

Weekly checklist

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Brushed Teeth							
Took Shower							
Ate A Vegetable							
Exercised							
20 minutes Study?							
Something fun that isn't internet							
Something social with actual human beings							

When was the last time I...

- Took out garbage
- Washed towels and sheets
- Went to the dentist
- Got my oil changed
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Med refill on: _____