

# PLAN your work and work your PLAN.

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## PRIORITY TASKS

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## IF I HAVE SPARE TIME

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## CALLS & E-MAILS

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- \_\_\_\_\_
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## MEETINGS

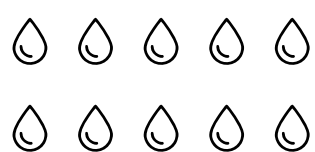
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## FOLLOW-UPS

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- \_\_\_\_\_

## NOTES

## HYDRATION



## NUTRITION

- Breakfast
- Multivitamins
- Lunch
- Snacks

## SELF CARE

- Mind
- Body
- Soul