | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
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# Year chart



Duplicate



One line for a job that stretches. Ink a bar across the months it covers, and leave the holidays blank.

Open a year 2026 2027 2028 2029 2030

| Task | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
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# Year chart



First copy



One line for a job that stretches. Ink a bar across the months it covers, and leave the holidays blank.

Open a year 2026 2027 2028 2029 2030

| Task | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
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# More

The rest of the planner



Household, work, and life pages. The coral Duplicate button on each one opens the next blank copy.

Family cards 89
Papers 92
Pantry 95
Fees 98
Ideas 101
Waiting 104
Timetable 107
Habits 110
Mood and sleep 113
Water 116
Gratitude 119
Wheel of life 122
Self-care 125
Cycle 128
Workouts 131
Measures 134
Bills 137
Debts 140
Subscriptions 143
No-spend 146
Wishlist 149
Giving 152
Reading 155
Watching 158
Travel 161
Packing 164
Cleaning 167
Event 170
Gifts 173
Recipe 176
Hours 179
Plants 182
Pets 185
In an emergency 188
Accounts 191
Vision 194
Week review 197
Challenge 200
Hobbies 203
Time together 206
Memories 209
Assignments 212
Doses 215
Values 218
Year marks 221
Ideal week 224
Wins 227
Unstuck 230
Energy 233
Focus 236
Journal 239
Listening 242
Places 245
The load 248
Courses 251
Shelf 254
Illness 257
Visits 260
Terms 263
Lessons 266
Content 269
Clients 272
Leads 275
Offers 278
Four sides 281
Funds 284
Invoices 287
Voice 290
Rivals 293
Pomodoro 296
Time blocks 299
Twelve weeks 302
Weight 305
Steps 308
Sleep log 311
Pain 314
Wellness 317
Sets 320
Settle 323
Study 326
Homework 329
Grades 332
Words 335
Essay 338
Semester 341
Supplies 344
Inbox 347
Key 350
Collections 353
Posts 356
Week of money 359
Smallest first 362
Book notes 365
Reminders 368
Project spend 371
Puzzle 374
Word search 377
Roll 380
Lesson 383
Seating 386
Conduct 389
Conferences 392
Cover day 395
Exams 398
Office hours 401
Revision 404
The hard one 407
Next up 410
Errands 413
What matters 416
Decisions 419
Hand-off 422
How we do it 425
Drop it 428
The car 431
Seasons 434
Spend less 437
Worth 440

# Family cards



Duplicate

One card for each person. Sizes, school or work, and the doctor. Passwords stay off this page.

## 01

Name

Birthday Blood

Clothes Shoes

School

Doctor Phone

Note

## 02

Name

Birthday Blood

Clothes Shoes

School

Doctor Phone

Note

## 03

Name

Birthday Blood

Clothes Shoes

School

Doctor Phone

Note

## 04

Name

Birthday Blood

Clothes Shoes

School

Doctor Phone

Note

# Family cards



Duplicate

One card for each person. Sizes, school or work, and the doctor. Passwords stay off this page.

## 01

Name

Birthday Blood

Clothes Shoes

School

Doctor Phone

Note

## 02

Name

Birthday Blood

Clothes Shoes

School

Doctor Phone

Note

## 03

Name

Birthday Blood

Clothes Shoes

School

Doctor Phone

Note

## 04

Name

Birthday Blood

Clothes Shoes

School

Doctor Phone

Note

# Family cards



First copy

One card for each person. Sizes, school or work, and the doctor. Passwords stay off this page.

## 01

Name

Birthday Blood

Clothes Shoes

School

Doctor Phone

Note

## 02

Name

Birthday Blood

Clothes Shoes

School

Doctor Phone

Note

## 03

Name

Birthday Blood

Clothes Shoes

School

Doctor Phone

Note

## 04

Name

Birthday Blood

Clothes Shoes

School

Doctor Phone

Note

# Papers



Duplicate

Passports, insurance, registration, and licences. Write when each one runs out and where the paper lives. Tick when it is renewed. No card numbers.

| | What | Whose | Expires | Where it lives |
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# Papers



Duplicate

Passports, insurance, registration, and licences. Write when each one runs out and where the paper lives. Tick when it is renewed. No card numbers.

| | What | Whose | Expires | Where it lives |
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# Pantry



Duplicate

What is already in the house. Place can be pantry, freezer, fridge, or the cleaning cupboard. Tick when it needs buying.

| | Item | Place | How much | Note |
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# Pantry



Duplicate

What is already in the house. Place can be pantry, freezer, fridge, or the cleaning cupboard. Tick when it needs buying.

| | Item | Place | How much | Note |
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# Pantry



First copy

What is already in the house. Place can be pantry, freezer, fridge, or the cleaning cupboard. Tick when it needs buying.

| | Item | Place | How much | Note |
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# Fees



Duplicate

Clubs, classes, and sign-ups. Tick when the fee is paid. Write the amount only, never a card number.

| | Activity | Who | Due | Amount | Note |
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# Fees



Duplicate

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| | Activity | Who | Due | Amount | Note |
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# Fees



First copy

Clubs, classes, and sign-ups. Tick when the fee is paid. Write the amount only, never a card number.

| | Activity | Who | Due | Amount | Note |
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# Ideas



Duplicate

Not a task yet. A line is enough.

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# Ideas



Duplicate

Not a task yet. A line is enough.

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# Ideas

3 of 3 First copy

Not a task yet. A line is enough.

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# Waiting



Duplicate

Something you asked for and have not got yet. Tick when it arrives.

| | Who | Waiting for | Since |
|---|---|---|---|
| ☐ | | | |
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# Waiting



Duplicate

Something you asked for and have not got yet. Tick when it arrives.

| | Who | Waiting for | Since |
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# Waiting



First copy

Something you asked for and have not got yet. Tick when it arrives.

| | Who | Waiting for | Since |
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# Timetable

Write the hours 1 of 3 Duplicate

Write the hour yourself down the side. The same grid can be a school day or a work day.

| Hour | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|

# Timetable

Write the hours 2 of 3 Duplicate

Write the hour yourself down the side. The same grid can be a school day or a work day.

| Hour | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
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# Timetable

Write the hours 3 of 3 First copy

Write the hour yourself down the side. The same grid can be a school day or a work day.

| Hour | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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# Habits

One month 1 of 3 Duplicate

Name up to twelve habits. Tick the day you kept one. Duplicate opens a blank month.

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
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| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
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| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

# Habits

One month 2 of 3 Duplicate

Name up to twelve habits. Tick the day you kept one. Duplicate opens a blank month.

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
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| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

# Habits

One month 3 of 3 First copy

Name up to twelve habits. Tick the day you kept one. Duplicate opens a blank month.

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

# Mood and sleep

One month 1 of 3 Duplicate

A word for the day, hours asleep, and one note. Days 1–16 on the left, 17–31 on the right.

| Day | Mood | Sleep | Note |
|---|---|---|---|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |
| 15 | | | |
| 16 | | | |

| Day | Mood | Sleep | Note |
|---|---|---|---|
| 17 | | | |
| 18 | | | |
| 19 | | | |
| 20 | | | |
| 21 | | | |
| 22 | | | |
| 23 | | | |
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| 25 | | | |
| 26 | | | |
| 27 | | | |
| 28 | | | |
| 29 | | | |
| 30 | | | |
| 31 | | | |

# Mood and sleep

One month 2 of 3 Duplicate

A word for the day, hours asleep, and one note. Days 1–16 on the left, 17–31 on the right.

| Day | Mood | Sleep | Note |
|---|---|---|---|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
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| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |
| 15 | | | |
| 16 | | | |

| Day | Mood | Sleep | Note |
|---|---|---|---|
| 17 | | | |
| 18 | | | |
| 19 | | | |
| 20 | | | |
| 21 | | | |
| 22 | | | |
| 23 | | | |
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| 25 | | | |
| 26 | | | |
| 27 | | | |
| 28 | | | |
| 29 | | | |
| 30 | | | |
| 31 | | | |

# Mood and sleep

One month 3 of 3 First copy

A word for the day, hours asleep, and one note. Days 1–16 on the left, 17–31 on the right.

| Day | Mood | Sleep | Note |
|---|---|---|---|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |
| 15 | | | |
| 16 | | | |

| Day | Mood | Sleep | Note |
|---|---|---|---|
| 17 | | | |
| 18 | | | |
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| 22 | | | |
| 23 | | | |
| 24 | | | |
| 25 | | | |
| 26 | | | |
| 27 | | | |
| 28 | | | |
| 29 | | | |
| 30 | | | |
| 31 | | | |

# Water

One month 1 of 3 Duplicate

Eight glasses in a day. Tick one each time you finish a glass.

| Day | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
|---|---|---|---|---|---|---|---|---|---|
| 1 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 2 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 3 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 4 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 5 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 6 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 7 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 8 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 9 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 10 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 11 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 12 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 13 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 14 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 15 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 16 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 17 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 18 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 19 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 20 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 21 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 22 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 23 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 24 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 25 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 26 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 27 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 28 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 29 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 30 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 31 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |

# Water

One month 2 of 3 Duplicate

Eight glasses in a day. Tick one each time you finish a glass.

| Day | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
|---|---|---|---|---|---|---|---|---|---|
| 1 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 2 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 3 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 4 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 5 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 6 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 7 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 8 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 9 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 10 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 11 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 12 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 13 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 14 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 15 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 16 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 17 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 18 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 19 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 20 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 21 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 22 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 23 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 24 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 25 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 26 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 27 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 28 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 29 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 30 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 31 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |

# Water

One month 3 of 3 First copy

Eight glasses in a day. Tick one each time you finish a glass.

| Day | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
|---|---|---|---|---|---|---|---|---|---|
| 1 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 2 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 3 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 4 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 5 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 6 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 7 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 8 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 9 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 10 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 11 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 12 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 13 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 14 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 15 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 16 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 17 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 18 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 19 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 20 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 21 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 22 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 23 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 24 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 25 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 26 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 27 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 28 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 29 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 30 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |
| 31 | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | |

# Gratitude

One month 1 of 3 Duplicate

One good thing from the day is enough.

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# Gratitude

One month 2 of 3 Duplicate

One good thing from the day is enough.

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# Gratitude

One month 3 of 3 First copy

One good thing from the day is enough.

01
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# Wheel of life



Duplicate

Score each area from 1 to 10. The low scores are where the next month can go.

**Home** 1–10 _____ Because _____

**Health** 1–10 _____ Because _____

**Money** 1–10 _____ Because _____

**Work** 1–10 _____ Because _____

**People** 1–10 _____ Because _____

**Learning** 1–10 _____ Because _____

**Fun** 1–10 _____ Because _____

**Rest** 1–10 _____ Because _____

# Wheel of life



Duplicate

Score each area from 1 to 10. The low scores are where the next month can go.

**Home** 1–10 _____ Because _____

**Health** 1–10 _____ Because _____

**Money** 1–10 _____ Because _____

**Work** 1–10 _____ Because _____

**People** 1–10 _____ Because _____

**Learning** 1–10 _____ Because _____

**Fun** 1–10 _____ Because _____

**Rest** 1–10 _____ Because _____

# Wheel of life



First copy

Score each area from 1 to 10. The low scores are where the next month can go.

**Home** 1–10 _____ Because _____

**Health** 1–10 _____ Because _____

**Money** 1–10 _____ Because _____

**Work** 1–10 _____ Because _____

**People** 1–10 _____ Because _____

**Learning** 1–10 _____ Because _____

**Fun** 1–10 _____ Because _____

**Rest** 1–10 _____ Because _____

# Self-care



Duplicate

Tick what you actually did. Not what a perfect day would look like.

## BODY

- [ ] Outside
- [ ] Stretch
- [ ] Early night
- [ ] A real meal
- [ ] Unplug

## MIND

- [ ] Ten quiet minutes
- [ ] One page read
- [ ] No extra tab
- [ ] Write it down

## PEOPLE

- [ ] Message someone
- [ ] A meal together
- [ ] Ask for help
- [ ] Leave on time

## HOME

- [ ] One surface clear
- [ ] Tomorrow's bag
- [ ] Plants or pets
- [ ] Lights out

# Self-care



Duplicate

Tick what you actually did. Not what a perfect day would look like.

## BODY

- [ ] Outside
- [ ] Stretch
- [ ] Early night
- [ ] A real meal
- [ ] Unplug

## MIND

- [ ] Ten quiet minutes
- [ ] One page read
- [ ] No extra tab
- [ ] Write it down

## PEOPLE

- [ ] Message someone
- [ ] A meal together
- [ ] Ask for help
- [ ] Leave on time

## HOME

- [ ] One surface clear
- [ ] Tomorrow's bag
- [ ] Plants or pets
- [ ] Lights out

# Self-care



First copy

Tick what you actually did. Not what a perfect day would look like.

## BODY

- [ ] Outside
- [ ] Early night
- [ ] Unplug
- [ ] Stretch
- [ ] A real meal

## MIND

- [ ] Ten quiet minutes
- [ ] No extra tab
- [ ] One page read
- [ ] Write it down

## PEOPLE

- [ ] Message someone
- [ ] Ask for help
- [ ] A meal together
- [ ] Leave on time

## HOME

- [ ] One surface clear
- [ ] Plants or pets
- [ ] Tomorrow's bag
- [ ] Lights out

# Cycle

Private 1 of 3 Duplicate

Mark the days you want to remember. This is a private log for you, not a medical record.

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

NOTES

# Cycle

Private 2 of 3 Duplicate

Mark the days you want to remember. This is a private log for you, not a medical record.

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

NOTES

# Cycle

Private 3 of 3 First copy

Mark the days you want to remember. This is a private log for you, not a medical record.

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

NOTES

# Workouts



Duplicate

What you did, for how long, and how it felt.

| When | What | Minutes | Felt |
|---|---|---|---|

# Workouts



Duplicate

What you did, for how long, and how it felt.

| When | What | Minutes | Felt |
|---|---|---|---|

# Workouts



First copy

What you did, for how long, and how it felt.

| When | What | Minutes | Felt |
|---|---|---|---|

# Measures



Duplicate

Track whatever number matters: a weight, a time, a measurement. You choose the unit.

| When | What | Number | Note |
|---|---|---|---|

# Measures



Duplicate

Track whatever number matters: a weight, a time, a measurement. You choose the unit.

| When | What | Number | Note |
|---|---|---|---|

# Measures



First copy

Track whatever number matters: a weight, a time, a measurement. You choose the unit.

| When | What | Number | Note |
|---|---|---|---|

# Bills



Duplicate

The ones that come around. Tick when they are paid.

| | Bill | Amount | Due | Note |
|---|---|---|---|---|
| ☐ | | | | |
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# Bills



Duplicate

The ones that come around. Tick when they are paid.

| | Bill | Amount | Due | Note |
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# Bills



First copy

The ones that come around. Tick when they are paid.

| | Bill | Amount | Due | Note |
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# Debts



Duplicate

Name, what is left, and the payment you are making.

| Name | Left | Payment | Done when |
|---|---|---|---|

# Debts



Duplicate

Name, what is left, and the payment you are making.

| Name | Left | Payment | Done when |
|---|---|---|---|

# Debts



First copy

Name, what is left, and the payment you are making.

| Name | Left | Payment | Done when |
|---|---|---|---|

# Subscriptions



Duplicate

Tick Keep if it is still worth it. Leave it blank if it should go.

| | Name | Cost | Renews | Note |
|---|---|---|---|---|
| ☐ | | | | |
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# Subscriptions



Duplicate

Tick Keep if it is still worth it. Leave it blank if it should go.

| | Name | Cost | Renews | Note |
|---|---|---|---|---|
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# Subscriptions



First copy

Tick Keep if it is still worth it. Leave it blank if it should go.

| | Name | Cost | Renews | Note |
|---|---|---|---|---|
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# No-spend

One month 1 of 3 Duplicate

The rule

Tick a day you kept it.

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

# No-spend

One month 2 of 3 Duplicate

The rule

Tick a day you kept it.

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

# No-spend

One month 3 of 3 First copy

The rule

Tick a day you kept it.

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 ☐ | 2 ☐ | 3 ☐ | 4 ☐ | 5 ☐ | 6 ☐ | 7 ☐ |
| 8 ☐ | 9 ☐ | 10 ☐ | 11 ☐ | 12 ☐ | 13 ☐ | 14 ☐ |
| 15 ☐ | 16 ☐ | 17 ☐ | 18 ☐ | 19 ☐ | 20 ☐ | 21 ☐ |
| 22 ☐ | 23 ☐ | 24 ☐ | 25 ☐ | 26 ☐ | 27 ☐ | 28 ☐ |
| 29 ☐ | 30 ☐ | 31 ☐ | | | | |

# Wishlist



Duplicate

Something to save for, or a gift you might give.

| | Item | For | Cost | Note |
|---|---|---|---|---|
| ☐ | | | | |
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# Wishlist



Duplicate

Something to save for, or a gift you might give.

| | Item | For | Cost | Note |
|---|---|---|---|---|
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# Wishlist



First copy

Something to save for, or a gift you might give.

| | Item | For | Cost | Note |
|---|---|---|---|---|
| ☐ | | | | |
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# Giving



Duplicate

Money, time, or a thing you handed on.

| When | Who | What | Amount |
|---|---|---|---|

# Giving



Duplicate

Money, time, or a thing you handed on.

| When | Who | What | Amount |
|---|---|---|---|

# Giving



First copy

Money, time, or a thing you handed on.

| When | Who | What | Amount |
|---|---|---|---|

# Reading



Duplicate

Tick when you finish it.

| Title | Author | Started |
|---|---|---|
| ☐ | | |
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# Reading



Duplicate

Tick when you finish it.

| | Title | Author | Started |
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# Reading



First copy

Tick when you finish it.

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# Watching



Duplicate

Films, shows, and the ones still waiting.

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# Watching



Duplicate

Films, shows, and the ones still waiting.

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# Watching



First copy

Films, shows, and the ones still waiting.

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# Travel



Duplicate

Where

When

Stay

Booked

Getting there

Who

## BEFORE WE GO

## WHILE WE ARE THERE

## WHEN WE ARE BACK

# Travel



Duplicate

Where

When

Stay

Booked

Getting there

Who

## BEFORE WE GO

## WHILE WE ARE THERE

## WHEN WE ARE BACK

# Travel



First copy

Where

When

Stay

Booked

Getting there

Who

## BEFORE WE GO

## WHILE WE ARE THERE

## WHEN WE ARE BACK

# Packing



Duplicate

Trip

## PAPERS

- [ ] Passports
- [ ] Tickets
- [ ] Insurance
- [ ] Cards

## CLOTHES

- [ ] Enough for the days
- [ ] Sleep
- [ ] Shoes
- [ ] Weather layer

## KIDS

- [ ] Comfort item
- [ ] Snacks
- [ ] Activities
- [ ] Change of clothes

## HEALTH

- [ ] Medicines
- [ ] Chargers
- [ ] Glasses
- [ ] First aid

# Packing



Duplicate

Trip

## PAPERS

- [ ] Passports
- [ ] Tickets
- [ ] Insurance
- [ ] Cards

## CLOTHES

- [ ] Enough for the days
- [ ] Sleep
- [ ] Shoes
- [ ] Weather layer

## KIDS

- [ ] Comfort item
- [ ] Snacks
- [ ] Activities
- [ ] Change of clothes

## HEALTH

- [ ] Medicines
- [ ] Chargers
- [ ] Glasses
- [ ] First aid

# Packing



First copy

Trip

## PAPERS

- [ ] Passports
- [ ] Tickets
- [ ] Insurance
- [ ] Cards

## CLOTHES

- [ ] Enough for the days
- [ ] Sleep
- [ ] Shoes
- [ ] Weather layer

## KIDS

- [ ] Comfort item
- [ ] Snacks
- [ ] Activities
- [ ] Change of clothes

## HEALTH

- [ ] Medicines
- [ ] Chargers
- [ ] Glasses
- [ ] First aid

# Cleaning

One week 1 of 3 Duplicate

A room, and the days it gets done.

| Room | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
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| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

# Cleaning

One week 2 of 3 Duplicate

A room, and the days it gets done.

| Room | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
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| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

# Cleaning

One week 3 of 3 First copy

A room, and the days it gets done.

| Room | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
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| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

# Event



Duplicate

What

When

Where

Who is hosting

## PEOPLE

| Name | Bringing |
| --- | --- |
| | |
| | |
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## STILL TO DO

# Event



Duplicate

What

When

Where

Who is hosting

## PEOPLE

| Name | Bringing |
| --- | --- |
| | |
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## STILL TO DO

# Event



First copy

What

When

Where

Who is hosting

## PEOPLE

| Name | Bringing |
| --- | --- |
| | |
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## STILL TO DO

# Gifts



Duplicate

Ideas before the day arrives. Tick when it is bought.

| | Person | Occasion | Idea | Budget |
|---|---|---|---|---|
| ☐ | | | | |
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# Gifts



Duplicate

Ideas before the day arrives. Tick when it is bought.

| | Person | Occasion | Idea | Budget |
|---|---|---|---|---|
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# Gifts



First copy

Ideas before the day arrives. Tick when it is bought.

| | Person | Occasion | Idea | Budget |
|---|---|---|---|---|
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# Recipe



Duplicate

Name

Serves

Time

From

## INGREDIENTS

## METHOD

# Recipe



Duplicate

Name

Serves

Time

From

## INGREDIENTS

## METHOD

# Recipe



First copy

Name

Serves

Time

From

## INGREDIENTS

## METHOD

# Hours

One week 1 of 3 Duplicate

Where the waking hours actually went.

| Day | Work | Home | Rest |
|---|---|---|---|
| | | | |
| | | | |
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# Hours

One week 2 of 3 Duplicate

Where the waking hours actually went.

| Day | Work | Home | Rest |
|---|---|---|---|
| | | | |
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# Hours

One week 3 of 3 First copy

Where the waking hours actually went.

| Day | Work | Home | Rest |
|---|---|---|---|
| | | | |
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# Plants



Duplicate

How often it wants water, and when you last did it.

| Plant | Every | Last | Note |
|---|---|---|---|

# Plants



Duplicate

How often it wants water, and when you last did it.

| Plant | Every | Last | Note |
|---|---|---|---|

# Plants



First copy

How often it wants water, and when you last did it.

| Plant | Every | Last | Note |
|---|---|---|---|

# Pets



Duplicate

## 01

Name _____ Kind _____

Vet _____ Phone _____

Food _____ Medicine _____

If we are away _____

## 02

Name _____ Kind _____

Vet _____ Phone _____

Food _____ Medicine _____

If we are away _____

# Pets



Duplicate

## 01

Name _____ Kind _____

Vet _____ Phone _____

Food _____ Medicine _____

If we are away _____

## 02

Name _____ Kind _____

Vet _____ Phone _____

Food _____ Medicine _____

If we are away _____

# Pets



First copy

## 01

Name _____ Kind _____

Vet _____ Phone _____

Food _____ Medicine _____

If we are away _____

## 02

Name _____ Kind _____

Vet _____ Phone _____

Food _____ Medicine _____

If we are away _____

# In an emergency

Keep this current 1 of 3 Duplicate

The page you want when the house is not calm. Policy numbers belong here. Passwords do not.

Blood type _____ Doctor _____

Who has a key _____

Documents live _____

## POLICIES

| What | Company | Number |
|---|---|---|
| | | |
| | | |
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# In an emergency

Keep this current 2 of 3 Duplicate

The page you want when the house is not calm. Policy numbers belong here. Passwords do not.

Blood type _____ Doctor _____

Who has a key _____

Documents live _____

## POLICIES

| What | Company | Number |
|---|---|---|
| | | |
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# In an emergency

Keep this current 3 of 3 First copy

The page you want when the house is not calm. Policy numbers belong here. Passwords do not.

Blood type _____ Doctor _____

Who has a key _____

Documents live _____

## POLICIES

| What | Company | Number |
|---|---|---|
| | | |
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# Accounts



Duplicate

Write the service, the login name, and where the password is kept. Do not write the password in this file.

| Service | Login | Password is kept in |
|---|---|---|

# Accounts



Duplicate

Write the service, the login name, and where the password is kept. Do not write the password in this file.

| Service | Login | Password is kept in |
|---|---|---|

# Accounts



First copy

Write the service, the login name, and where the password is kept. Do not write the password in this file.

| Service | Login | Password is kept in |
|---|---|---|

# Vision

This year 1 of 3 Duplicate

## HOME

## WORK

## HEALTH

## PEOPLE

## MONEY

## FUN

# Vision

This year 2 of 3 Duplicate

## HOME

## WORK

## HEALTH

## PEOPLE

## MONEY

## FUN

# Vision

This year 3 of 3 First copy

## HOME

## WORK

## HEALTH

## PEOPLE

## MONEY

## FUN

# Week review



Duplicate

## WHAT WORKED

## WHAT DRAINED US

## WHAT TO CARRY INTO NEXT WEEK

## WHO NEEDS SOMETHING

## ONE THING TO DROP

# Week review



Duplicate

## WHAT WORKED

## WHAT DRAINED US

## WHAT TO CARRY INTO NEXT WEEK

## WHO NEEDS SOMETHING

## ONE THING TO DROP

# Week review



## WHAT WORKED

## WHAT DRAINED US

## WHAT TO CARRY INTO NEXT WEEK

## WHO NEEDS SOMETHING

## ONE THING TO DROP

# Challenge

30 days 1 of 3 Duplicate

Name

Done when

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1 ☐ | 2 ☐ | 3 ☐ | 4 ☐ | 5 ☐ | 6 ☐ | 7 ☐ | 8 ☐ | 9 ☐ | 10 ☐ |
| 11 ☐ | 12 ☐ | 13 ☐ | 14 ☐ | 15 ☐ | 16 ☐ | 17 ☐ | 18 ☐ | 19 ☐ | 20 ☐ |
| 21 ☐ | 22 ☐ | 23 ☐ | 24 ☐ | 25 ☐ | 26 ☐ | 27 ☐ | 28 ☐ | 29 ☐ | 30 ☐ |

# Challenge

30 days 2 of 3 Duplicate

Name

Done when

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1 ☐ | 2 ☐ | 3 ☐ | 4 ☐ | 5 ☐ | 6 ☐ | 7 ☐ | 8 ☐ | 9 ☐ | 10 ☐ |
| 11 ☐ | 12 ☐ | 13 ☐ | 14 ☐ | 15 ☐ | 16 ☐ | 17 ☐ | 18 ☐ | 19 ☐ | 20 ☐ |
| 21 ☐ | 22 ☐ | 23 ☐ | 24 ☐ | 25 ☐ | 26 ☐ | 27 ☐ | 28 ☐ | 29 ☐ | 30 ☐ |

# Challenge

30 days 3 of 3 First copy

Name

Done when

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1 ☐ | 2 ☐ | 3 ☐ | 4 ☐ | 5 ☐ | 6 ☐ | 7 ☐ | 8 ☐ | 9 ☐ | 10 ☐ |
| 11 ☐ | 12 ☐ | 13 ☐ | 14 ☐ | 15 ☐ | 16 ☐ | 17 ☐ | 18 ☐ | 19 ☐ | 20 ☐ |
| 21 ☐ | 22 ☐ | 23 ☐ | 24 ☐ | 25 ☐ | 26 ☐ | 27 ☐ | 28 ☐ | 29 ☐ | 30 ☐ |

# Hobbies



Duplicate

Something you do because you like it.

| Hobby | Why | Next time |
|---|---|---|

# Hobbies



Duplicate

Something you do because you like it.

| Hobby | Why | Next time |
|---|---|---|

# Hobbies

3 of 3 First copy

Something you do because you like it.

| Hobby | Why | Next time |
| --- | --- | --- |

# Time together



Duplicate

Ideas for an hour, an evening, or a day. Tick when you do it.

| | Idea | When |
|---|---|---|
| ☐ | | |
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# Time together



Duplicate

Ideas for an hour, an evening, or a day. Tick when you do it.

| | Idea | When |
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# Time together



First copy

Ideas for an hour, an evening, or a day. Tick when you do it.

| | Idea | When |
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# Memories

This year 1 of 3 Duplicate

One thing from each month worth keeping.

January

February

March

April

May

June

July

August

September

October

November

December

# Memories

This year 2 of 3 Duplicate

One thing from each month worth keeping.

January

February

March

April

May

June

July

August

September

October

November

December

# Memories

This year 3 of 3 First copy

One thing from each month worth keeping.

January

February

March

April

May

June

July

August

September

October

November

December

# Assignments



Duplicate

School, clubs, and the work that has a due date.

| | Who | Subject | Task | Due |
|---|---|---|---|---|
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# Assignments



Duplicate

School, clubs, and the work that has a due date.

| | Who | Subject | Task | Due |
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# Assignments



First copy

School, clubs, and the work that has a due date.

| | Who | Subject | Task | Due |
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# Doses

This week 1 of 3 Duplicate

One row for a person and a medicine. Tick the day it was taken.

| Who and what | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

# Doses

This week 2 of 3 Duplicate

One row for a person and a medicine. Tick the day it was taken.

| Who and what | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
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| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

# Doses

This week 3 of 3 First copy

One row for a person and a medicine. Tick the day it was taken.

| Who and what | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
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# Values



Duplicate

Five things this house will not trade away. A value is a choice you can see in a normal week.

01

Shows up as

02

Shows up as

03

Shows up as

04

Shows up as

05

Shows up as

# Values



Duplicate

Five things this house will not trade away. A value is a choice you can see in a normal week.

01

Shows up as

02

Shows up as

03

Shows up as

04

Shows up as

05

Shows up as

# Values



First copy

Five things this house will not trade away. A value is a choice you can see in a normal week.

01

Shows up as

02

Shows up as

03

Shows up as

04

Shows up as

05

Shows up as

# Year marks

Twelve months 1 of 3 Duplicate

One word for the month, and a score from 1 to 10. Duplicate opens a blank year.

| | Word | 1–10 | Note |
|---|---|---|---|
| Jan | | | |
| Feb | | | |
| Mar | | | |
| Apr | | | |
| May | | | |
| Jun | | | |
| Jul | | | |
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| Oct | | | |
| Nov | | | |
| Dec | | | |

# Year marks

Twelve months 2 of 3 Duplicate

One word for the month, and a score from 1 to 10. Duplicate opens a blank year.

| | Word | 1–10 | Note |
|---|---|---|---|
| Jan | | | |
| Feb | | | |
| Mar | | | |
| Apr | | | |
| May | | | |
| Jun | | | |
| Jul | | | |
| Aug | | | |
| Sep | | | |
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| Nov | | | |
| Dec | | | |

# Year marks

Twelve months 3 of 3 First copy

One word for the month, and a score from 1 to 10. Duplicate opens a blank year.

| | Word | 1–10 | Note |
|---|---|---|---|
| Jan | | | |
| Feb | | | |
| Mar | | | |
| Apr | | | |
| May | | | |
| Jun | | | |
| Jul | | | |
| Aug | | | |
| Sep | | | |
| Oct | | | |
| Nov | | | |
| Dec | | | |

# Ideal week



Duplicate

The shape of a calm week, before a real one gets loud. Copy what you want onto the week pages.

| Day | Morning | Afternoon | Evening |
|---|---|---|---|
| | | | |
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# Ideal week



Duplicate

The shape of a calm week, before a real one gets loud. Copy what you want onto the week pages.

| Day | Morning | Afternoon | Evening |
|---|---|---|---|
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# Ideal week



First copy

The shape of a calm week, before a real one gets loud. Copy what you want onto the week pages.

| Day | Morning | Afternoon | Evening |
|---|---|---|---|
| | | | |
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# Wins



Duplicate

Write the thing that worked, even if it was small. A week of these is easier to trust than a mood.

| When | What worked |
| --- | --- |

# Wins



Duplicate

Write the thing that worked, even if it was small. A week of these is easier to trust than a mood.

| When | What worked |
| --- | --- |

# Wins



First copy

Write the thing that worked, even if it was small. A week of these is easier to trust than a mood.

| When | What worked |
| --- | --- |

# Unstuck



Duplicate

When something will not move, make it smaller than a plan. One step, one person, one time.

01

Stuck on

Smallest step

Ask

When

02

Stuck on

Smallest step

Ask

When

03

Stuck on

Smallest step

Ask

When

# Unstuck



Duplicate

When something will not move, make it smaller than a plan. One step, one person, one time.

01

Stuck on

Smallest step

Ask

When

02

Stuck on

Smallest step

Ask

When

03

Stuck on

Smallest step

Ask

When

# Unstuck

3 of 3 First copy

When something will not move, make it smaller than a plan. One step, one person, one time.

01

Stuck on

Smallest step

Ask

When

02

Stuck on

Smallest step

Ask

When

03

Stuck on

Smallest step

Ask

When

# Energy

One week 1 of 3 Duplicate

Score morning, afternoon, and evening from 1 to 5. The low band is where the week needs less.

| Day | Morning | Afternoon | Evening |
|---|---|---|---|
| | | | |
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# Energy

One week 2 of 3 Duplicate

Score morning, afternoon, and evening from 1 to 5. The low band is where the week needs less.

| Day | Morning | Afternoon | Evening |
|---|---|---|---|
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# Energy

One week 3 of 3 First copy

Score morning, afternoon, and evening from 1 to 5. The low band is where the week needs less.

| Day | Morning | Afternoon | Evening |
|---|---|---|---|
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# Focus



Duplicate

One job, a short round, then a stop. Rounds are how many you finished, not how many you hoped for.

| | Job | Rounds | Stop |
|---|---|---|---|
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# Focus



Duplicate

One job, a short round, then a stop. Rounds are how many you finished, not how many you hoped for.

| | Job | Rounds | Stop |
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# Focus



First copy

One job, a short round, then a stop. Rounds are how many you finished, not how many you hoped for.

| | Job | Rounds | Stop |
|---|---|---|---|
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# Journal



Duplicate

## WHAT HAPPENED

## WHAT IT FELT LIKE

## WHAT I NEED

## ONE SMALL NEXT STEP

# Journal



Duplicate

## WHAT HAPPENED

## WHAT IT FELT LIKE

## WHAT I NEED

## ONE SMALL NEXT STEP

# Journal



## WHAT HAPPENED

## WHAT IT FELT LIKE

## WHAT I NEED

## ONE SMALL NEXT STEP

# Listening



Duplicate

Albums, podcasts, and the ones worth a second play.

| Title | Kind | Who | Note |
|---|---|---|---|

# Listening



Duplicate

Albums, podcasts, and the ones worth a second play.

| Title | Kind | Who | Note |
|---|---|---|---|

# Listening



First copy

Albums, podcasts, and the ones worth a second play.

| Title | Kind | Who | Note |
|---|---|---|---|

# Places



Duplicate

Somewhere we ate or want to try. Tick it when we would go back.

| | Place | Order | With |
|---|---|---|---|
| ☐ | | | |
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# Places



Duplicate

Somewhere we ate or want to try. Tick it when we would go back.

| | Place | Order | With |
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# Places



First copy

Somewhere we ate or want to try. Tick it when we would go back.

| | Place | Order | With |
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# The load



Duplicate

The work that lives in someone's head. Write it down so it can be shared, or dropped.

| Who | Carrying | Hand to |
|---|---|---|

# The load



Duplicate

The work that lives in someone's head. Write it down so it can be shared, or dropped.

| Who | Carrying | Hand to |
|---|---|---|

# The load



First copy

The work that lives in someone's head. Write it down so it can be shared, or dropped.

| Who | Carrying | Hand to |
|---|---|---|

# Courses



Duplicate

A class, a module, or a skill. Finished is a status, not a mood.

| Course | Where | Started | Status |
|---|---|---|---|

# Courses



Duplicate

A class, a module, or a skill. Finished is a status, not a mood.

| Course | Where | Started | Status |
|---|---|---|---|

# Courses

3 of 3 First copy

A class, a module, or a skill. Finished is a status, not a mood.

| Course | Where | Started | Status |
|---|---|---|---|

# Shelf



Duplicate

Where a note, file, or booklet lives. Write the place, not a password.

| Topic | Lives in | Note |
| --- | --- | --- |

# Shelf



Duplicate

Where a note, file, or booklet lives. Write the place, not a password.

| Topic | Lives in | Note |
|---|---|---|

# Shelf



First copy

Where a note, file, or booklet lives. Write the place, not a password.

| Topic | Lives in | Note |
|---|---|---|

# Illness



Duplicate

A home log, not a medical record. What showed up, and what helped.

| Date | Who | What | Helped |
|---|---|---|---|

# Illness



Duplicate

A home log, not a medical record. What showed up, and what helped.

| Date | Who | What | Helped |
|---|---|---|---|

# Illness



First copy

A home log, not a medical record. What showed up, and what helped.

| Date | Who | What | Helped |
|---|---|---|---|

# Visits



Duplicate

Doctor, dentist, or anyone we had to go and see. The follow-up is the part that gets lost.

| Date | Who | Where | Follow-up |
|---|---|---|---|

# Visits



Duplicate

Doctor, dentist, or anyone we had to go and see. The follow-up is the part that gets lost.

| Date | Who | Where | Follow-up |
|---|---|---|---|

# Visits



First copy

Doctor, dentist, or anyone we had to go and see. The follow-up is the part that gets lost.

| Date | Who | Where | Follow-up |
|---|---|---|---|

# Terms



Duplicate

School terms, breaks, and the week everyone is home.

| Term | Starts | Ends | Break |
|---|---|---|---|

# Terms



Duplicate

School terms, breaks, and the week everyone is home.

| Term | Starts | Ends | Break |
|---|---|---|---|

# Terms



First copy

School terms, breaks, and the week everyone is home.

| Term | Starts | Ends | Break |
|---|---|---|---|

# Lessons



Duplicate

Clubs, classes, and who does the pickup.

| Who | Lesson | When | Pickup |
|---|---|---|---|

# Lessons



Duplicate

Clubs, classes, and who does the pickup.

| Who | Lesson | When | Pickup |
|---|---|---|---|

# Lessons



First copy

Clubs, classes, and who does the pickup.

| Who | Lesson | When | Pickup |
|---|---|---|---|

# Content



Duplicate

A piece of work that has to go out. Where it lives, and whether it went.

| Piece | Where | When | Status |
|---|---|---|---|

# Content



Duplicate

A piece of work that has to go out. Where it lives, and whether it went.

| Piece | Where | When | Status |
|---|---|---|---|

# Content

3 of 3 First copy

A piece of work that has to go out. Where it lives, and whether it went.

| Piece | Where | When | Status |
|---|---|---|---|

# Clients



Duplicate

Who we are doing the work for, and the next thing they are waiting on.

| Name | Work | Next | Status |
|---|---|---|---|

# Clients



Duplicate

Who we are doing the work for, and the next thing they are waiting on.

| Name | Work | Next | Status |
|---|---|---|---|

# Clients



First copy

Who we are doing the work for, and the next thing they are waiting on.

| Name | Work | Next | Status |
|---|---|---|---|

# Leads



Duplicate

Someone who might need the work. A lead without a next step is a name.

| Name | From | Next | Status |
|---|---|---|---|

# Leads



Duplicate

Someone who might need the work. A lead without a next step is a name.

| Name | From | Next | Status |
|---|---|---|---|

# Leads



First copy

Someone who might need the work. A lead without a next step is a name.

| Name | From | Next | Status |
|---|---|---|---|

# Offers



Duplicate

What we sell, who it is for, and what it costs. No card numbers.

| Offer | For | Price | Status |
|---|---|---|---|

# Offers



Duplicate

What we sell, who it is for, and what it costs. No card numbers.

| Offer | For | Price | Status |
|---|---|---|---|

# Offers



What we sell, who it is for, and what it costs. No card numbers.

| Offer | For | Price | Status |
|---|---|---|---|

# Four sides



Duplicate

A plain look at the work. Strengths, weak spots, chances, and risks.

## Strengths

What already works

## Weak spots

What keeps slipping

## Chances

What we could use

## Risks

What could knock us

# Four sides



Duplicate

A plain look at the work. Strengths, weak spots, chances, and risks.

## Strengths

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What we could use

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First copy

A plain look at the work. Strengths, weak spots, chances, and risks.

## Strengths

What already works

## Weak spots

What keeps slipping

## Chances

What we could use

## Risks

What could knock us

# Funds



Duplicate

Money set aside for a named thing: tax, a trip, a repair. The savings pages hold the rest.

| Fund | Goal | Saved | By when |
|---|---|---|---|

# Funds



Duplicate

Money set aside for a named thing: tax, a trip, a repair. The savings pages hold the rest.

| Fund | Goal | Saved | By when |
|---|---|---|---|

# Funds



First copy

Money set aside for a named thing: tax, a trip, a repair. The savings pages hold the rest.

| Fund | Goal | Saved | By when |
|---|---|---|---|

# Invoices



Duplicate

What went out, and whether it was paid. Amounts only. No card numbers.

| | Who | For | Amount | Sent |
|---|---|---|---|---|
| ☐ | | | | |
| ☐ | | | | |
| ☐ | | | | |
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# Invoices



Duplicate

What went out, and whether it was paid. Amounts only. No card numbers.

| | Who | For | Amount | Sent |
|---|---|---|---|---|
| ☐ | | | | |
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# Invoices



First copy

What went out, and whether it was paid. Amounts only. No card numbers.

| | Who | For | Amount | Sent |
|---|---|---|---|---|
| ☐ | | | | |
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# Voice



Duplicate

How the work should sound, so a tired day does not invent a new one.

We sound like

We never say

The promise

## EXAMPLES

# Voice



Duplicate

How the work should sound, so a tired day does not invent a new one.

We sound like

We never say

The promise

## EXAMPLES

# Voice



First copy

How the work should sound, so a tired day does not invent a new one.

We sound like

We never say

The promise

## EXAMPLES

# Rivals



Duplicate

Who else does this work, and the one difference worth keeping.

| Name | They do | We do |
|---|---|---|

# Rivals



Duplicate

Who else does this work, and the one difference worth keeping.

| Name | They do | We do |
|---|---|---|

# Rivals



First copy

Who else does this work, and the one difference worth keeping.

| Name | They do | We do |
| --- | --- | --- |

# Pomodoro



Duplicate

One job, one round, then a stop. Write what pulled you away so the next round is cleaner.

| Round | Job | Done | Break | Pulled away |
|---|---|---|---|---|
| | | ☐ | ☐ | |
| | | ☐ | ☐ | |
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# Pomodoro



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One job, one round, then a stop. Write what pulled you away so the next round is cleaner.

| Round | Job | Done | Break | Pulled away |
|---|---|---|---|---|
| | | ☐ | ☐ | |
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| | | ☐ | ☐ | |

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| Round | Job | Done | Break | Pulled away |
|---|---|---|---|---|
| | | ☐ | ☐ | |
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| | | ☐ | ☐ | |
| | | ☐ | ☐ | |

# Time blocks

One day 1 of 3 Duplicate

Day

07:00

07:30

08:00

08:30

09:00

09:30

10:00

10:30

11:00

11:30

12:00

12:30

13:00

13:30

14:00

14:30

15:00

15:30

16:00

16:30

17:00

17:30

18:00

18:30

19:00

19:30

20:00

20:30

21:00

21:30

# Time blocks

One day 2 of 3 Duplicate

Day

07:00

07:30

08:00

08:30

09:00

09:30

10:00

10:30

11:00

11:30

12:00

12:30

13:00

13:30

14:00

14:30

15:00

15:30

16:00

16:30

17:00

17:30

18:00

18:30

19:00

19:30

20:00

20:30

21:00

21:30

# Time blocks

One day 3 of 3 First copy

Day

07:00

07:30

08:00

08:30

09:00

09:30

10:00

10:30

11:00

11:30

12:00

12:30

13:00

13:30

14:00

14:30

15:00

15:30

16:00

16:30

17:00

17:30

18:00

18:30

19:00

19:30

20:00

20:30

21:00

21:30

# Twelve weeks

A training block 1 of 3 Duplicate

Aim

01

02

03

04

05

06

07

08

09

10

11

12

# Twelve weeks

A training block 2 of 3 Duplicate

Aim

01

02

03

04

05

06

07

08

09

10

11

12

# Twelve weeks

A training block 3 of 3 First copy

Aim

01

02

03

04

05

06

07

08

09

10

11

12

# Weight



Duplicate

You choose the unit. This is a log, not advice.

Start _____ Goal _____

W1

W2

W3

W4

W5

W6

W7

W8

W9

W10

W11

W12

W13

W14

W15

W16

# Weight



Duplicate

You choose the unit. This is a log, not advice.

Start _____ Goal _____

W1

W2

W3

W4

W5

W6

W7

W8

W9

W10

W11

W12

W13

W14

W15

W16

# Weight



First copy

You choose the unit. This is a log, not advice.

Start _____ Goal _____

W1

W2

W3

W4

W5

W6

W7

W8

W9

W10

W11

W12

W13

W14

W15

W16

# Steps

One month 1 of 3 Duplicate

A count if you have one, or a tick for a walk.

| | | | |
|---|---|---|---|
| 01 | ☐ | 17 | ☐ |
| 02 | ☐ | 18 | ☐ |
| 03 | ☐ | 19 | ☐ |
| 04 | ☐ | 20 | ☐ |
| 05 | ☐ | 21 | ☐ |
| 06 | ☐ | 22 | ☐ |
| 07 | ☐ | 23 | ☐ |
| 08 | ☐ | 24 | ☐ |
| 09 | ☐ | 25 | ☐ |
| 10 | ☐ | 26 | ☐ |
| 11 | ☐ | 27 | ☐ |
| 12 | ☐ | 28 | ☐ |
| 13 | ☐ | 29 | ☐ |
| 14 | ☐ | 30 | ☐ |
| 15 | ☐ | 31 | ☐ |
| 16 | ☐ | | |

# Steps

One month 2 of 3 Duplicate

A count if you have one, or a tick for a walk.

01 ☐
02 ☐
03 ☐
04 ☐
05 ☐
06 ☐
07 ☐
08 ☐
09 ☐
10 ☐
11 ☐
12 ☐
13 ☐
14 ☐
15 ☐
16 ☐
17 ☐
18 ☐
19 ☐
20 ☐
21 ☐
22 ☐
23 ☐
24 ☐
25 ☐
26 ☐
27 ☐
28 ☐
29 ☐
30 ☐
31 ☐

# Steps

One month 3 of 3 First copy

A count if you have one, or a tick for a walk.

01 ☐
02 ☐
03 ☐
04 ☐
05 ☐
06 ☐
07 ☐
08 ☐
09 ☐
10 ☐
11 ☐
12 ☐
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14 ☐
15 ☐
16 ☐
17 ☐
18 ☐
19 ☐
20 ☐
21 ☐
22 ☐
23 ☐
24 ☐
25 ☐
26 ☐
27 ☐
28 ☐
29 ☐
30 ☐
31 ☐

# Sleep log



Duplicate

Bedtime, wake, and the hours in between.

| Night | To bed | Up | Hours | Note |
|---|---|---|---|---|

# Sleep log



Duplicate

Bedtime, wake, and the hours in between.

| Night | To bed | Up | Hours | Note |
|---|---|---|---|---|

# Sleep log



First copy

Bedtime, wake, and the hours in between.

| Night | To bed | Up | Hours | Note |
|---|---|---|---|---|

# Pain

Private 1 of 3 Duplicate

Where it was and what helped. Not a medical record.

| When | Where | 1–10 | What helped |
|---|---|---|---|

# Pain

Private 2 of 3 Duplicate

Where it was and what helped. Not a medical record.

| When | Where | 1–10 | What helped |
|---|---|---|---|

# Pain

Private 3 of 3 First copy

Where it was and what helped. Not a medical record.

| When | Where | 1–10 | What helped |
|---|---|---|---|

# Wellness

One week 1 of 3 Duplicate

Week of

| | Slept | Moved | Ate | Outside | People |
|---|---|---|---|---|---|
| Mon | ☐ | ☐ | ☐ | ☐ | ☐ |
| Tue | ☐ | ☐ | ☐ | ☐ | ☐ |
| Wed | ☐ | ☐ | ☐ | ☐ | ☐ |
| Thu | ☐ | ☐ | ☐ | ☐ | ☐ |
| Fri | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sat | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sun | ☐ | ☐ | ☐ | ☐ | ☐ |

# Wellness

One week 2 of 3 Duplicate

Week of

| | Slept | Moved | Ate | Outside | People |
|---|---|---|---|---|---|
| Mon | ☐ | ☐ | ☐ | ☐ | ☐ |
| Tue | ☐ | ☐ | ☐ | ☐ | ☐ |
| Wed | ☐ | ☐ | ☐ | ☐ | ☐ |
| Thu | ☐ | ☐ | ☐ | ☐ | ☐ |
| Fri | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sat | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sun | ☐ | ☐ | ☐ | ☐ | ☐ |

# Wellness

One week 3 of 3 First copy

Week of

| | Slept | Moved | Ate | Outside | People |
|---|---|---|---|---|---|
| Mon | ☐ | ☐ | ☐ | ☐ | ☐ |
| Tue | ☐ | ☐ | ☐ | ☐ | ☐ |
| Wed | ☐ | ☐ | ☐ | ☐ | ☐ |
| Thu | ☐ | ☐ | ☐ | ☐ | ☐ |
| Fri | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sat | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sun | ☐ | ☐ | ☐ | ☐ | ☐ |

# Sets



Duplicate

The move, how many sets, how many reps, and the load.

| Move | Sets | Reps | Load |
|---|---|---|---|

# Sets



Duplicate

The move, how many sets, how many reps, and the load.

| Move | Sets | Reps | Load |
|---|---|---|---|

# Sets



First copy

The move, how many sets, how many reps, and the load.

| Move | Sets | Reps | Load |
|---|---|---|---|

# Settle



Duplicate

Tick the one you actually used.

- [ ] A walk
- [ ] Water
- [ ] Stretch
- [ ] Quiet
- [ ] Early night
- [ ] A person

| When | What I did |
| --- | --- |

# Settle



Duplicate

Tick the one you actually used.

- [ ] A walk
- [ ] Water
- [ ] Stretch
- [ ] Quiet
- [ ] Early night
- [ ] A person

| When | What I did |
| --- | --- |

# Settle

3 of 3 First copy

Tick the one you actually used.

- [ ] A walk
- [ ] Water
- [ ] Stretch
- [ ] Quiet
- [ ] Early night
- [ ] A person

| When | What I did |
| --- | --- |

# Study



Duplicate

A sitting: subject, when it started, when it stopped, what stuck.

| Subject | Start | Stop | What stuck |
|---|---|---|---|

# Study



Duplicate

A sitting: subject, when it started, when it stopped, what stuck.

| Subject | Start | Stop | What stuck |
|---|---|---|---|

# Study



First copy

A sitting: subject, when it started, when it stopped, what stuck.

| Subject | Start | Stop | What stuck |
|---|---|---|---|

# Homework



Duplicate

Tick it when it is handed in.

| | Subject | Due | What |
|---|---|---|---|
| ☐ | | | |
| ☐ | | | |
| ☐ | | | |
| ☐ | | | |
| ☐ | | | |
| ☐ | | | |
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# Homework



Duplicate

Tick it when it is handed in.

| | Subject | Due | What |
|---|---|---|---|
| ☐ | | | |
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# Homework



First copy

Tick it when it is handed in.

| | Subject | Due | What |
|---|---|---|---|
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# Grades



Duplicate

Write the mark and what it was out of. Add them up yourself.

| Course | Work | Mark | Out of | Note |
|---|---|---|---|---|

# Grades



Duplicate

Write the mark and what it was out of. Add them up yourself.

| Course | Work | Mark | Out of | Note |
|---|---|---|---|---|

# Grades



First copy

Write the mark and what it was out of. Add them up yourself.

| Course | Work | Mark | Out of | Note |
|---|---|---|---|---|

# Words



Duplicate

A word, what it means, and a sentence you would actually say.

| Word | Means | Used in |
| --- | --- | --- |

# Words



Duplicate

A word, what it means, and a sentence you would actually say.

| Word | Means | Used in |
| --- | --- | --- |

# Words



First copy

A word, what it means, and a sentence you would actually say.

| Word | Means | Used in |
| --- | --- | --- |

# Essay



Duplicate

Question

Course

Due

## SOURCES

1

2

3

4

5

6

7

8

## SHAPE

1

2

3

4

5

6

7

8

# Essay



Duplicate

Question

Course

Due

## SOURCES

1

2

3

4

5

6

7

8

## SHAPE

1

2

3

4

5

6

7

8

# Essay



First copy

Question

Course

Due

## SOURCES

1

2

3

4

5

6

7

8

## SHAPE

1

2

3

4

5

6

7

8

# Semester



Duplicate

Term

| Course | Day | Room | Who teaches |
|---|---|---|---|

# Semester



Duplicate

Term

| Course | Day | Room | Who teaches |
|---|---|---|---|

# Semester



First copy

Term

| Course | Day | Room | Who teaches |
|---|---|---|---|

# Supplies



Duplicate

Tick it if it is in the bag. Tick Need if it is not.

| Have | Item | Need |
|---|---|---|
| ☐ | | ☐ |
| ☐ | | ☐ |
| ☐ | | ☐ |
| ☐ | | ☐ |
| ☐ | | ☐ |
| ☐ | | ☐ |
| ☐ | | ☐ |
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# Supplies



Duplicate

Tick it if it is in the bag. Tick Need if it is not.

| Have | Item | Need |
|---|---|---|
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# Supplies

3 of 3 First copy

Tick it if it is in the bag. Tick Need if it is not.

| Have | Item | Need |
|---|---|---|
| ☐ | | ☐ |
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# Inbox



Duplicate

Empty your head. The last column is where it goes: task, idea, or waiting.

01

02

03

04

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# Inbox



Duplicate

Empty your head. The last column is where it goes: task, idea, or waiting.

01

02

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# Inbox



Empty your head. The last column is where it goes: task, idea, or waiting.

01

02

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# Key



Your marks on the left. The months on the right are for later, not for today.

| MARK | | LATER |
|---|---|---|
| | Jan | |
| | Feb | |
| | Mar | |
| | Apr | |
| | May | |
| | Jun | |
| | Jul | |
| | Aug | |
| | Sep | |
| | Oct | |
| | Nov | |
| | Dec | |

# Key



Duplicate

Your marks on the left. The months on the right are for later, not for today.

| MARK | | LATER |
|---|---|---|
| | Jan | |
| | Feb | |
| | Mar | |
| | Apr | |
| | May | |
| | Jun | |
| | Jul | |
| | Aug | |
| | Sep | |
| | Oct | |
| | Nov | |
| | Dec | |

# Key



Your marks on the left. The months on the right are for later, not for today.

| MARK | | LATER |
|---|---|---|
| | Jan | |
| | Feb | |
| | Mar | |
| | Apr | |
| | May | |
| | Jun | |
| | Jul | |
| | Aug | |
| | Sep | |
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| | Nov | |
| | Dec | |

# Collections



Duplicate

A named pile of notes: what it holds, and where you keep it.

| Name | Holds | Where |
|---|---|---|

# Collections



Duplicate

A named pile of notes: what it holds, and where you keep it.

| Name | Holds | Where |
|---|---|---|

# Collections



First copy

A named pile of notes: what it holds, and where you keep it.

| Name | Holds | Where |
|---|---|---|

# Posts



Duplicate

An idea, where it goes, and a tick when it is up.

| Idea | Where | When | |
|---|---|---|---|
| | | | ☐ |
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# Posts



Duplicate

An idea, where it goes, and a tick when it is up.

| Idea | Where | When | |
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# Posts



First copy

An idea, where it goes, and a tick when it is up.

| Idea | Where | When | |
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# Week of money



Duplicate

Week of

| | | |
|---|---|---|
| Mon | In | Out |
| Tue | In | Out |
| Wed | In | Out |
| Thu | In | Out |
| Fri | In | Out |
| Sat | In | Out |
| Sun | In | Out |

# Week of money



Duplicate

Week of

| | | |
|---|---|---|
| Mon | In | Out |
| Tue | In | Out |
| Wed | In | Out |
| Thu | In | Out |
| Fri | In | Out |
| Sat | In | Out |
| Sun | In | Out |

# Week of money



First copy

Week of

| | | |
|---|---|---|
| Mon | In | Out |
| Tue | In | Out |
| Wed | In | Out |
| Thu | In | Out |
| Fri | In | Out |
| Sat | In | Out |
| Sun | In | Out |

# Smallest first



Duplicate

List what you owe, smallest balance first. Tick the month you paid it. No card numbers.

| Name | Left | This month | Note |
|---|---|---|---|
| | | ☐ | |
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# Smallest first



Duplicate

List what you owe, smallest balance first. Tick the month you paid it. No card numbers.

| Name | Left | This month | Note |
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# Smallest first



First copy

List what you owe, smallest balance first. Tick the month you paid it. No card numbers.

| Name | Left | This month | Note |
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# Book notes



Duplicate

Title

Author

Started

Finished

## WHAT STAYED

## A LINE WORTH KEEPING

# Book notes



Duplicate

Title

Author

Started

Finished

## WHAT STAYED

## A LINE WORTH KEEPING

# Book notes

3 of 3 First copy

Title

Author

Started

Finished

## WHAT STAYED

## A LINE WORTH KEEPING

# Reminders



Duplicate

Tick it when you have done it or said it.

| When | What | Who |
|---|---|---|
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# Reminders



Duplicate

Tick it when you have done it or said it.

| When | What | Who |
|---|---|---|
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# Reminders



First copy

Tick it when you have done it or said it.

| When | What | Who |
|---|---|---|
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# Project spend



Duplicate

Project

Amounts only. No card numbers.

| Item | Amount | |
|---|---|---|
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# Project spend



Duplicate

Project

Amounts only. No card numbers.

| Item | Amount | |
|---|---|---|
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# Project spend



First copy

Project

Amounts only. No card numbers.

| Item | Amount | |
|---|---|---|
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# Puzzle



Duplicate

Each row, column, and three-by-three box uses 1 to 9 once. The printed numbers stay.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 1 | 6 | | | | 9 | 8 | 4 |
| 2 | 5 | | 4 | | | 6 | | 7 |
| 4 | | 8 | | | | 5 | 2 | |
| 3 | | | | | | 2 | | |
| 9 | | | 3 | 8 | | | 5 | 6 |
| 6 | 8 | 2 | 7 | 5 | | | 4 | |
| | | | 1 | | 7 | | | |
| | | 7 | 5 | | | | 9 | 2 |
| | | 3 | | | | 4 | | |

# Puzzle



Duplicate

Each row, column, and three-by-three box uses 1 to 9 once. The printed numbers stay.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 6 | | | 5 | 8 | | 1 | 2 |
| | 2 | 8 | | 3 | 6 | | | |
| | | 7 | 1 | 2 | | | | 8 |
| 5 | 7 | | 8 | | | 1 | 2 | |
| | | | | 7 | | | 3 | 9 |
| | | | | | 1 | 5 | 7 | |
| | | 5 | | | | 4 | | |
| 8 | | 6 | 3 | 4 | | 2 | 5 | |
| | 3 | | 5 | | | | | 7 |

# Puzzle



First copy

Each row, column, and three-by-three box uses 1 to 9 once. The printed numbers stay.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 6 | 2 | 5 | 4 | | | 8 | |
| 8 | | | | 6 | 9 | | | 3 |
| 5 | | 3 | 7 | | | | 6 | 9 |
| 4 | | | 3 | 8 | | | 2 | 5 |
| | | | 4 | | | 9 | | |
| 2 | | 5 | | | | 3 | | |
| 6 | | | | | 1 | 5 | | |
| 7 | | | | 3 | 5 | 6 | | 4 |
| | | | 6 | 7 | 4 | | | |

# Word search



Duplicate

The words run in straight lines, including backwards.

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Q | F | O | C | U | S | G | P | P | Y | V | Z |
| A | K | E | Q | D | K | O | D | B | O | H | G |
| H | Y | K | A | F | A | E | M | C | O | B | O |
| F | A | E | P | X | K | M | C | S | F | L | A |
| I | R | E | O | A | H | O | Z | W | D | E | L |
| S | N | W | I | Z | N | H | F | M | N | W | L |
| U | Z | K | Q | G | V | I | A | C | K | O | K |
| E | P | D | W | A | L | K | F | Z | E | H | R |
| E | T | O | N | S | L | I | G | D | A | E | R |
| G | N | A | N | A | L | P | S | M | S | J | I |
| I | N | I | X | L | A | E | M | T | D | G | G |
| F | F | F | Q | M | O | N | T | H | Q | J | C |

PLAN
WEEK
MEAL
GOAL
REST
NOTE
HOME
WALK
READ
LIST
FOCUS
MONTH

# Word search



Duplicate

The words run in straight lines, including backwards.

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| E | M | T | E | J | P | U | V | J | V | M | T |
| P | U | S | T | Z | W | T | B | K | R | T | P |
| Y | T | E | O | R | J | S | J | E | O | K | W |
| P | F | R | N | O | I | S | A | A | R | S | A |
| F | O | C | U | S | P | D | M | X | I | V | L |
| L | V | C | N | Y | T | E | H | S | J | K | K |
| K | M | Y | Z | L | A | P | K | H | A | M | G |
| C | Y | T | V | L | L | S | E | O | Q | O | C |
| V | M | S | M | A | I | L | E | M | D | N | X |
| I | K | Q | N | G | Z | I | W | E | P | T | R |
| T | Y | L | A | O | G | S | M | R | I | H | U |
| M | F | L | J | D | Q | T | U | N | W | W | Y |

PLAN
WEEK
MEAL
GOAL
REST
NOTE
HOME
WALK
READ
LIST
FOCUS
MONTH

# Word search



First copy

The words run in straight lines, including backwards.

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| U | S | L | G | K | G | K | E | P | E | C | Q |
| L | C | F | E | G | L | Q | X | F | L | G | F |
| R | T | E | T | P | L | A | N | D | O | V | O |
| D | V | L | K | G | I | T | P | A | I | L | C |
| W | M | D | H | T | T | E | L | F | M | J | U |
| H | W | A | Q | B | O | H | G | Y | B | A | S |
| T | T | E | I | X | J | V | N | X | M | U | A |
| N | S | R | L | G | K | O | J | H | O | M | E |
| O | I | E | K | X | T | M | G | W | M | I | L |
| M | L | S | L | E | R | B | L | E | H | P | A |
| Q | Y | T | A | R | J | C | R | E | P | M | E |
| B | V | F | W | M | G | T | D | K | O | C | M |

PLAN
WEEK
MEAL
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NOTE
HOME
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# Roll

One class, one week 1 of 3 Duplicate

Class _____ Week of _____

| Name | Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|---|---|
| | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ |
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# Roll

One class, one week 2 of 3 Duplicate

Class _____ Week of _____

| Name | Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|---|---|
| | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ |
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| | ☐ | ☐ | ☐ | ☐ | ☐ |

# Roll

One class, one week 3 of 3 First copy

Class _____ Week of _____

| Name | Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|---|---|
| | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ |
| | ☐ | ☐ | ☐ | ☐ | ☐ |
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| | ☐ | ☐ | ☐ | ☐ | ☐ |

# Lesson



Duplicate

Class

Date

Aim

Materials

STEPS

1

2

3

4

5

6

7

8

# Lesson



Duplicate

Class

Date

Aim

Materials

STEPS

1

2

3

4

5

6

7

8

# Lesson



First copy

Class

Date

Aim

Materials

STEPS

1

2

3

4

5

6

7

8

# Seating



Duplicate

Class

First names are enough. Front of the room is the top row.

# Seating



Duplicate

Class

First names are enough. Front of the room is the top row.

# Seating



First copy

Class

First names are enough. Front of the room is the top row.

# Conduct



Duplicate

What happened, and what you agreed. This stays in your file.

| When | Who | What happened | Agreed |
|---|---|---|---|

# Conduct



Duplicate

What happened, and what you agreed. This stays in your file.

| When | Who | What happened | Agreed |
|---|---|---|---|

# Conduct



First copy

What happened, and what you agreed. This stays in your file.

| When | Who | What happened | Agreed |
|---|---|---|---|

# Conferences



Duplicate

A meeting with a parent or carer. Write the agreement, not a transcript.

| Student | With | When | Agreed |
|---|---|---|---|

# Conferences



Duplicate

A meeting with a parent or carer. Write the agreement, not a transcript.

| Student | With | When | Agreed |
|---|---|---|---|

# Conferences



First copy

A meeting with a parent or carer. Write the agreement, not a transcript.

| Student | With | When | Agreed |
|---|---|---|---|

# Cover day



Duplicate

Class _____ Date _____

## THE LESSON

## WHO NEEDS WHAT

## HOW THE DAY ENDS

# Cover day



Duplicate

Class

Date

## THE LESSON

## WHO NEEDS WHAT

## HOW THE DAY ENDS

# Cover day



First copy

Class

Date

## THE LESSON

## WHO NEEDS WHAT

## HOW THE DAY ENDS

# Exams



Duplicate

When it is, where it is, and what you still need to revise.

| Subject | When | Where | Revise |
|---|---|---|---|

# Exams



Duplicate

When it is, where it is, and what you still need to revise.

| Subject | When | Where | Revise |
|---|---|---|---|

# Exams



First copy

When it is, where it is, and what you still need to revise.

| Subject | When | Where | Revise |
|---|---|---|---|

# Office hours



Duplicate

Who can help, and when they are actually there.

| Who | When | Where | For |
|---|---|---|---|

# Office hours



Duplicate

Who can help, and when they are actually there.

| Who | When | Where | For |
|---|---|---|---|

# Office hours



First copy

Who can help, and when they are actually there.

| Who | When | Where | For |
|---|---|---|---|

# Revision



Duplicate

Tick it when you could teach it to someone else.

| | Topic | Still shaky |
|---|---|---|
| ☐ | | |
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# Revision



Duplicate

Tick it when you could teach it to someone else.

| | Topic | Still shaky |
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# Revision



First copy

Tick it when you could teach it to someone else.

| | Topic | Still shaky |
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# The hard one



Duplicate

Do the hard job first. The smaller ones can wait until it is started.

The hard one

Why it is first

## AFTER THAT

1 ☐

2 ☐

3 ☐

## DONE WHEN

# The hard one



Duplicate

Do the hard job first. The smaller ones can wait until it is started.

The hard one

Why it is first

## AFTER THAT

1 ☐

2 ☐

3 ☐

## DONE WHEN

# The hard one

3 of 3 First copy

Do the hard job first. The smaller ones can wait until it is started.

The hard one

Why it is first

## AFTER THAT

1 ☐

2 ☐

3 ☐

## DONE WHEN

# Next up

1 of 3 Duplicate

Only what is actually next. The rest of the list can stay where it is.

## 01

## 02

## 03

## 04

## 05

## 06

# Next up

2 of 3 Duplicate

Only what is actually next. The rest of the list can stay where it is.

## 01

## 02

## 03

## 04

## 05

## 06

# Next up

3 of 3 First copy

Only what is actually next. The rest of the list can stay where it is.

01

02

03

04

05

06

# Errands



Duplicate

Group them by the place, then tick them while you are there.

| Place | What | |
|---|---|---|
| | | ☐ |
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# Errands



Duplicate

Group them by the place, then tick them while you are there.

| Place | What | |
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# Errands



First copy

Group them by the place, then tick them while you are there.

| Place | What | |
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# What matters

This season 1 of 3 Duplicate

Three things. One action for each, this month.

01 This

Action

02 This

Action

03 This

Action

# What matters

This season 2 of 3 Duplicate

Three things. One action for each, this month.

01 This

Action

02 This

Action

03 This

Action

# What matters

This season 3 of 3 First copy

Three things. One action for each, this month.

01 This

Action

02 This

Action

03 This

Action

# Decisions



Duplicate

Write the choice down so you do not remake it next week.

| Decision | Options | Chose | When |
|---|---|---|---|

# Decisions



Duplicate

Write the choice down so you do not remake it next week.

| Decision | Options | Chose | When |
|---|---|---|---|

# Decisions



First copy

Write the choice down so you do not remake it next week.

| Decision | Options | Chose | When |
|---|---|---|---|

# Hand-off



Duplicate

Who is doing it, and by when. Tick it when it comes back done.

| Who | What | By when | |
|---|---|---|---|
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# Hand-off



Duplicate

Who is doing it, and by when. Tick it when it comes back done.

| Who | What | By when | |
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# Hand-off



First copy

Who is doing it, and by when. Tick it when it comes back done.

| Who | What | By when | |
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# How we do it



Duplicate

Job

The steps someone else could follow without asking you.

1

2

3

4

5

6

7

8

9

10

# How we do it



Duplicate

Job

The steps someone else could follow without asking you.

1

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# How we do it



First copy

Job

The steps someone else could follow without asking you.

1

2

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10

# Drop it



Duplicate

The habit

When it shows up

Do this instead

## THIS WEEK

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

## WHAT GOT IN THE WAY

# Drop it



Duplicate

The habit

When it shows up

Do this instead

THIS WEEK

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

WHAT GOT IN THE WAY

# Drop it

3 of 3 First copy

The habit

When it shows up

Do this instead

THIS WEEK

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

WHAT GOT IN THE WAY

# The car



Duplicate

Service, fuel, tax, tyres. Amounts only. No card numbers.

| What | When | Next due | Amount |
|---|---|---|---|

# The car



Duplicate

Service, fuel, tax, tyres. Amounts only. No card numbers.

| What | When | Next due | Amount |
|---|---|---|---|

# The car



First copy

Service, fuel, tax, tyres. Amounts only. No card numbers.

| What | When | Next due | Amount |
|---|---|---|---|

# Seasons



Duplicate

The jobs that belong to a season. Tick them when they are done.

## SPRING

## SUMMER

## AUTUMN

## WINTER

# Seasons



Duplicate

The jobs that belong to a season. Tick them when they are done.

## SPRING

## SUMMER

## AUTUMN

## WINTER

# Seasons



The jobs that belong to a season. Tick them when they are done.

## SPRING

- [ ]
- [ ]
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## SUMMER

- [ ]
- [ ]
- [ ]
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## AUTUMN

- [ ]
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## WINTER

- [ ]
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# Spend less



Duplicate

One thing to spend less on, and what you will do instead. Tick the month you kept it.

| What | Usual | Instead | |
|---|---|---|---|
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# Spend less



Duplicate

One thing to spend less on, and what you will do instead. Tick the month you kept it.

| What | Usual | Instead | |
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# Spend less



First copy

One thing to spend less on, and what you will do instead. Tick the month you kept it.

| What | Usual | Instead | |
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# Worth



Duplicate

Rough figures. Add them up yourself. No account numbers.

| OWN | OWE |
| --- | --- |
| | |

# Worth



Duplicate

Rough figures. Add them up yourself. No account numbers.

| OWN | OWE |
| --- | --- |
| | |

# Worth



Rough figures. Add them up yourself. No account numbers.

| OWN | OWE |
| --- | --- |
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# 2026

Tap a month

## January

| M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

## February

| M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | |

## March

| M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

## April

| M | T | W | T | F | S | S |
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| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

## May

| M | T | W | T | F | S | S |
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| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

## June

| M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

## July

| M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

## August

| M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

## September

| M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

## October

| M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

## November

| M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

## December

| M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

# Dates to remember

2026

Trips, term dates, renewals, and the days that shape the year. Birthdays have their own page.

## January

## February

## March

## April

## May

## June

## July

## August

## September

## October

## November

## December

# Quarter 1

January – March 2026

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Quarter 2

April – June 2026

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Quarter 3

July – September 2026

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Quarter 4

October – December 2026

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Money for the year

2026

A rough year is enough. Each month has its own page for the detail.

This year, money is for

| Month | In | Out | Saved | Note |
|---|---|---|---|---|
| Jan | | | | |
| Feb | | | | |
| Mar | | | | |
| Apr | | | | |
| May | | | | |
| Jun | | | | |
| Jul | | | | |
| Aug | | | | |
| Sep | | | | |
| Oct | | | | |
| Nov | | | | |
| Dec | | | | |

# Savings

2026

Name up to three things you are putting money toward this year.

| | | | |
|---|---|---|---|
| Name | | | |
| Target | | | |

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

# January

2026

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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| 12 > | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 > | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 > | 27 | 28 | 29 | 30 | 31 | 1 |

MATTERS

BILLS DUE

BIRTHDAYS

# January money

IN

OUT

| | |
|---|---|
| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in

Went out

Saved

Left

# January review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 29 Dec 2025 – 4 Jan 2026

2026 · Week 01

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

First 1 2 3

Shop

MON 29

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TUE 30

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WED 31

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# 5–11 January

2026 · Week 02

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 6

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# 12–18 January

2026 · Week 03

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 13

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WED 14

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# 19–25 January

2026 · Week 04

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 20

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# 26 Jan – 1 Feb

2026 · Week 05

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 27

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WED 28

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# 1 January 2026

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 2 January 2026

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 3 January 2026

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 4 January 2026

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 5 January 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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# 6 January 2026

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 7 January 2026

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 8 January 2026

Thursday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 9 January 2026

Friday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 10 January 2026

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 11 January 2026

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 12 January 2026

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 13 January 2026

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 14 January 2026

Wednesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 15 January 2026

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 16 January 2026

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 17 January 2026

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 18 January 2026

Sunday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 19 January 2026

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 20 January 2026

Tuesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 21 January 2026

Wednesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 22 January 2026

Thursday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 23 January 2026

Friday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 24 January 2026

Saturday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 25 January 2026

Sunday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 26 January 2026

Monday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 27 January 2026

Tuesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 28 January 2026

Wednesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 29 January 2026

Thursday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 30 January 2026

Friday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 31 January 2026

Saturday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# February

2026

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# February money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# February review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 2–8 February

2026 · Week 06

Teams Zoom Google Meetings Tasks



First 1 2 3

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# 9–15 February

2026 · Week 07

Teams Zoom Google Meetings Tasks



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# 16–22 February

2026 · Week 08

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 23 Feb – 1 Mar

2026 · Week 09

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 1 February 2026

Sunday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

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## DON'T FORGET

# 2 February 2026

Monday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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## DON'T FORGET

# 3 February 2026

Tuesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 4 February 2026

Wednesday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 5 February 2026

Thursday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 6 February 2026

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 7 February 2026

Saturday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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## DON'T FORGET

# 8 February 2026

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 9 February 2026

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 10 February 2026

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 11 February 2026

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 12 February 2026

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 13 February 2026

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 14 February 2026

Saturday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 15 February 2026

Sunday

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## WHO NEEDS WHAT

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# 16 February 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 17 February 2026

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## WHO NEEDS WHAT

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# 18 February 2026

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# 19 February 2026

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Teams Zoom Google Meetings Tasks



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# 20 February 2026

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## WHO NEEDS WHAT

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# 21 February 2026

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# 23 February 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 24 February 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 25 February 2026

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 26 February 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 27 February 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 28 February 2026

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# March

2026

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MATTERS

BILLS DUE

BIRTHDAYS

# March money

## IN

## OUT

| | |
|---|---|
| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in

Went out

Saved

Left

# March review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 2–8 March

2026 · Week 10

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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Shop

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# 9–15 March

2026 · Week 11

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 16–22 March

2026 · Week 12

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 23–29 March

2026 · Week 13

Teams Zoom Google Meetings Tasks

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# 1 March 2026

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## WHO NEEDS WHAT

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# 2 March 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 3 March 2026

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## WHO NEEDS WHAT

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# 4 March 2026

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## WHO NEEDS WHAT

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## WHO NEEDS WHAT

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# 6 March 2026

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 7 March 2026

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 8 March 2026

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 9 March 2026

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 10 March 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 11 March 2026

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 12 March 2026

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## WHO NEEDS WHAT

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# 13 March 2026

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## WHO NEEDS WHAT

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# 14 March 2026

Saturday

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## WHO NEEDS WHAT

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# 15 March 2026

Sunday

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## WHO NEEDS WHAT

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# 16 March 2026

Monday

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## WHO NEEDS WHAT

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# 17 March 2026

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## WHO NEEDS WHAT

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# 18 March 2026

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# 19 March 2026

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# 20 March 2026

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# 21 March 2026

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# 22 March 2026

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## WHO NEEDS WHAT

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# 23 March 2026

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## WHO NEEDS WHAT

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## DON'T FORGET

# 24 March 2026

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## WHO NEEDS WHAT

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## DON'T FORGET

# 25 March 2026

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 26 March 2026

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 27 March 2026

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 28 March 2026

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 29 March 2026

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 30 March 2026

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 31 March 2026

Tuesday

Teams Zoom Google Meetings Tasks

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## DON'T FORGET

# April

2026

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# April money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# April review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 30 Mar – 5 Apr

2026 · Week 14

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

First 1 2 3

Shop

MON 30

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TUE 31

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# 6–12 April

2026 · Week 15

Teams Zoom Google Meetings Tasks

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# 13–19 April

2026 · Week 16

Teams Zoom Google Meetings Tasks

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TUE 14

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# 20–26 April

2026 · Week 17

Teams Zoom Google Meetings Tasks

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# 27 Apr – 3 May

2026 · Week 18

Teams Zoom Google Meetings Tasks

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# 1 April 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 2 April 2026

Thursday

Teams Zoom Google Meetings Tasks

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# 3 April 2026

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MATTERS

BILLS DUE

BIRTHDAYS

# May money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# May review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 4–10 May

2026 · Week 19

Teams Zoom Google Meetings Tasks

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# 11–17 May

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# 18–24 May

2026 · Week 21

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# 25–31 May

2026 · Week 22

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## FIRST

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 28 May 2026

Thursday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 29 May 2026

Friday

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 30 May 2026

Saturday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 31 May 2026

Sunday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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WHO NEEDS WHAT

MEALS

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DON'T FORGET

# June

2026

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# June money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# June review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 1–7 June

2026 · Week 23

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 8–14 June

2026 · Week 24

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 15–21 June

2026 · Week 25

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 22–28 June

2026 · Week 26

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 1 June 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 2 June 2026

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Teams Zoom Google Meetings Tasks

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# 3 June 2026

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# 4 June 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 5 June 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 6 June 2026

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Teams Zoom Google Meetings Tasks

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# 7 June 2026

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Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 8 June 2026

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 9 June 2026

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 10 June 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 11 June 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 12 June 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 13 June 2026

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 14 June 2026

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 15 June 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 16 June 2026

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 17 June 2026

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 18 June 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 19 June 2026

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## WHO NEEDS WHAT

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## DON'T FORGET

# 20 June 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 21 June 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 22 June 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 23 June 2026

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 24 June 2026

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 25 June 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 26 June 2026

Friday

Teams Zoom Google Meetings Tasks

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WHO NEEDS WHAT

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# 27 June 2026

Saturday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 28 June 2026

Sunday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 29 June 2026

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 30 June 2026

Tuesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

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## DON'T FORGET

# July

2026

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MATTERS

BILLS DUE

BIRTHDAYS

# July money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# July review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 29 Jun – 5 Jul

2026 · Week 27

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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Shop

MON 29

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# 6–12 July

2026 · Week 28

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 7

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# 13–19 July

2026 · Week 29

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 20–26 July

2026 · Week 30

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 27 Jul – 2 Aug

2026 · Week 31

Teams Zoom Google Meetings Tasks

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# 1 July 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 2 July 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 3 July 2026

Friday

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## WHO NEEDS WHAT

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# 4 July 2026

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 5 July 2026

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# 6 July 2026

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# 7 July 2026

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# 8 July 2026

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# 9 July 2026

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# 10 July 2026

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# 11 July 2026

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# 12 July 2026

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# 13 July 2026

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# 14 July 2026

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 15 July 2026

Wednesday

Teams Zoom Google Meetings Tasks

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# 16 July 2026

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## WHO NEEDS WHAT

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# 17 July 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 18 July 2026

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Teams Zoom Google Meetings Tasks

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# 19 July 2026

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# 20 July 2026

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# 21 July 2026

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# 23 July 2026

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Teams Zoom Google Meetings Tasks

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# 24 July 2026

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# 26 July 2026

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# 28 July 2026

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## WHO NEEDS WHAT

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# 31 July 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# August

2026

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# August money

IN

OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# August review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 3–9 August

2026 · Week 32

Teams Zoom Google Meetings Tasks



First 1 2 3

Shop

MON 3

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TUE 4

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WED 5

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THU 6

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# 10–16 August

2026 · Week 33

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 17–23 August

2026 · Week 34

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 24–30 August

2026 · Week 35

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 25

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 3 August 2026

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 4 August 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 6 August 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 7 August 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 8 August 2026

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 9 August 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 10 August 2026

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# 11 August 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 13 August 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 14 August 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 15 August 2026

Saturday

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## WHO NEEDS WHAT

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# 16 August 2026

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# 17 August 2026

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## WHO NEEDS WHAT

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# 18 August 2026

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# 21 August 2026

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## WHO NEEDS WHAT

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# 22 August 2026

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# 24 August 2026

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Teams Zoom Google Meetings Tasks

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# 25 August 2026

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Teams Zoom Google Meetings Tasks

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# 26 August 2026

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Teams Zoom Google Meetings Tasks

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# 27 August 2026

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# 28 August 2026

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# 29 August 2026

Saturday

Teams Zoom Google Meetings Tasks

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# 30 August 2026

Sunday

Teams Zoom Google Meetings Tasks

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# 31 August 2026

Monday

Teams Zoom Google Meetings Tasks

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## DON'T FORGET

# September

2026

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# September money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# September review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 31 Aug – 6 Sep

2026 · Week 36

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

First 1 2 3

Shop

MON 31

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TUE 1

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WED 2

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THU 3

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# 7–13 September

2026 · Week 37

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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WED 9
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# 14–20 September

2026 · Week 38

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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Shop

MON 14

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TUE 15

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WED 16

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# 21–27 September

2026 · Week 39

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 22

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WED 23

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# 28 Sep – 4 Oct

2026 · Week 40

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MATTERS

BILLS DUE

BIRTHDAYS

# October money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# October review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 5–11 October

2026 · Week 41

Teams Zoom Google Meetings Tasks

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# 12–18 October

2026 · Week 42

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# 19–25 October

2026 · Week 43

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2026 · Week 44

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# 25 October 2026

Sunday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 26 October 2026

Monday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 27 October 2026

Tuesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 28 October 2026

Wednesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 29 October 2026

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 30 October 2026

Friday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 31 October 2026

Saturday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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## DON'T FORGET

# November

2026

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# November money

IN

OUT

| | |
|---|---|
| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in

Went out

Saved

Left

# November review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 2–8 November

2026 · Week 45

Teams Zoom Google Meetings Tasks



First 1 2 3

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# 9–15 November

2026 · Week 46

Teams Zoom Google Meetings Tasks



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TUE 10

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# 16–22 November

2026 · Week 47

Teams Zoom Google Meetings Tasks



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# 23–29 November

2026 · Week 48

Teams Zoom Google Meetings Tasks



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# 1 November 2026

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## WHO NEEDS WHAT

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## DON'T FORGET

# 2 November 2026

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## WHO NEEDS WHAT

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## DON'T FORGET

# 3 November 2026

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## WHO NEEDS WHAT

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## DON'T FORGET

# 4 November 2026

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 5 November 2026

Thursday

Teams Zoom Google Meetings Tasks

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# 6 November 2026

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## WHO NEEDS WHAT

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## DON'T FORGET

# 7 November 2026

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 8 November 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 9 November 2026

Monday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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## DON'T FORGET

# 10 November 2026

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 11 November 2026

Wednesday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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# 12 November 2026

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 13 November 2026

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 14 November 2026

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 15 November 2026

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 16 November 2026

Monday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 17 November 2026

Tuesday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 18 November 2026

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 19 November 2026

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 20 November 2026

Friday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 21 November 2026

Saturday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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# 22 November 2026

Sunday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 23 November 2026

Monday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 24 November 2026

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 25 November 2026

Wednesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 26 November 2026

Thursday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 27 November 2026

Friday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 28 November 2026

Saturday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 29 November 2026

Sunday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 30 November 2026

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# December

2026

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# December money

IN

OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# December review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 30 Nov – 6 Dec

2026 · Week 49

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

First 1 2 3

Shop

MON 30

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TUE 1

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WED 2

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THU 3

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# 7–13 December

2026 · Week 50

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 8

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WED 9

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# 14–20 December

2026 · Week 51

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 15

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# 21–27 December

2026 · Week 52

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

First 1 2 3

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TUE 22

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# 28 Dec 2026 – 3 Jan 2027

2026 · Week 53

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 1 December 2026

Tuesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 2 December 2026

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 3 December 2026

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 4 December 2026

Friday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 5 December 2026

Saturday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 6 December 2026

Sunday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 7 December 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 8 December 2026

Tuesday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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## DON'T FORGET

# 9 December 2026

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 10 December 2026

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 11 December 2026

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Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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## DON'T FORGET

# 12 December 2026

Saturday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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# 13 December 2026

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 14 December 2026

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## WHO NEEDS WHAT

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# 15 December 2026

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## WHO NEEDS WHAT

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# 16 December 2026

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Teams Zoom Google Meetings Tasks

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# 31 December 2026

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Teams Zoom Google Meetings Tasks

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# 2027

Tap a month

## January

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## February

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## March

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## April

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## May

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## June

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## July

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## August

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## September

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## October

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## November

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## December

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# Dates to remember

2027

Trips, term dates, renewals, and the days that shape the year. Birthdays have their own page.

## January

## February

## March

## April

## May

## June

## July

## August

## September

## October

## November

## December

# Quarter 1

January – March 2027

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Quarter 2

April – June 2027

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Quarter 3

July – September 2027

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Quarter 4

October – December 2027

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Money for the year

2027

A rough year is enough. Each month has its own page for the detail.

This year, money is for

| Month | In | Out | Saved | Note |
|---|---|---|---|---|
| Jan | | | | |
| Feb | | | | |
| Mar | | | | |
| Apr | | | | |
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| Oct | | | | |
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# Savings

2027

Name up to three things you are putting money toward this year.

| | | | |
|---|---|---|---|
| Name | | | |
| Target | | | |

Jan

Feb

Mar

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May

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# January

2027

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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MATTERS

BILLS DUE

BIRTHDAYS

# January money

IN

OUT

| | |
|---|---|
| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in

Went out

Saved

Left

# January review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 4–10 January

2027 · Week 01

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 11–17 January

2027 · Week 02

Teams Zoom Google Meetings Tasks

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# 18–24 January

2027 · Week 03

Teams Zoom Google Meetings Tasks

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# 25–31 January

2027 · Week 04

Teams Zoom Google Meetings Tasks

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 23 January 2027

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 24 January 2027

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 25 January 2027

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 26 January 2027

Tuesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 27 January 2027

Wednesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

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# 28 January 2027

Thursday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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# 29 January 2027

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 30 January 2027

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 31 January 2027

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# February

2027

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# February money

IN

OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# February review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 1–7 February

2027 · Week 05

Teams Zoom Google Meetings Tasks



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# 8–14 February

2027 · Week 06

Teams Zoom Google Meetings Tasks

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# 15–21 February

2027 · Week 07

Teams Zoom Google Meetings Tasks

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# 22–28 February

2027 · Week 08

Teams Zoom Google Meetings Tasks

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# 1 February 2027

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# 2 February 2027

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Teams Zoom Google Meetings Tasks

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# 3 February 2027

Wednesday

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## WHO NEEDS WHAT

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# 4 February 2027

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 5 February 2027

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 7 February 2027

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 8 February 2027

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 9 February 2027

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 10 February 2027

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 11 February 2027

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 12 February 2027

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 13 February 2027

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 14 February 2027

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 15 February 2027

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 16 February 2027

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 17 February 2027

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 18 February 2027

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 19 February 2027

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 20 February 2027

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 21 February 2027

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 22 February 2027

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 23 February 2027

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 24 February 2027

Wednesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 25 February 2027

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 26 February 2027

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 27 February 2027

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 28 February 2027

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# March

2027

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MATTERS

BILLS DUE

BIRTHDAYS

# March money

## IN

## OUT

| | |
|---|---|
| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in

Went out

Saved

Left

# March review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 1–7 March

2027 · Week 09

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 8–14 March

2027 · Week 10

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 15–21 March

2027 · Week 11

Teams Zoom Google Meetings Tasks

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# 22–28 March

2027 · Week 12

Teams Zoom Google Meetings Tasks

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2027 · Week 13

Teams Zoom Google Meetings Tasks

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# 1 March 2027

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 2 March 2027

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 3 March 2027

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 4 March 2027

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 5 March 2027

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 6 March 2027

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Teams Zoom Google Meetings Tasks

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## DON'T FORGET

# 7 March 2027

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 8 March 2027

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 9 March 2027

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## WHO NEEDS WHAT

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## DON'T FORGET

# 10 March 2027

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## WHO NEEDS WHAT

## MEALS

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# 11 March 2027

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## WHO NEEDS WHAT

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# 12 March 2027

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## WHO NEEDS WHAT

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## WHO NEEDS WHAT

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# 18 March 2027

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# 23 March 2027

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# 26 March 2027

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# 27 March 2027

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# 28 March 2027

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## WHO NEEDS WHAT

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# 30 March 2027

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## WHO NEEDS WHAT

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# 31 March 2027

Wednesday

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## WHO NEEDS WHAT

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## DON'T FORGET

# April

2027

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MATTERS

BILLS DUE

BIRTHDAYS

# April money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# April review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 5–11 April

2027 · Week 14

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 12–18 April

2027 · Week 15

Teams Zoom Google Meetings Tasks

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# 19–25 April

2027 · Week 16

Teams Zoom Google Meetings Tasks

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# 26 Apr – 2 May

2027 · Week 17

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# 3 April 2027

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## WHO NEEDS WHAT

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# 5 April 2027

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## WHO NEEDS WHAT

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# 12 April 2027

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# 15 April 2027

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# 24 April 2027

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# 25 April 2027

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# 29 April 2027

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# 30 April 2027

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## DON'T FORGET

# May

2027

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MATTERS

BILLS DUE

BIRTHDAYS

# May money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# May review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 3–9 May

2027 · Week 18

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 10–16 May

2027 · Week 19

Teams Zoom Google Meetings Tasks



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# 17–23 May

2027 · Week 20

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# 24–30 May

2027 · Week 21

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# 1 May 2027

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# 2 May 2027

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# 31 May 2027

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2027

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MATTERS

BILLS DUE

BIRTHDAYS

# June money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# June review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 31 May – 6 Jun

2027 · Week 22

Teams Zoom Google Meetings Tasks

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2027 · Week 23

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2027 · Week 26

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 22 June 2027

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## WHO NEEDS WHAT

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# 23 June 2027

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## WHO NEEDS WHAT

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# 24 June 2027

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## WHO NEEDS WHAT

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# 25 June 2027

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 26 June 2027

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 27 June 2027

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 28 June 2027

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# 29 June 2027

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# 30 June 2027

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# July

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MATTERS

BILLS DUE

BIRTHDAYS

# July money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# July review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 5–11 July

2027 · Week 27

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 12–18 July

2027 · Week 28

Teams Zoom Google Meetings Tasks

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# 19–25 July

2027 · Week 29

Teams Zoom Google Meetings Tasks

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# 26 Jul – 1 Aug

2027 · Week 30

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# 1 July 2027

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# 3 July 2027

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## WHO NEEDS WHAT

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## DON'T FORGET

# 5 July 2027

Monday

Teams Zoom Google Meetings Tasks



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# 7 July 2027

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# 8 July 2027

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## WHO NEEDS WHAT

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# 9 July 2027

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## WHO NEEDS WHAT

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# 10 July 2027

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## WHO NEEDS WHAT

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# 11 July 2027

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## WHO NEEDS WHAT

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# 12 July 2027

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 13 July 2027

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## DON'T FORGET

# 14 July 2027

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## WHO NEEDS WHAT

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## DON'T FORGET

# 15 July 2027

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## WHO NEEDS WHAT

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# 16 July 2027

Friday

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## WHO NEEDS WHAT

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# 17 July 2027

Saturday

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## WHO NEEDS WHAT

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## DON'T FORGET

# 18 July 2027

Sunday

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## WHO NEEDS WHAT

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# 19 July 2027

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## WHO NEEDS WHAT

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# 21 July 2027

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## WHO NEEDS WHAT

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# 22 July 2027

Thursday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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# 23 July 2027

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## WHO NEEDS WHAT

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# 24 July 2027

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## WHO NEEDS WHAT

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## DON'T FORGET

# 25 July 2027

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## WHO NEEDS WHAT

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# 26 July 2027

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## WHO NEEDS WHAT

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# 27 July 2027

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## WHO NEEDS WHAT

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# 28 July 2027

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## DON'T FORGET

# 29 July 2027

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 30 July 2027

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## WHO NEEDS WHAT

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## DON'T FORGET

# 31 July 2027

Saturday

Teams Zoom Google Meetings Tasks

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WHO NEEDS WHAT

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DON'T FORGET

# August

2027

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# August money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# August review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 2–8 August

2027 · Week 31

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 9–15 August

2027 · Week 32

Teams Zoom Google Meetings Tasks

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# 16–22 August

2027 · Week 33

Teams Zoom Google Meetings Tasks

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# 23–29 August

2027 · Week 34

Teams Zoom Google Meetings Tasks



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# 1 August 2027

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Teams Zoom Google Meetings Tasks

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# 3 August 2027

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## WHO NEEDS WHAT

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## DON'T FORGET

# 4 August 2027

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## WHO NEEDS WHAT

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## DON'T FORGET

# 5 August 2027

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Teams Zoom Google Meetings Tasks

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# 6 August 2027

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Teams Zoom Google Meetings Tasks

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## DON'T FORGET

# 7 August 2027

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 8 August 2027

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## WHO NEEDS WHAT

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## DON'T FORGET

# 9 August 2027

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 10 August 2027

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# September

2027

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MATTERS

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# September money

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| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in _____ Went out _____

Saved _____ Left _____

# September review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 30 Aug – 5 Sep

2027 · Week 35

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 6–12 September

2027 · Week 36

Teams Zoom Google Meetings Tasks

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# 13–19 September

2027 · Week 37

Teams Zoom Google Meetings Tasks

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# 20–26 September

2027 · Week 38

Teams Zoom Google Meetings Tasks



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# 27 Sep – 3 Oct

2027 · Week 39

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MATTERS

BILLS DUE

BIRTHDAYS

# October money

## IN

## OUT

| | |
|---|---|
| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in

Went out

Saved

Left

# October review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 4–10 October

2027 · Week 40

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

First 1 2 3

Shop

MON 4

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TUE 5

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# 11–17 October

2027 · Week 41

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 18–24 October

2027 · Week 42

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 25–31 October

2027 · Week 43

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 26

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# 1 October 2027

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 2 October 2027

Saturday

Teams Zoom Google Meetings Tasks

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# 3 October 2027

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Teams Zoom Google Meetings Tasks

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# 4 October 2027

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## WHO NEEDS WHAT

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# 5 October 2027

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# 6 October 2027

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## WHO NEEDS WHAT

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# 7 October 2027

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# 8 October 2027

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Teams Zoom Google Meetings Tasks

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# 9 October 2027

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 10 October 2027

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## WHO NEEDS WHAT

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## DON'T FORGET

# 11 October 2027

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Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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# 12 October 2027

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# 13 October 2027

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# 14 October 2027

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# 15 October 2027

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## WHO NEEDS WHAT

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## DON'T FORGET

# 16 October 2027

Saturday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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# 17 October 2027

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 18 October 2027

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 19 October 2027

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 20 October 2027

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## WHO NEEDS WHAT

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## DON'T FORGET

# 21 October 2027

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 22 October 2027

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 23 October 2027

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 24 October 2027

Sunday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 25 October 2027

Monday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 26 October 2027

Tuesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 27 October 2027

Wednesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

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## DON'T FORGET

# 28 October 2027

Thursday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 29 October 2027

Friday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 30 October 2027

Saturday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 31 October 2027

Sunday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# November

2027

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# November money

## IN

## OUT

| | |
|---|---|
| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in

Went out

Saved

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# November review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 1–7 November

2027 · Week 44

Teams Zoom Google Meetings Tasks



First 1 2 3

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# 8–14 November

2027 · Week 45

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 15–21 November

2027 · Week 46

Teams Zoom Google Meetings Tasks



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# 22–28 November

2027 · Week 47

Teams Zoom Google Meetings Tasks



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# 1 November 2027

Monday

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## WHO NEEDS WHAT

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# 2 November 2027

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Teams Zoom Google Meetings Tasks

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# 3 November 2027

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## WHO NEEDS WHAT

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## DON'T FORGET

# 4 November 2027

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# 5 November 2027

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# 6 November 2027

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# 7 November 2027

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# 8 November 2027

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# 9 November 2027

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# 10 November 2027

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# 11 November 2027

Thursday

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# 12 November 2027

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# 13 November 2027

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# 14 November 2027

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# 15 November 2027

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# 16 November 2027

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# 19 November 2027

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# 20 November 2027

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## WHO NEEDS WHAT

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# 21 November 2027

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Teams Zoom Google Meetings Tasks



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# 23 November 2027

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# 27 November 2027

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# 30 November 2027

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Teams Zoom Google Meetings Tasks

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# December

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MATTERS

BILLS DUE

BIRTHDAYS

# December money

IN

OUT

| | |
|---|---|
| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in

Went out

Saved

Left

# December review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 29 Nov – 5 Dec

2027 · Week 48

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 6–12 December

2027 · Week 49

Teams Zoom Google Meetings Tasks

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# 13–19 December

2027 · Week 50

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 20–26 December

2027 · Week 51

Teams Zoom Google Meetings Tasks

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# 27 Dec 2027 – 2 Jan 2028

2027 · Week 52

Teams Zoom Google Meetings Tasks

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# 1 December 2027

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Teams Zoom Google Meetings Tasks

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# 2 December 2027

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Teams Zoom Google Meetings Tasks

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# 3 December 2027

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Teams Zoom Google Meetings Tasks

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Teams Zoom Google Meetings Tasks

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# 6 December 2027

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# 8 December 2027

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Teams Zoom Google Meetings Tasks



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Teams Zoom Google Meetings Tasks

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# 31 December 2027

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# 2028

Tap a month

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# Dates to remember

2028

Trips, term dates, renewals, and the days that shape the year. Birthdays have their own page.

## January

## February

## March

## April

## May

## June

## July

## August

## September

## October

## November

## December

# Quarter 1

January – March 2028

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Quarter 2

April – June 2028

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Quarter 3

July – September 2028

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Quarter 4

October – December 2028

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Money for the year

2028

A rough year is enough. Each month has its own page for the detail.

This year, money is for

| Month | In | Out | Saved | Note |
|---|---|---|---|---|
| Jan | | | | |
| Feb | | | | |
| Mar | | | | |
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| Dec | | | | |

# Savings

2028

Name up to three things you are putting money toward this year.

Name

Target

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

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Dec

# January

2028

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

27 Dec 3 Jan 10 Jan 17 Jan 24 Jan 31 Jan

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|
| 27 > | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 > | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 > | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 > | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 > | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 > | 1 | 2 | 3 | 4 | 5 | 6 |

MATTERS

BILLS DUE

BIRTHDAYS

# January money

IN

OUT

| | |
|---|---|
| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in

Went out

Saved

Left

# January review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 3–9 January

2028 · Week 01

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

First 1 2 3

Shop

MON 3

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TUE 4

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THU 6

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# 10–16 January

2028 · Week 02

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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Shop

MON 10

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TUE 11

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# 17–23 January

2028 · Week 03

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 18

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# 24–30 January

2028 · Week 04

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 25

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WED 26

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# 1 January 2028

Saturday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 2 January 2028

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 3 January 2028

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 4 January 2028

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 5 January 2028

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 6 January 2028

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 7 January 2028

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 8 January 2028

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 9 January 2028

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 10 January 2028

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 11 January 2028

Tuesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 12 January 2028

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 13 January 2028

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 14 January 2028

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 15 January 2028

Saturday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 16 January 2028

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 17 January 2028

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 18 January 2028

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 19 January 2028

Wednesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 20 January 2028

Thursday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 21 January 2028

Friday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 22 January 2028

Saturday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 23 January 2028

Sunday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 24 January 2028

Monday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 25 January 2028

Tuesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 26 January 2028

Wednesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 27 January 2028

Thursday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 28 January 2028

Friday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 29 January 2028

Saturday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 30 January 2028

Sunday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 31 January 2028

Monday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# February

2028

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# February money

IN

OUT

| | |
|---|---|
| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in

Went out

Saved

Left

# February review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 31 Jan – 6 Feb

2028 · Week 05

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 7–13 February

2028 · Week 06

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 14–20 February

2028 · Week 07

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 15

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# 21–27 February

2028 · Week 08

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 1 February 2028

Tuesday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 2 February 2028

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 3 February 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 4 February 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 5 February 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 6 February 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 7 February 2028

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 8 February 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 9 February 2028

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 10 February 2028

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 11 February 2028

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 12 February 2028

Saturday

Teams Zoom Google Meetings Tasks

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# 13 February 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 14 February 2028

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 15 February 2028

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 16 February 2028

Wednesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 17 February 2028

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# 18 February 2028

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## WHO NEEDS WHAT

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# 19 February 2028

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## WHO NEEDS WHAT

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# 20 February 2028

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# 21 February 2028

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## WHO NEEDS WHAT

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# 23 February 2028

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# 24 February 2028

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Teams Zoom Google Meetings Tasks



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# 25 February 2028

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# 26 February 2028

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# 27 February 2028

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## WHO NEEDS WHAT

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# 28 February 2028

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## WHO NEEDS WHAT

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# 29 February 2028

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## DON'T FORGET

# March

2028

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MATTERS

BILLS DUE

BIRTHDAYS

# March money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# March review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 28 Feb – 5 Mar

2028 · Week 09

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 6–12 March

2028 · Week 10

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# 13–19 March

2028 · Week 11

Teams Zoom Google Meetings Tasks

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# 20–26 March

2028 · Week 12

Teams Zoom Google Meetings Tasks



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# 27 Mar – 2 Apr

2028 · Week 13

Teams Zoom Google Meetings Tasks

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# 3 March 2028

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## WHO NEEDS WHAT

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# 4 March 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 5 March 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 6 March 2028

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## WHO NEEDS WHAT

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## DON'T FORGET

# 7 March 2028

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## WHO NEEDS WHAT

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## DON'T FORGET

# 8 March 2028

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 9 March 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 10 March 2028

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## WHO NEEDS WHAT

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## DON'T FORGET

# 11 March 2028

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 12 March 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 13 March 2028

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## WHO NEEDS WHAT

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## WHO NEEDS WHAT

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## DON'T FORGET

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## WHO NEEDS WHAT

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# 16 March 2028

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## WHO NEEDS WHAT

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# 17 March 2028

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## WHO NEEDS WHAT

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# 18 March 2028

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## WHO NEEDS WHAT

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# 19 March 2028

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## WHO NEEDS WHAT

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# 20 March 2028

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## WHO NEEDS WHAT

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# 21 March 2028

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## WHO NEEDS WHAT

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## DON'T FORGET

# 22 March 2028

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## WHO NEEDS WHAT

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## DON'T FORGET

# 23 March 2028

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## WHO NEEDS WHAT

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## DON'T FORGET

# 24 March 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 25 March 2028

Saturday

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## WHO NEEDS WHAT

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## DON'T FORGET

# 26 March 2028

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 27 March 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 28 March 2028

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 29 March 2028

Wednesday

Teams Zoom Google Meetings Tasks

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## DON'T FORGET

# 30 March 2028

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## DON'T FORGET

# 31 March 2028

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# April

2028

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MATTERS

BILLS DUE

BIRTHDAYS

# April money

IN

OUT

| | |
|---|---|
| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in

Went out

Saved

Left

# April review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 3–9 April

2028 · Week 14

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

First 1 2 3

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# 10–16 April

2028 · Week 15

Teams Zoom Google Meetings Tasks

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TUE 11

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# 17–23 April

2028 · Week 16

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 18

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# 24–30 April

2028 · Week 17

Teams Zoom Google Meetings Tasks

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WED 26

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# 1 April 2028

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 2 April 2028

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 3 April 2028

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 4 April 2028

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# May

2028

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MATTERS

BILLS DUE

BIRTHDAYS

# May money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# May review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 1–7 May

2028 · Week 18

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 8–14 May

2028 · Week 19

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# 15–21 May

2028 · Week 20

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2028 · Week 21

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2028 · Week 22

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# 27 May 2028

Saturday

Teams | Zoom | Google | Meetings | Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 28 May 2028

Sunday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 29 May 2028

Monday

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## WHO NEEDS WHAT

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# 30 May 2028

Tuesday

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## WHO NEEDS WHAT

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# 31 May 2028

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# June

2028

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MATTERS

BILLS DUE

BIRTHDAYS

# June money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# June review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 5–11 June

2028 · Week 23

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 12–18 June

2028 · Week 24

Teams Zoom Google Meetings Tasks

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# 19–25 June

2028 · Week 25

Teams Zoom Google Meetings Tasks

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# 26 Jun – 2 Jul

2028 · Week 26

Teams Zoom Google Meetings Tasks

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# 1 June 2028

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# 3 June 2028

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# 8 June 2028

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# 9 June 2028

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Teams Zoom Google Meetings Tasks

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# 10 June 2028

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Teams Zoom Google Meetings Tasks

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# 11 June 2028

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## WHO NEEDS WHAT

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## DON'T FORGET

# 12 June 2028

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# 13 June 2028

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## DON'T FORGET

# 14 June 2028

Wednesday

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# 15 June 2028

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 16 June 2028

Friday

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 17 June 2028

Saturday

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 18 June 2028

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 19 June 2028

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## WHO NEEDS WHAT

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## DON'T FORGET

# 20 June 2028

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## WHO NEEDS WHAT

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## DON'T FORGET

# 21 June 2028

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 22 June 2028

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 23 June 2028

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 24 June 2028

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 25 June 2028

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## WHO NEEDS WHAT

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## DON'T FORGET

# 26 June 2028

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 27 June 2028

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 28 June 2028

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 29 June 2028

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 30 June 2028

Friday

Teams Zoom Google Meetings Tasks

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## DON'T FORGET

# July

2028

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# July money

## IN

## OUT

| | |
|---|---|
| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in _____ Went out _____

Saved _____ Left _____

# July review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 3–9 July

2028 · Week 27

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 10–16 July

2028 · Week 28

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 17–23 July

2028 · Week 29

Teams Zoom Google Meetings Tasks

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# 24–30 July

2028 · Week 30

Teams Zoom Google Meetings Tasks

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# 1 July 2028

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 2 July 2028

Sunday

Teams Zoom Google Meetings Tasks

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## DON'T FORGET

# 3 July 2028

Monday

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## WHO NEEDS WHAT

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## DON'T FORGET

# 4 July 2028

Tuesday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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## DON'T FORGET

# 5 July 2028

Wednesday

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# 6 July 2028

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## DON'T FORGET

# 7 July 2028

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## DON'T FORGET

# 8 July 2028

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# 9 July 2028

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# 10 July 2028

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## WHO NEEDS WHAT

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## DON'T FORGET

# 11 July 2028

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## WHO NEEDS WHAT

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## DON'T FORGET

# 12 July 2028

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## WHO NEEDS WHAT

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# 13 July 2028

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## WHO NEEDS WHAT

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## DON'T FORGET

# 14 July 2028

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 15 July 2028

Saturday

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# 16 July 2028

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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# 17 July 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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# 18 July 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 19 July 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 20 July 2028

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Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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# 21 July 2028

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Teams Zoom Google Meetings Tasks

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# 22 July 2028

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Teams Zoom Google Meetings Tasks

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# 23 July 2028

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Teams Zoom Google Meetings Tasks

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# 24 July 2028

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Teams Zoom Google Meetings Tasks

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# 25 July 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 26 July 2028

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Teams Zoom Google Meetings Tasks

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# 27 July 2028

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Teams Zoom Google Meetings Tasks

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# 28 July 2028

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Teams Zoom Google Meetings Tasks

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# 29 July 2028

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## WHO NEEDS WHAT

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# 30 July 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 31 July 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# August

2028

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# August money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# August review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 31 Jul – 6 Aug

2028 · Week 31

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

First 1 2 3

Shop

MON 31

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TUE 1

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# 7–13 August

2028 · Week 32

Teams Zoom Google Meetings Tasks



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# 14–20 August

2028 · Week 33

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 15

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# 21–27 August

2028 · Week 34

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 22

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# 28 Aug – 3 Sep

2028 · Week 35

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# 1 August 2028

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## WHO NEEDS WHAT

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 3 August 2028

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Teams Zoom Google Meetings Tasks

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# 4 August 2028

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# 5 August 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 6 August 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 7 August 2028

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Teams Zoom Google Meetings Tasks

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# 8 August 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 9 August 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 11 August 2028

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 12 August 2028

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 13 August 2028

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## WHO NEEDS WHAT

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# 14 August 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 15 August 2028

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## WHO NEEDS WHAT

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# 16 August 2028

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## WHO NEEDS WHAT

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# 17 August 2028

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## WHO NEEDS WHAT

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# 18 August 2028

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# 19 August 2028

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## WHO NEEDS WHAT

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# 20 August 2028

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# 21 August 2028

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## WHO NEEDS WHAT

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# 22 August 2028

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## WHO NEEDS WHAT

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# 23 August 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 24 August 2028

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Teams Zoom Google Meetings Tasks

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# 25 August 2028

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Teams Zoom Google Meetings Tasks

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# 26 August 2028

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# 27 August 2028

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# 28 August 2028

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Teams Zoom Google Meetings Tasks

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# 29 August 2028

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Teams Zoom Google Meetings Tasks

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# 30 August 2028

Wednesday

Teams Zoom Google Meetings Tasks

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## DON'T FORGET

# 31 August 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# September

2028

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MATTERS

BILLS DUE

BIRTHDAYS

# September money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# September review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 4–10 September

2028 · Week 36

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

First 1 2 3

Shop

MON 4

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TUE 5

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WED 6

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# 11–17 September

2028 · Week 37

Teams Zoom Google Meetings Tasks

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TUE 12

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WED 13

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# 18–24 September

2028 · Week 38

Teams Zoom Google Meetings Tasks

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# 25 Sep – 1 Oct

2028 · Week 39

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2028

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| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in

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# October review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 2–8 October

2028 · Week 40

Teams Zoom Google Meetings Tasks



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# 9–15 October

2028 · Week 41

Teams Zoom Google Meetings Tasks



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2028 · Week 42

Teams Zoom Google Meetings Tasks



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2028 · Week 43

Teams Zoom Google Meetings Tasks



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# 25 October 2028

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 26 October 2028

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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# 27 October 2028

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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# 28 October 2028

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 29 October 2028

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 30 October 2028

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 31 October 2028

Tuesday

Teams Zoom Google Meetings Tasks

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## DON'T FORGET

# November

2028

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MATTERS

BILLS DUE

BIRTHDAYS

# November money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# November review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 30 Oct – 5 Nov

2028 · Week 44

Teams Zoom Google Meetings Tasks



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# 6–12 November

2028 · Week 45

Teams Zoom Google Meetings Tasks



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# 13–19 November

2028 · Week 46

Teams Zoom Google Meetings Tasks



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# 20–26 November

2028 · Week 47

Teams Zoom Google Meetings Tasks



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# 27 Nov – 3 Dec

2028 · Week 48

Teams Zoom Google Meetings Tasks

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# 3 November 2028

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# 4 November 2028

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# 5 November 2028

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# 6 November 2028

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# 7 November 2028

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# 8 November 2028

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## WHO NEEDS WHAT

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# 9 November 2028

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## WHO NEEDS WHAT

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# 10 November 2028

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## WHO NEEDS WHAT

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## DON'T FORGET

# 11 November 2028

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## WHO NEEDS WHAT

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# 12 November 2028

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 13 November 2028

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 14 November 2028

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 15 November 2028

Wednesday

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 16 November 2028

Thursday

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 17 November 2028

Friday

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 18 November 2028

Saturday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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## DON'T FORGET

# 19 November 2028

Sunday

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 20 November 2028

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## WHO NEEDS WHAT

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## DON'T FORGET

# 21 November 2028

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## WHO NEEDS WHAT

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## DON'T FORGET

# 22 November 2028

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 23 November 2028

Thursday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 24 November 2028

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 25 November 2028

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 26 November 2028

Sunday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 27 November 2028

Monday

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 28 November 2028

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 29 November 2028

Wednesday

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 30 November 2028

Thursday

Teams Zoom Google Meetings Tasks



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## MEALS

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## DON'T FORGET

# December

2028

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MATTERS

BILLS DUE

BIRTHDAYS

# December money

IN

OUT

| | |
|---|---|
| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in

Went out

Saved

Left

# December review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 4–10 December

2028 · Week 49

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

First 1 2 3

Shop

MON 4

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TUE 5

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WED 6

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# 11–17 December

2028 · Week 50

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

First 1 2 3

Shop

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TUE 12

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# 18–24 December

2028 · Week 51

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 19

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# 25–31 December

2028 · Week 52

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 26

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# 1 December 2028

Friday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 2 December 2028

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 3 December 2028

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 4 December 2028

Monday

Teams Zoom Google Meetings Tasks



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## DON'T FORGET

# 5 December 2028

Tuesday

Teams Zoom Google Meetings Tasks

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# 6 December 2028

Wednesday

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## WHO NEEDS WHAT

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## DON'T FORGET

# 7 December 2028

Thursday

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## WHO NEEDS WHAT

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## DON'T FORGET

# 8 December 2028

Friday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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## DON'T FORGET

# 9 December 2028

Saturday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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## DON'T FORGET

# 10 December 2028

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 11 December 2028

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 12 December 2028

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 13 December 2028

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 14 December 2028

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 15 December 2028

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## WHO NEEDS WHAT

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# 16 December 2028

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 17 December 2028

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## WHO NEEDS WHAT

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# 18 December 2028

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# 27 December 2028

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# 28 December 2028

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# 30 December 2028

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# 31 December 2028

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# 2029

Tap a month

## January

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## February

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## March

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## April

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## May

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## June

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## July

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## August

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## September

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## October

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## November

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## December

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| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

# Dates to remember

2029

Trips, term dates, renewals, and the days that shape the year. Birthdays have their own page.

## January

## February

## March

## April

## May

## June

## July

## August

## September

## October

## November

## December

# Quarter 1

January – March 2029

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Quarter 2

April – June 2029

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Quarter 3

July – September 2029

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Quarter 4

October – December 2029

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Money for the year

2029

A rough year is enough. Each month has its own page for the detail.

This year, money is for

| Month | In | Out | Saved | Note |
|---|---|---|---|---|
| Jan | | | | |
| Feb | | | | |
| Mar | | | | |
| Apr | | | | |
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# Savings

2029

Name up to three things you are putting money toward this year.

| | | | |
|---|---|---|---|
| Name | | | |
| Target | | | |

Jan

Feb

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# January

2029

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# January money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# January review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 1–7 January

2029 · Week 01

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 8–14 January

2029 · Week 02

Teams Zoom Google Meetings Tasks

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# 15–21 January

2029 · Week 03

Teams Zoom Google Meetings Tasks

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# 22–28 January

2029 · Week 04

Teams Zoom Google Meetings Tasks

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# 29 Jan – 4 Feb

2029 · Week 05

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 22 January 2029

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 23 January 2029

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 24 January 2029

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 25 January 2029

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 26 January 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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# 27 January 2029

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 28 January 2029

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 29 January 2029

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## WHO NEEDS WHAT

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# 30 January 2029

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## WHO NEEDS WHAT

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# 31 January 2029

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## DON'T FORGET

# February

2029

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MATTERS

BILLS DUE

BIRTHDAYS

# February money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# February review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 5–11 February

2029 · Week 06

Teams Zoom Google Meetings Tasks



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# 12–18 February

2029 · Week 07

Teams Zoom Google Meetings Tasks

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# 19–25 February

2029 · Week 08

Teams Zoom Google Meetings Tasks



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2029 · Week 09

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# 3 February 2029

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## DON'T FORGET

# 4 February 2029

Sunday

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## DON'T FORGET

# 5 February 2029

Monday

Teams Zoom Google Meetings Tasks



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# 6 February 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 7 February 2029

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Teams Zoom Google Meetings Tasks

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# 8 February 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 9 February 2029

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## WHO NEEDS WHAT

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# 10 February 2029

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## WHO NEEDS WHAT

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# 11 February 2029

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## WHO NEEDS WHAT

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## DON'T FORGET

# 12 February 2029

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## WHO NEEDS WHAT

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# 13 February 2029

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## WHO NEEDS WHAT

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## DON'T FORGET

# 14 February 2029

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 15 February 2029

Thursday

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 16 February 2029

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 17 February 2029

Saturday

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 18 February 2029

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 19 February 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 20 February 2029

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 21 February 2029

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 22 February 2029

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 23 February 2029

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 24 February 2029

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 25 February 2029

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 26 February 2029

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 27 February 2029

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Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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## DON'T FORGET

# 28 February 2029

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# March

2029

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MATTERS

BILLS DUE

BIRTHDAYS

# March money

## IN

## OUT

| | |
|---|---|
| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in

Went out

Saved

Left

# March review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 5–11 March

2029 · Week 10

Teams Zoom Google Meetings Tasks



First 1 2 3

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# 12–18 March

2029 · Week 11

Teams Zoom Google Meetings Tasks

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# 19–25 March

2029 · Week 12

Teams Zoom Google Meetings Tasks

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# 26 Mar – 1 Apr

2029 · Week 13

Teams Zoom Google Meetings Tasks

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# 1 March 2029

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 2 March 2029

Friday

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# 3 March 2029

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 4 March 2029

Sunday

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## WHO NEEDS WHAT

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# 5 March 2029

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## WHO NEEDS WHAT

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# 6 March 2029

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## WHO NEEDS WHAT

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## DON'T FORGET

# 7 March 2029

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## DON'T FORGET

# 8 March 2029

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## WHO NEEDS WHAT

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## DON'T FORGET

# 9 March 2029

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## WHO NEEDS WHAT

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## DON'T FORGET

# 10 March 2029

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 11 March 2029

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## WHO NEEDS WHAT

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## DON'T FORGET

# 12 March 2029

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## WHO NEEDS WHAT

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## DON'T FORGET

# 13 March 2029

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## WHO NEEDS WHAT

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# 14 March 2029

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## WHO NEEDS WHAT

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# 17 March 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 18 March 2029

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# 19 March 2029

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# 23 March 2029

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Teams Zoom Google Meetings Tasks

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# 24 March 2029

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Teams Zoom Google Meetings Tasks

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# 25 March 2029

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## WHO NEEDS WHAT

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# 26 March 2029

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# 27 March 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 28 March 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 29 March 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 30 March 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 31 March 2029

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# April

2029

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# April money

IN

OUT

| | |
|---|---|
| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in

Went out

Saved

Left

# April review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 2–8 April

2029 · Week 14

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 9–15 April

2029 · Week 15

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 16–22 April

2029 · Week 16

Teams Zoom Google Meetings Tasks



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# 23–29 April

2029 · Week 17

Teams Zoom Google Meetings Tasks

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# 1 April 2029

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## WHO NEEDS WHAT

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## DON'T FORGET

# 2 April 2029

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 3 April 2029

Tuesday

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## WHO NEEDS WHAT

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## WHO NEEDS WHAT

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# 5 April 2029

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## WHO NEEDS WHAT

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# 6 April 2029

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## WHO NEEDS WHAT

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# 7 April 2029

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## WHO NEEDS WHAT

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## DON'T FORGET

# 9 April 2029

Monday

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# 11 April 2029

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## WHO NEEDS WHAT

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# 12 April 2029

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Teams Zoom Google Meetings Tasks

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# 14 April 2029

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## WHO NEEDS WHAT

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# 16 April 2029

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# 17 April 2029

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# 23 April 2029

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# 24 April 2029

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# 25 April 2029

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# 26 April 2029

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# 27 April 2029

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# 28 April 2029

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# 29 April 2029

Sunday

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## DON'T FORGET

# 30 April 2029

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Teams Zoom Google Meetings Tasks

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## DON'T FORGET

# May

2029

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MATTERS

BILLS DUE

BIRTHDAYS

# May money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# May review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 30 Apr – 6 May

2029 · Week 18

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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Shop

MON 30

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WED 2

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# 7–13 May

2029 · Week 19

Teams Zoom Google Meetings Tasks

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# 14–20 May

2029 · Week 20

Teams Zoom Google Meetings Tasks

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# 21–27 May

2029 · Week 21

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# 28 May – 3 Jun

2029 · Week 22

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# 1 May 2029

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# 2 May 2029

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# June

2029

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MATTERS

BILLS DUE

BIRTHDAYS

# June money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

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# June review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 4–10 June

2029 · Week 23

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# 11–17 June

2029 · Week 24

Teams Zoom Google Meetings Tasks

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2029 · Week 25

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2029 · Week 26

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 22 June 2029

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## WHO NEEDS WHAT

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## DON'T FORGET

# 23 June 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 24 June 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 25 June 2029

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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# 26 June 2029

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Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 27 June 2029

Wednesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 28 June 2029

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 29 June 2029

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## WHO NEEDS WHAT

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# 30 June 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# July

2029

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MATTERS

BILLS DUE

BIRTHDAYS

# July money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# July review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 2–8 July

2029 · Week 27

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 9–15 July

2029 · Week 28

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 16–22 July

2029 · Week 29

Teams Zoom Google Meetings Tasks

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# 23–29 July

2029 · Week 30

Teams Zoom Google Meetings Tasks

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# 1 July 2029

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# 2 July 2029

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## DON'T FORGET

# 3 July 2029

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# 4 July 2029

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# 5 July 2029

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## WHO NEEDS WHAT

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# 6 July 2029

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## WHO NEEDS WHAT

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## DON'T FORGET

# 7 July 2029

Saturday

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## WHO NEEDS WHAT

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## DON'T FORGET

# 8 July 2029

Sunday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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## DON'T FORGET

# 9 July 2029

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 10 July 2029

Tuesday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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# 11 July 2029

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 12 July 2029

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 13 July 2029

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 14 July 2029

Saturday

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 15 July 2029

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 16 July 2029

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 17 July 2029

Tuesday

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 18 July 2029

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 19 July 2029

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 20 July 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 21 July 2029

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 22 July 2029

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 23 July 2029

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 24 July 2029

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 25 July 2029

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 26 July 2029

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 27 July 2029

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 28 July 2029

Saturday

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 29 July 2029

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 30 July 2029

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 31 July 2029

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# August

2029

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# August money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# August review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 30 Jul – 5 Aug

2029 · Week 31

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

First 1 2 3

Shop

MON 30

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# 6–12 August

2029 · Week 32

Teams Zoom Google Meetings Tasks

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# 13–19 August

2029 · Week 33

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 14

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# 20–26 August

2029 · Week 34

Teams Zoom Google Meetings Tasks



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# 27 Aug – 2 Sep

2029 · Week 35

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 1 August 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 2 August 2029

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 3 August 2029

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 4 August 2029

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 5 August 2029

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## WHO NEEDS WHAT

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## DON'T FORGET

# 6 August 2029

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 7 August 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 8 August 2029

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 9 August 2029

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# September

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MATTERS

BILLS DUE

BIRTHDAYS

# September money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# September review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 3–9 September

2029 · Week 36

Teams Zoom Google Meetings Tasks



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Shop

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TUE 4

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THU 6

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# 10–16 September

2029 · Week 37

Teams Zoom Google Meetings Tasks

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# 17–23 September

2029 · Week 38

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# 24–30 September

2029 · Week 39

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MATTERS

BILLS DUE

BIRTHDAYS

# October money

## IN

## OUT

| | |
|---|---|
| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in

Went out

Saved

Left

# October review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 1–7 October

2029 · Week 40

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

First 1 2 3

Shop

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# 8–14 October

2029 · Week 41

Teams Zoom Google Meetings Tasks



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# 15–21 October

2029 · Week 42

Teams Zoom Google Meetings Tasks



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# 22–28 October

2029 · Week 43

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 29 Oct – 4 Nov

2029 · Week 44

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 1 October 2029

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 2 October 2029

Tuesday

Teams Zoom Google Meetings Tasks

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# 3 October 2029

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Teams Zoom Google Meetings Tasks

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# 4 October 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 5 October 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 6 October 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 7 October 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 8 October 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 9 October 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 10 October 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 11 October 2029

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 12 October 2029

Friday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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## DON'T FORGET

# 13 October 2029

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 14 October 2029

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 15 October 2029

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 16 October 2029

Tuesday

Teams Zoom Google Meetings Tasks



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## DON'T FORGET

# 17 October 2029

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 18 October 2029

Thursday

Teams Zoom Google Meetings Tasks



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## DON'T FORGET

# 19 October 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 20 October 2029

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 21 October 2029

Sunday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

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## DON'T FORGET

# 22 October 2029

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 23 October 2029

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 24 October 2029

Wednesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 25 October 2029

Thursday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 26 October 2029

Friday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 27 October 2029

Saturday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

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## DON'T FORGET

# 28 October 2029

Sunday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 29 October 2029

Monday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 30 October 2029

Tuesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 31 October 2029

Wednesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# November

2029

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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MATTERS

BILLS DUE

BIRTHDAYS

# November money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# November review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 5–11 November

2029 · Week 45

Teams Zoom Google Meetings Tasks



First 1 2 3

Shop

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# 12–18 November

2029 · Week 46

Teams Zoom Google Meetings Tasks



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# 19–25 November

2029 · Week 47

Teams Zoom Google Meetings Tasks



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# 26 Nov – 2 Dec

2029 · Week 48

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 1 November 2029

Thursday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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# 2 November 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 3 November 2029

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 4 November 2029

Sunday

Teams Zoom Google Meetings Tasks

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# 5 November 2029

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## WHO NEEDS WHAT

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# 6 November 2029

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## WHO NEEDS WHAT

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# 7 November 2029

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# 8 November 2029

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# 9 November 2029

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# 10 November 2029

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# 11 November 2029

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# 12 November 2029

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# 13 November 2029

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# 14 November 2029

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## DON'T FORGET

# 15 November 2029

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## DON'T FORGET

# 16 November 2029

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# 17 November 2029

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## WHO NEEDS WHAT

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# 18 November 2029

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## WHO NEEDS WHAT

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## DON'T FORGET

# 19 November 2029

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## WHO NEEDS WHAT

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# 20 November 2029

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# December

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MATTERS

BILLS DUE

BIRTHDAYS

# December money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# December review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 3–9 December

2029 · Week 49

Teams Zoom Google Meetings Tasks



First 1 2 3

Shop

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# 10–16 December

2029 · Week 50

Teams Zoom Google Meetings Tasks

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# 17–23 December

2029 · Week 51

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# 24–30 December

2029 · Week 52

Teams Zoom Google Meetings Tasks

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Tap a month

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# Dates to remember

2030

Trips, term dates, renewals, and the days that shape the year. Birthdays have their own page.

## January

## February

## March

## April

## May

## June

## July

## August

## September

## October

## November

## December

# Quarter 1

January – March 2030

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Quarter 2

April – June 2030

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Quarter 3

July – September 2030

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Quarter 4

October – December 2030

## ON THE CALENDAR

## SCHOOL AND CARE

## MONEY

## HOME AND TRIPS

# Money for the year

2030

A rough year is enough. Each month has its own page for the detail.

This year, money is for

| Month | In | Out | Saved | Note |
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| Mar | | | | |
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| Nov | | | | |
| Dec | | | | |

# Savings

2030

Name up to three things you are putting money toward this year.

| | | | |
|---|---|---|---|
| Name | | | |
| Target | | | |

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

# January

2030

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

31 Dec 7 Jan 14 Jan 21 Jan 28 Jan

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| 7 > | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 > | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 > | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 > | 29 | 30 | 31 | 1 | 2 | 3 |

MATTERS

BILLS DUE

BIRTHDAYS

# January money

## IN

## OUT

| | |
|---|---|
| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in

Went out

Saved

Left

# January review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 31 Dec 2029 – 6 Jan 2030

2030 · Week 01

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

First 1 2 3

Shop

MON 31

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TUE 1

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WED 2

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# 7–13 January

2030 · Week 02

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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Shop

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TUE 8

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# 14–20 January

2030 · Week 03

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 15

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# 21–27 January

2030 · Week 04

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 28 Jan – 3 Feb

2030 · Week 05

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 1 January 2030

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 2 January 2030

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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# 3 January 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 4 January 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 5 January 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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# 6 January 2030

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 7 January 2030

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 8 January 2030

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 9 January 2030

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 10 January 2030

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 11 January 2030

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 12 January 2030

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 13 January 2030

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 14 January 2030

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 15 January 2030

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 16 January 2030

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 17 January 2030

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 18 January 2030

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 19 January 2030

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 20 January 2030

Sunday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 21 January 2030

Monday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 22 January 2030

Tuesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 23 January 2030

Wednesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 24 January 2030

Thursday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 25 January 2030

Friday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 26 January 2030

Saturday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 27 January 2030

Sunday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 28 January 2030

Monday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 29 January 2030

Tuesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 30 January 2030

Wednesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 31 January 2030

Thursday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# February

2030

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# February money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# February review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 4–10 February

2030 · Week 06

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 11–17 February

2030 · Week 07

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 12

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# 18–24 February

2030 · Week 08

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 25 Feb – 3 Mar

2030 · Week 09

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 1 February 2030

Friday

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## WHO NEEDS WHAT

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## DON'T FORGET

# 2 February 2030

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 3 February 2030

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 4 February 2030

Monday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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# 5 February 2030

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 6 February 2030

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## MEALS

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## DON'T FORGET

# 7 February 2030

Thursday

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## WHO NEEDS WHAT

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# 8 February 2030

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## WHO NEEDS WHAT

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## DON'T FORGET

# 9 February 2030

Saturday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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## DON'T FORGET

# 10 February 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 11 February 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 12 February 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 13 February 2030

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 14 February 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 15 February 2030

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 16 February 2030

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 17 February 2030

Sunday

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## WHO NEEDS WHAT

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# 18 February 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 19 February 2030

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# 20 February 2030

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# 21 February 2030

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## WHO NEEDS WHAT

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# 22 February 2030

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 23 February 2030

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# 24 February 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 25 February 2030

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## WHO NEEDS WHAT

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## DON'T FORGET

# 26 February 2030

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 27 February 2030

Wednesday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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## DON'T FORGET

# 28 February 2030

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# March

2030

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MATTERS

BILLS DUE

BIRTHDAYS

# March money

IN

OUT

| | |
|---|---|
| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in

Went out

Saved

Left

# March review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 4–10 March

2030 · Week 10

Teams Zoom Google Meetings Tasks



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# 11–17 March

2030 · Week 11

Teams Zoom Google Meetings Tasks



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# 18–24 March

2030 · Week 12

Teams Zoom Google Meetings Tasks

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# 25–31 March

2030 · Week 13

Teams Zoom Google Meetings Tasks

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# 1 March 2030

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## WHO NEEDS WHAT

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## WHO NEEDS WHAT

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## WHO NEEDS WHAT

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# 4 March 2030

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## WHO NEEDS WHAT

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# 7 March 2030

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## WHO NEEDS WHAT

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# 8 March 2030

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## WHO NEEDS WHAT

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# 9 March 2030

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## WHO NEEDS WHAT

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# 10 March 2030

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## WHO NEEDS WHAT

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# 11 March 2030

Monday

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## WHO NEEDS WHAT

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# 12 March 2030

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## WHO NEEDS WHAT

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# 13 March 2030

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# 14 March 2030

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## WHO NEEDS WHAT

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## DON'T FORGET

# 15 March 2030

Friday

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## WHO NEEDS WHAT

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# 16 March 2030

Saturday

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# 17 March 2030

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# 18 March 2030

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# 19 March 2030

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# 20 March 2030

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## WHO NEEDS WHAT

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# 22 March 2030

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## WHO NEEDS WHAT

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## DON'T FORGET

# 23 March 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 24 March 2030

Sunday

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## WHO NEEDS WHAT

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# 25 March 2030

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## WHO NEEDS WHAT

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# 26 March 2030

Tuesday

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## WHO NEEDS WHAT

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## DON'T FORGET

# 27 March 2030

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## WHO NEEDS WHAT

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# 28 March 2030

Thursday

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## WHO NEEDS WHAT

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# 29 March 2030

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 30 March 2030

Saturday

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 31 March 2030

Sunday

Teams Zoom Google Meetings Tasks

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## DON'T FORGET

# April

2030

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MATTERS

BILLS DUE

BIRTHDAYS

# April money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# April review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 1–7 April

2030 · Week 14

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 8–14 April

2030 · Week 15

Teams Zoom Google Meetings Tasks

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TUE 9

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# 15–21 April

2030 · Week 16

Teams Zoom Google Meetings Tasks

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# 22–28 April

2030 · Week 17

Teams Zoom Google Meetings Tasks



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# 1 April 2030

Monday

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## DON'T FORGET

# 2 April 2030

Tuesday

Teams Zoom Google Meetings Tasks

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## DON'T FORGET

# 3 April 2030

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## WHO NEEDS WHAT

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## DON'T FORGET

# 4 April 2030

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## WHO NEEDS WHAT

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## DON'T FORGET

# 5 April 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 6 April 2030

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 7 April 2030

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2030

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MATTERS

BILLS DUE

BIRTHDAYS

# May money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# May review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 29 Apr – 5 May

2030 · Week 18

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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Shop

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# 6–12 May

2030 · Week 19

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# 20–26 May

2030 · Week 21

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2030 · Week 22

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 31 May 2030

Friday

Teams Zoom Google Meetings Tasks

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WHO NEEDS WHAT

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# June

2030

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| 24 > | 25 | 26 | 27 | 28 | 29 | 30 |

MATTERS

BILLS DUE

BIRTHDAYS

# June money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# June review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 3–9 June

2030 · Week 23

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 10–16 June

2030 · Week 24

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 17–23 June

2030 · Week 25

Teams Zoom Google Meetings Tasks

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# 24–30 June

2030 · Week 26

Teams Zoom Google Meetings Tasks

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# 1 June 2030

Saturday

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## WHO NEEDS WHAT

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# 2 June 2030

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# 3 June 2030

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# 7 June 2030

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# 8 June 2030

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# 9 June 2030

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# 10 June 2030

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# 11 June 2030

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# 12 June 2030

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# 13 June 2030

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Teams Zoom Google Meetings Tasks

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# 14 June 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 15 June 2030

Saturday

Teams Zoom Google Meetings Tasks

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# 16 June 2030

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## DON'T FORGET

# 17 June 2030

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 18 June 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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# 19 June 2030

Wednesday

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 20 June 2030

Thursday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 21 June 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 22 June 2030

Saturday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 23 June 2030

Sunday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 24 June 2030

Monday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 25 June 2030

Tuesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 26 June 2030

Wednesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 27 June 2030

Thursday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 28 June 2030

Friday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 29 June 2030

Saturday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 30 June 2030

Sunday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# July

2030

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# July money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# July review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 1–7 July

2030 · Week 27

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 8–14 July

2030 · Week 28

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 15–21 July

2030 · Week 29

Teams Zoom Google Meetings Tasks



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# 22–28 July

2030 · Week 30

Teams Zoom Google Meetings Tasks



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# 29 Jul – 4 Aug

2030 · Week 31

Teams Zoom Google Meetings Tasks

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# 1 July 2030

Monday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 2 July 2030

Tuesday

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## WHO NEEDS WHAT

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# 3 July 2030

Wednesday

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## WHO NEEDS WHAT

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# 4 July 2030

Thursday

Teams Zoom Google Meetings Tasks

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# 5 July 2030

Friday

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## WHO NEEDS WHAT

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# 6 July 2030

Saturday

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## WHO NEEDS WHAT

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## DON'T FORGET

# 7 July 2030

Sunday

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## WHO NEEDS WHAT

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# 8 July 2030

Monday

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# 9 July 2030

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# 10 July 2030

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# 11 July 2030

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# 12 July 2030

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# 13 July 2030

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# 14 July 2030

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# 15 July 2030

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## WHO NEEDS WHAT

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## DON'T FORGET

# 16 July 2030

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## WHO NEEDS WHAT

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# 17 July 2030

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# 18 July 2030

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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# 19 July 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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# 20 July 2030

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## WHO NEEDS WHAT

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# 21 July 2030

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# 22 July 2030

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## WHO NEEDS WHAT

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# 23 July 2030

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## WHO NEEDS WHAT

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# 24 July 2030

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## WHO NEEDS WHAT

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# 25 July 2030

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# 26 July 2030

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## WHO NEEDS WHAT

## MEALS

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# 27 July 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 28 July 2030

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## WHO NEEDS WHAT

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# 30 July 2030

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# 31 July 2030

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## WHO NEEDS WHAT

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## DON'T FORGET

# August

2030

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MATTERS

BILLS DUE

BIRTHDAYS

# August money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# August review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 5–11 August

2030 · Week 32

Teams Zoom Google Meetings Tasks



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TUE 6

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WED 7

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# 12–18 August

2030 · Week 33

Teams Zoom Google Meetings Tasks



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WED 14

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# 19–25 August

2030 · Week 34

Teams Zoom Google Meetings Tasks



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2030 · Week 35

Teams Zoom Google Meetings Tasks

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# 1 August 2030

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## WHO NEEDS WHAT

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## DON'T FORGET

# 3 August 2030

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## WHO NEEDS WHAT

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# 4 August 2030

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# 5 August 2030

Monday

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# 6 August 2030

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## WHO NEEDS WHAT

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# 7 August 2030

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## WHO NEEDS WHAT

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# 8 August 2030

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## WHO NEEDS WHAT

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## DON'T FORGET

# 9 August 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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# 10 August 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 11 August 2030

Sunday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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# 12 August 2030

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## WHO NEEDS WHAT

## MEALS

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# 13 August 2030

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# 14 August 2030

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## WHO NEEDS WHAT

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## DON'T FORGET

# 15 August 2030

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## WHO NEEDS WHAT

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## DON'T FORGET

# 16 August 2030

Friday

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 17 August 2030

Saturday

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## WHO NEEDS WHAT

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# 18 August 2030

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## WHO NEEDS WHAT

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# 19 August 2030

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 20 August 2030

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## WHO NEEDS WHAT

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# 21 August 2030

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## WHO NEEDS WHAT

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# 22 August 2030

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## WHO NEEDS WHAT

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# 23 August 2030

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## WHO NEEDS WHAT

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## DON'T FORGET

# 24 August 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 25 August 2030

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 26 August 2030

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 27 August 2030

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 28 August 2030

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 29 August 2030

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 30 August 2030

Friday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 31 August 2030

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# September

2030

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# September money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# September review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 2–8 September

2030 · Week 36

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 9–15 September

2030 · Week 37

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 10

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# 16–22 September

2030 · Week 38

Teams Zoom Google Meetings Tasks



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# 23–29 September

2030 · Week 39

Teams Zoom Google Meetings Tasks

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# 1 September 2030

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 2 September 2030

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## WHO NEEDS WHAT

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## DON'T FORGET

# 3 September 2030

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## WHO NEEDS WHAT

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## DON'T FORGET

# 4 September 2030

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 5 September 2030

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MATTERS

BILLS DUE

BIRTHDAYS

# October money

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## OUT

| | |
|---|---|
| Housing | |
| Groceries | |
| Utilities | |
| Transport | |
| School and care | |
| Health | |
| Insurance | |
| Subscriptions | |
| Going out | |
| Other | |

Came in

Went out

Saved

Left

# October review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 30 Sep – 6 Oct

2030 · Week 40

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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Shop

MON 30

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SAT 5

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# 7–13 October

2030 · Week 41

Teams Zoom Google Meetings Tasks



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# 14–20 October

2030 · Week 42

Teams Zoom Google Meetings Tasks



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TUE 15

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WED 16

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# 21–27 October

2030 · Week 43

Teams Zoom Google Meetings Tasks



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# 28 Oct – 3 Nov

2030 · Week 44

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 31 October 2030

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# November

2030

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# November money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# November review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 4–10 November

2030 · Week 45

Teams Zoom Google Meetings Tasks



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# 11–17 November

2030 · Week 46

Teams Zoom Google Meetings Tasks



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# 18–24 November

2030 · Week 47

Teams Zoom Google Meetings Tasks



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# 25 Nov – 1 Dec

2030 · Week 48

Teams Zoom Google Meetings Tasks



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# 1 November 2030

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## WHO NEEDS WHAT

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## DON'T FORGET

# 2 November 2030

Saturday

Teams Zoom Google Meetings Tasks



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# 3 November 2030

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Teams Zoom Google Meetings Tasks



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# 4 November 2030

Monday

Teams Zoom Google Meetings Tasks



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# 5 November 2030

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Teams Zoom Google Meetings Tasks

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## DON'T FORGET

# 6 November 2030

Wednesday

Teams Zoom Google Meetings Tasks



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# 7 November 2030

Thursday

Teams Zoom Google Meetings Tasks

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# 8 November 2030

Friday

Teams Zoom Google Meetings Tasks



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# 9 November 2030

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 10 November 2030

Sunday

Teams Zoom Google Meetings Tasks



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## DON'T FORGET

# 11 November 2030

Monday

Teams Zoom Google Meetings Tasks



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# 12 November 2030

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Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 13 November 2030

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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# 14 November 2030

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 15 November 2030

Friday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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## DON'T FORGET

# 16 November 2030

Saturday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 17 November 2030

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 18 November 2030

Monday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

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## DON'T FORGET

# 19 November 2030

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 20 November 2030

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 21 November 2030

Thursday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 22 November 2030

Friday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 23 November 2030

Saturday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 24 November 2030

Sunday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 25 November 2030

Monday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 26 November 2030

Tuesday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 27 November 2030

Wednesday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 28 November 2030

Thursday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 29 November 2030

Friday

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 30 November 2030

Saturday

Teams Zoom Google Meetings Tasks



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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# December

2030

Teams Zoom Google Meetings Tasks

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MATTERS

BILLS DUE

BIRTHDAYS

# December money

## IN

## OUT

Housing

Groceries

Utilities

Transport

School and care

Health

Insurance

Subscriptions

Going out

Other

Came in

Went out

Saved

Left

# December review

## WHAT GOT DONE

## WHAT WE WANT TO REMEMBER

## WHAT TO DO DIFFERENTLY

## FOR NEXT MONTH

# 2–8 December

2030 · Week 49

Teams Zoom Google Meetings Tasks



First 1 2 3

Shop

MON 2

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TUE 3

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WED 4

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THU 5

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# 9–15 December

2030 · Week 50

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

First 1 2 3

Shop

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TUE 10

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WED 11

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# 16–22 December

2030 · Week 51

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

First 1 2 3

Shop

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TUE 17

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# 23–29 December

2030 · Week 52

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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TUE 24

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# 30 Dec 2030 – 5 Jan 2031

2031 · Week 01

Teams Zoom Google Meetings Tasks

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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# 1 December 2030

Sunday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 2 December 2030

Monday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 3 December 2030

Tuesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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# 4 December 2030

Wednesday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

## MEALS

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## DON'T FORGET

# 5 December 2030

Thursday

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## WHO NEEDS WHAT

## MEALS

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# 6 December 2030

Friday

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## MEALS

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# 7 December 2030

Saturday

Teams Zoom Google Meetings Tasks

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# 8 December 2030

Sunday

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# 9 December 2030

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# 10 December 2030

Tuesday

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## WHO NEEDS WHAT

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# 11 December 2030

Wednesday

Teams Zoom Google Meetings Tasks

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# 12 December 2030

Thursday

Teams Zoom Google Meetings Tasks

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# 13 December 2030

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# 14 December 2030

Saturday

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# 15 December 2030

Sunday

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## WHO NEEDS WHAT

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# 16 December 2030

Monday

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# 17 December 2030

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## WHO NEEDS WHAT

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# 18 December 2030

Wednesday

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## WHO NEEDS WHAT

## MEALS

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# 19 December 2030

Thursday

Teams Zoom Google Meetings Tasks

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## WHO NEEDS WHAT

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## DON'T FORGET

# 20 December 2030

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## WHO NEEDS WHAT

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# 21 December 2030

Saturday

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# 22 December 2030

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## WHO NEEDS WHAT

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# 23 December 2030

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# 24 December 2030

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# 25 December 2030

Wednesday

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# 26 December 2030

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# 28 December 2030

Saturday

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Overview | Goals | Markets | Meetings | Team | Projects | Sales | Progress | 2026 | Notes

# List



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# Meeting 1



Teams Zoom Meetings Tasks

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