every day

| TO-DO | M | T | W | Th | F | S | Cu |
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once a week

| Monday |  |  |
| :---: | :--- | :--- |
| Tuesday |  |  |
| Wednesday |  |  |
| Thursday |  |  |
| Friday |  |  |
| Saturday |  |  |
| Sunday |  |  |

extras

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