Day Planner

Thought or Target for th	e day					
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Shopping list				Exercise Plan for the day		
Item			Done? Y/N			
				Breakfa	st Plans for the day	Time & Place
				Lunch P	Plans for the day	Time & Place
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				Dinner	Plans for the day	Time & Place
Today's appointments						
Today's appointments With Time Place Subjection				ect Notes		
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To Do List	sk					
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