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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **My Weekly Plan** | | | | | | | | |
| **Activity** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Gym | 6am – 7am | 6am – 7am | 6am – 7am | 6am – 7am | 6am – 7am | 6am – 8am |  |
| AM Jobs | Cook dinner | Toilets  Washing | Cook dinner | Toilets  Washing | Errands |  |  |
| Blog and Online Activities | 8pm – 10pm | 8pm – 10pm | 8pm – 10pm |  | 8pm – 10pm |  | 12pm – 3pm  8pm – 10pm |