

Be a Pineapple: stand tall, wear a crown, and be sweet on the inside!

Sannipanni Plannen

My Plannen

This planner belongs to

Phone

E-Mail

2018

		J	ANUA	RY	•				FE	BRUA	RY					N	/IARC	н					L	APRII			
M	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S
1	2	3	4	5	6	7				1	2	3	4				1	22	3	4							1
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11	2	3	4	5	6	7	8
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18	9	10	11	12	13	14	15
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25	16	17	18	19	20	21	22
29	30	31					26	27	28					26	27	28	29	30	31		23	24	25	26	27	28	29
																					30						

			May							JUNE]						JULY						A	UGUS	ST		
Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S
	1	R	З	4	5	6					1	ຂ	З							1			1	R	З	4	5
7	8	9	10	11	12	13	4	5	6	7	8	9	10	ୟ	3	4	5	6	7	8	6	7	8	9	10	11	12
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26
28	29	30	31				25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30	31		
		-					-					-		30	31								-			о	

		SEI	PTEM	BER					0	CTOBI	ER					Nc	VEMI	BER					De	CEME	BER		
M	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S
					1	ŝ	1	22	З	4	5	6	7				1	ຂ	З	4						1	2
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30			24	25	26	27	28	29	30
																					31						

Epic Days



		J	ANUA	RY					FE	BRUA	RY					I	/IARC	н					L	Aprii	L		
Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S
	1	2	3	4	5	6					1	2	3					1	22	3	1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31				25	26	27	28				25	26	27	28	29	30	31	29	30					

			May							JUNE							JULY						A	UGUS	BT		
Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S
		1	2	З	4	5						1	2	1	2	З	4	5	6	7				1	2	З	4
6	7	8	9	10	11	12	З	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31					26	27	28	29	30	31	

	•	SEI	PTEM	BER	•			•	0	CTOBI	ER	•				Nc	VEMI	BER					Df	CEME	BER		
Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S
						1		1	22	3	4	5	6					1	S	3							1
2	З	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	22	3	4	5	6	7	8
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30		23	24	25	26	27	28	29
30												0				0					30	31					

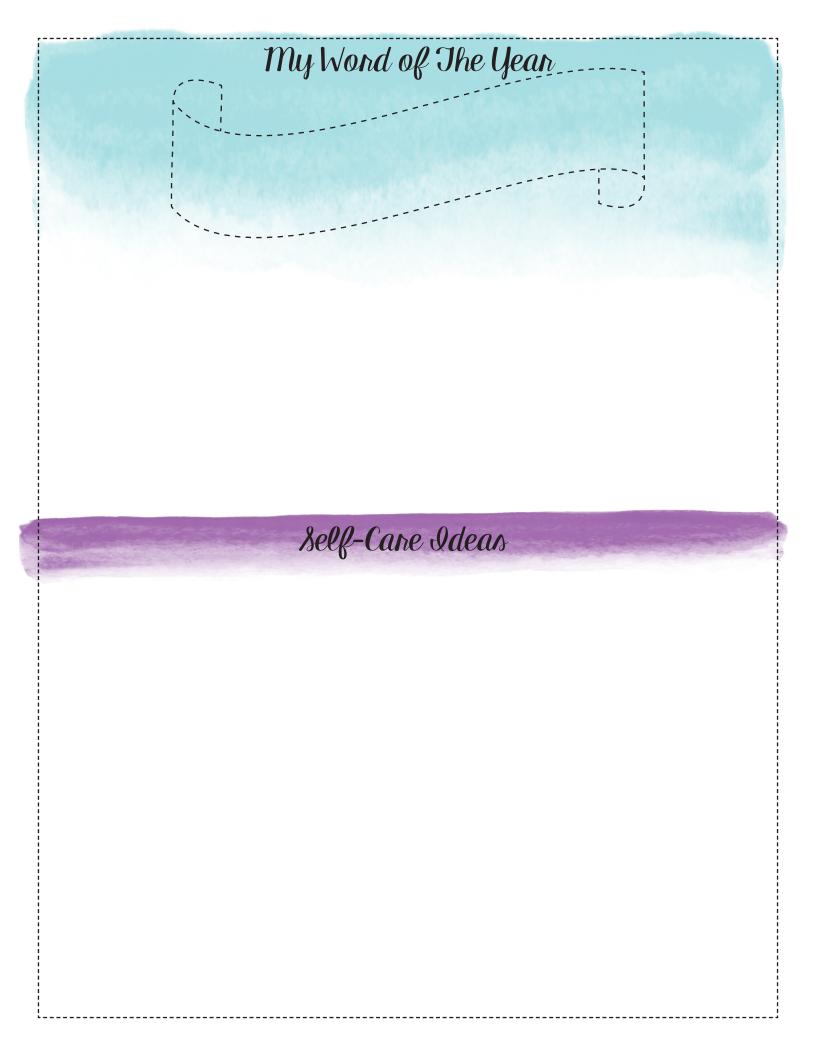
Epic Days

Resolutions & Yoals

Personal	Physical	Travel
	I I I I I I I I I I I I I I I I I I I	
]	<u> </u>	l
Financial	Professional	Domestic
	1	

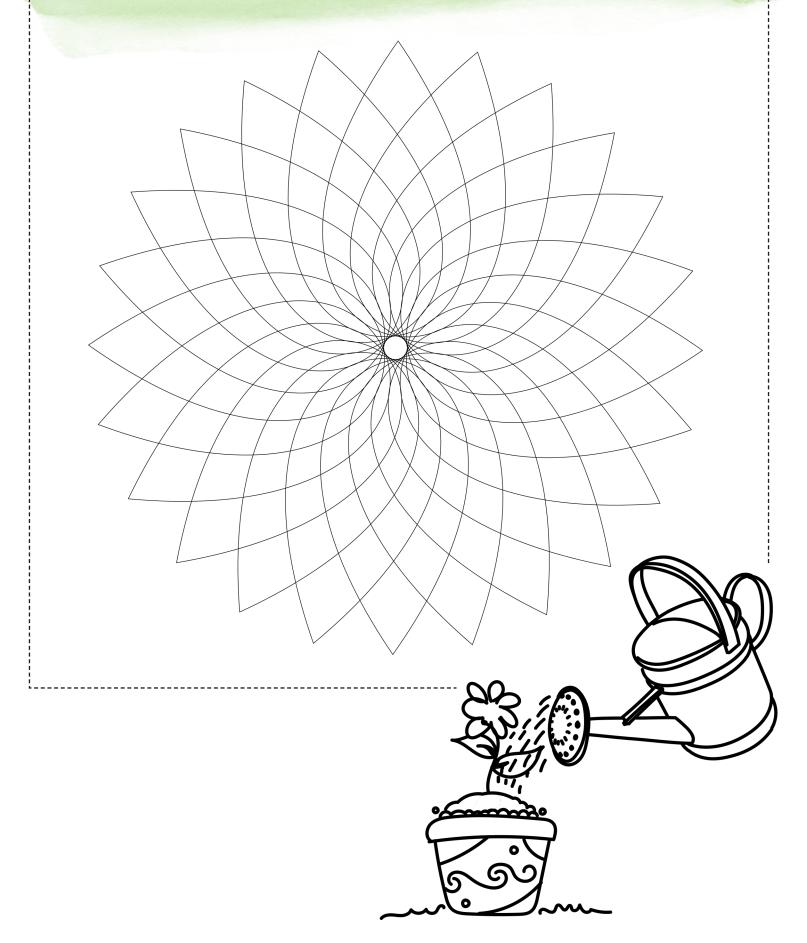
My Lists

Trips	Books	Movies	Events

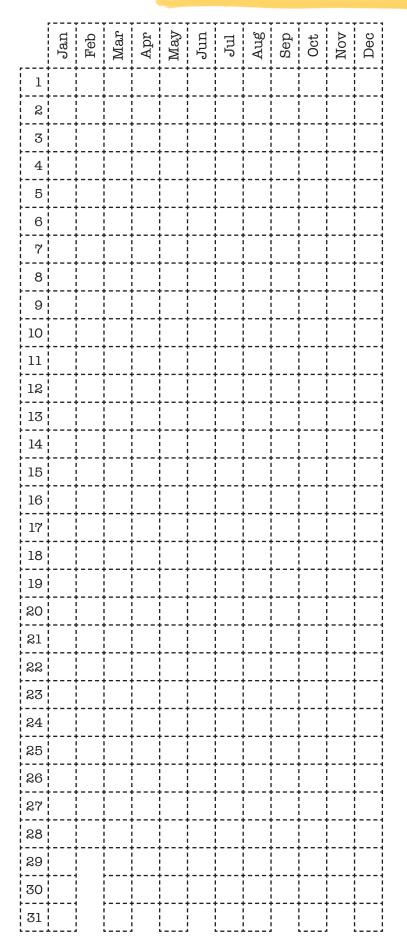


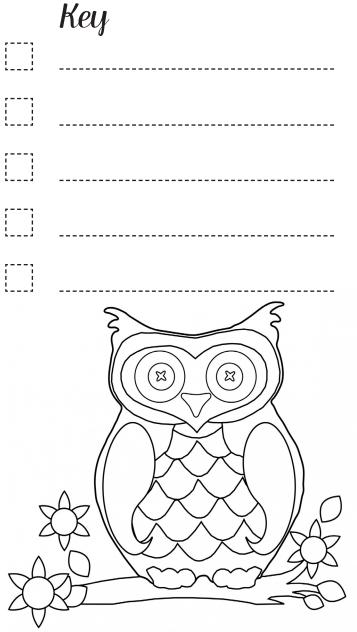
You need a full watering can to make flowers bloom!

Color a shape whenever you take care of your mind, body or soul and watch the flower bloom!



This Year in Pixels





Remember, at midnight even bad days come to an end!

Home Disaster Avoidance Masterplan

Focus Zones	Focus Zone Tasks				Daily Rou	utine
Hallway	Dust ceiling fans				Make b	
Kitchen	Clean lights				Do dish	
Pantry	Dust blinds				Wipe ta	
Dining Room	Wash curtains				Wipe si	
Living Room	Vacuum upholstery		\frown		Wipe cour	
Family Room Office	Clean trim Clean knobs & handles			\backslash	Wipe sto Sort m	
Master Bedroom	Wipe surfaces				Clear hal	
Guestroom	Dust art	J		λ	Clear liai	Iway
Kid's Room	Dust TVs & screens					
Play Room	Dust knick-knacks		ブイ			
Bathroom	Clear clutter	E		2		
Linen Closet	Steam carpet & rugs		7 Γ			
Her Closet	Mop floor	\bigcirc	$(\)$	\bigcirc		
His Closet	Sort through storage		π	\mathbf{N}		
Garage	Sell, donate, gift, trash		く く			
Storage		0.1	dus			
Basement	00	only	•			
Attic	CX &	:00	Merce			
Attic Outdoors		inniers	Were			
	}+ }	only unniers	Werk 2/			
	}+ }+	unniers cute	2			
	 } }	Cuv				771
Outdoors		Cuv			δ	ded
		Cuv			aily	seded
Outdoors Way to Make My Hom		Monthy Crift	Bi- Weekly	Weekly	Daily	As Needed
Outdoors		Cuv			Daily	As Needed
Outdoors Way to Make My Hom		Cuv			Daily	As Needed
Outdoors Way to Make My Hom Vacuum / Sweep		Cuv			Daily	As Needed
Outdoors Way to Make My Hom Vacuum / Sweep Mop		Cuv			Daily	As Needed
Outdoors Way to Make My Hom Vacuum / Sweep Mop Dust	e Sparkle	Cuv			Daily	As Needed
Outdoors Way to Make My Hom Vacuum / Sweep Mop Dust Clean Counters		Cuv			Daily	As Needed
Outdoors Way to Make My Hom Vacuum / Sweep Mop Dust Clean Counters Clean Refrigerator	e Sparkle	Cuv			Daily	As Needed
Outdoors Way to Make My Hom Vacuum / Sweep Mop Dust Clean Counters Clean Refrigerator Clean Bathrooms	e Sparkle	Cuv			Daily	AS
Outdoors Way to Make My Hom Vacuum / Sweep Mop Dust Clean Counters Clean Refrigerator Clean Bathrooms Clean Cabinets	e Sparkle	Cuv			Daily	As Needed

Change Sheets Wash Curtains Clean Upholstery File Paperwork

Yard Work

Clean Windows Clean Trashcans



One cannot think well, love well, sleep well, if one has not dined well. Virginia Wolfe

Master Meal List

Soups & Salads	Pasta	Grilled	<u>Seafood</u>
		1 1 1 1 1 1 1 1	
		1 1 1 1 1 1 1 1 1	
		1 1 1 1 1 1 1 1	
Breakfast	Slow Cooker	Global Cuisine	Other Favorites

January

Plans for The Month

Play Jounist

Learn Something New This Month

Cunnently...

Reading:

Watching:

Home Disaster Avoidance

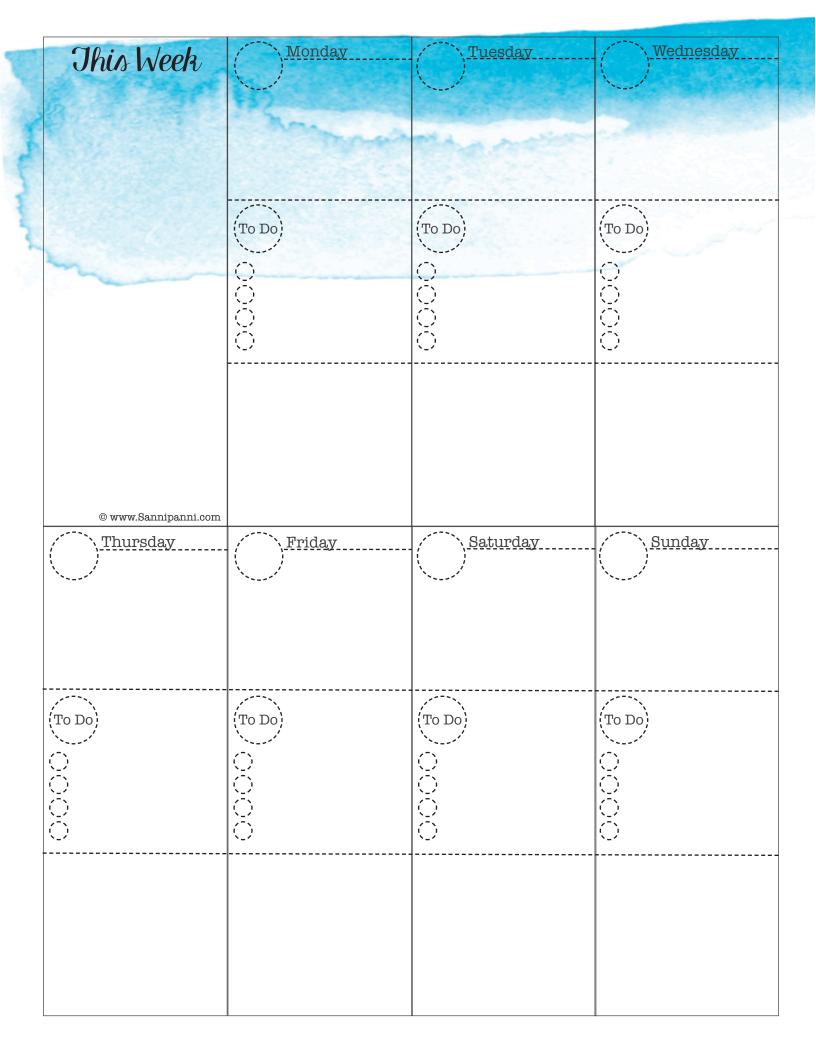
Tackle A Beast Project:

Focal Zone:

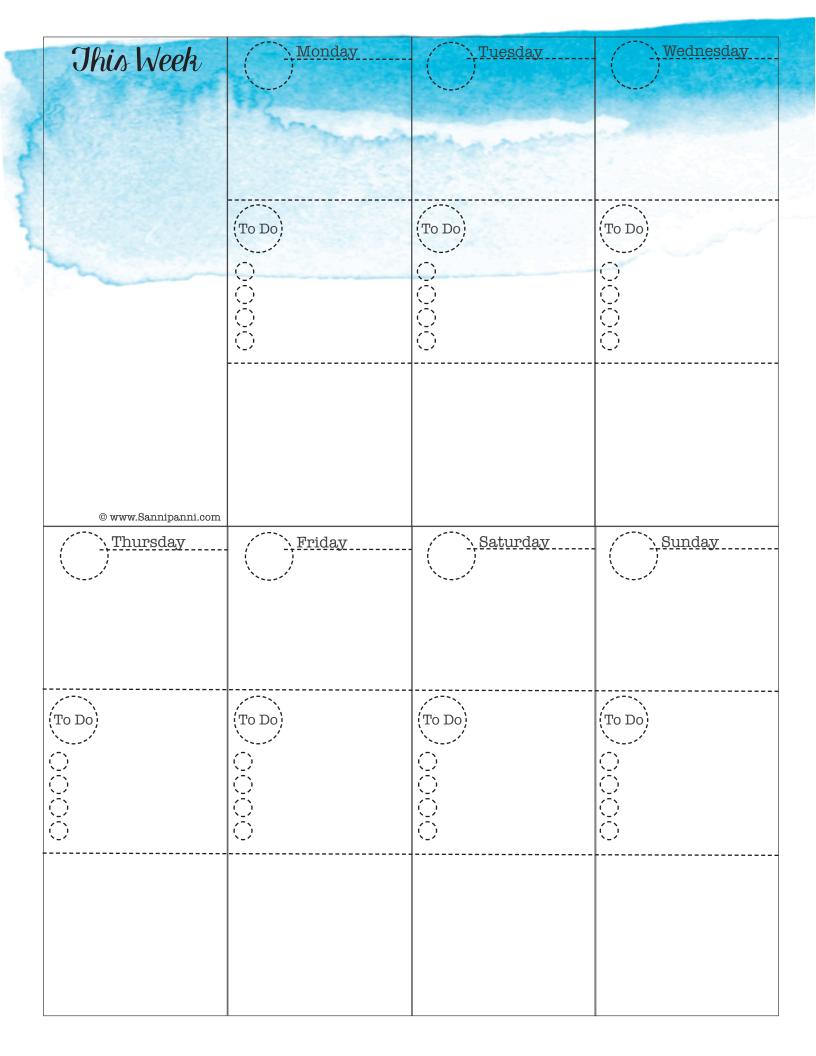
Maintenance:

Holidayn	 	 	
Sunday			
satunday			
Iniday			
Jhunsday			
Wednesday			
Juesday			
Monday			

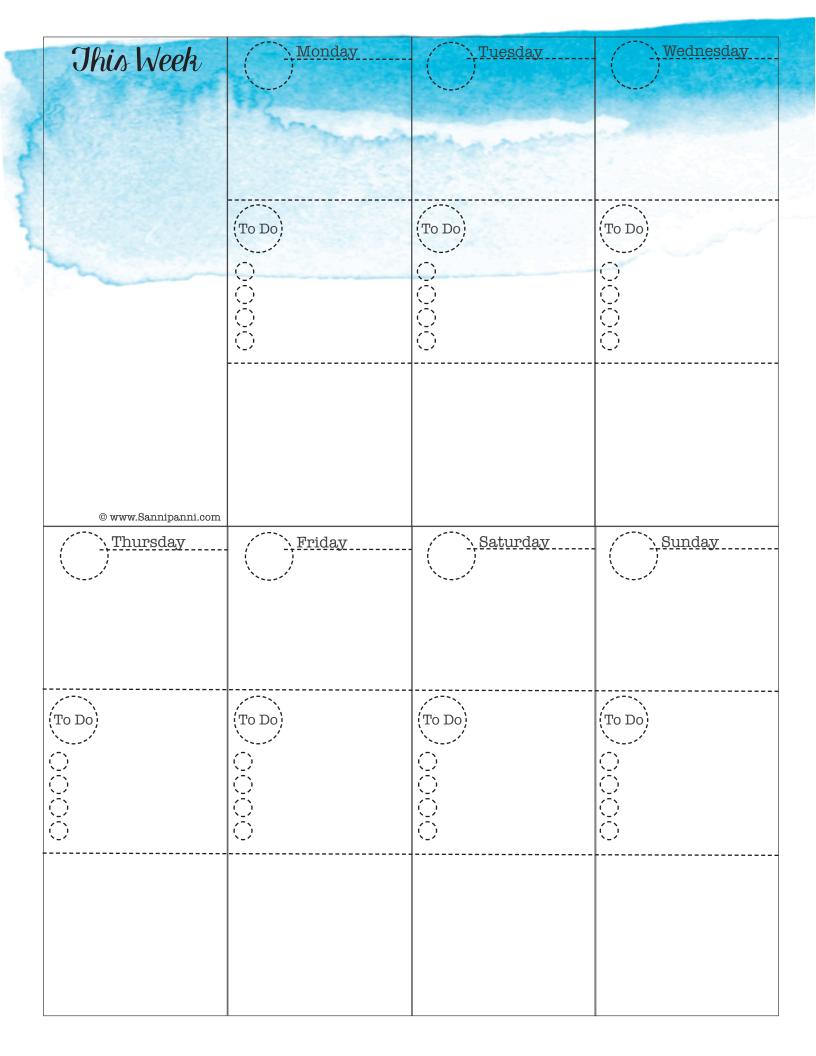
$\begin{array}{c ccccc} \operatorname{Move} & \operatorname{Hydrate} \\ & \operatorname{M} & \operatorname{M} & \circ \\ & \operatorname{T} & & \operatorname{T} & \circ \\ & \operatorname{T} & & \operatorname{T} & & \circ \\ & \operatorname{W} & & \operatorname{W} & \circ \\ & \operatorname{Tue} & & \operatorname{T} & & \operatorname{T} & \circ \\ & \operatorname{Tue} & & \operatorname{T} & & \operatorname{T} & \circ \\ & \operatorname{W} & & \operatorname{W} & & \circ $	Meal Ideas	Be The Best Ve	nsion of Yourself!
Tus T T 0			
Tue W W W O <th>(Mon)</th> <th></th> <th></th>	(Mon)		
Tue T			
Wed S	(Tue)		
Wed s		11	
Practice Self-Care Eat Fruit & Vegges M 0	(Wed)	11	
Thu M M 0			
T T	(Thu)		
Fri T T T 0			
Sat F F 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		W	
Sat S			
Sup 000000000000000000000000000000000000		S	s ČČČČČČČČČ
Buy Notes & Doodles	(Sat)	S	s dððððððð
Buy Notes & Doodles			
	(Sun)		
	×/		
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$	Buy	Notes	& Doodles
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$		T i	i
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
			© www.Sannipanni.com
	This week was: 2222	7	© www.Sannipanni.com



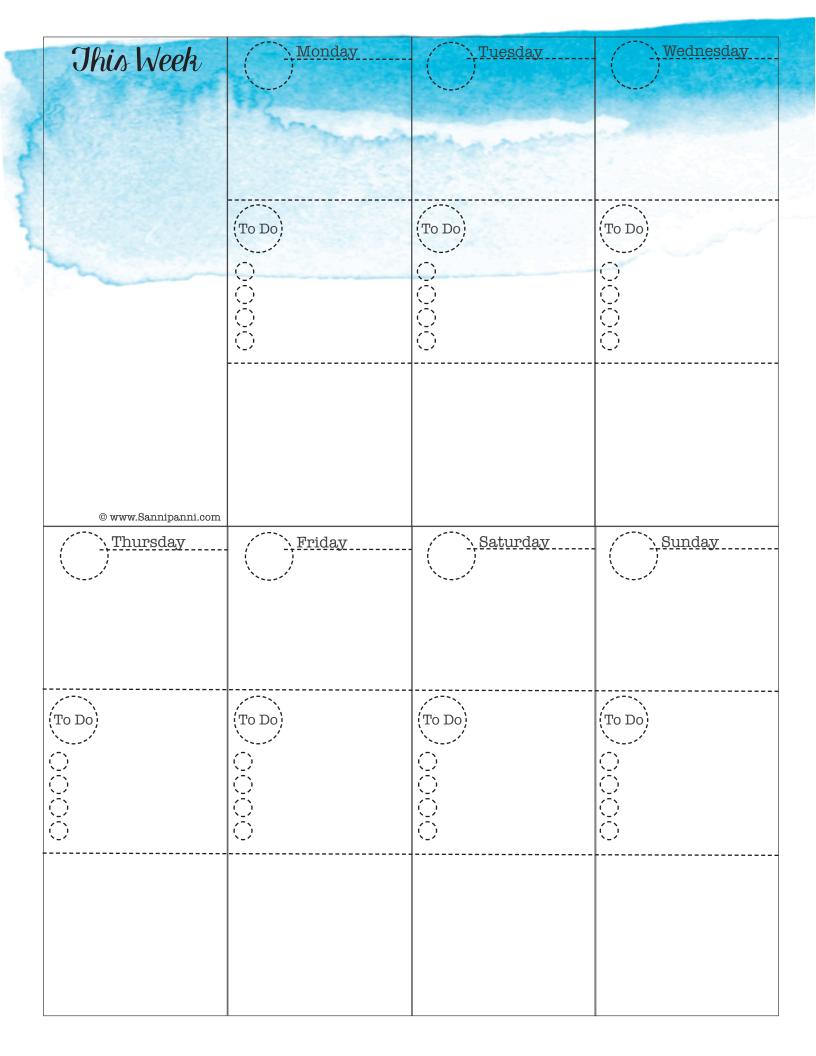
$\begin{array}{c ccccc} \operatorname{Move} & \operatorname{Hydrate} \\ & \operatorname{M} & \operatorname{M} & \circ \\ & \operatorname{T} & & \operatorname{T} & \circ \\ & \operatorname{T} & & \operatorname{T} & & \circ \\ & \operatorname{W} & & \operatorname{W} & \circ \\ & \operatorname{Tue} & & \operatorname{T} & & \operatorname{T} & \circ \\ & \operatorname{Tue} & & \operatorname{T} & & \operatorname{T} & \circ \\ & \operatorname{W} & & \operatorname{W} & & \circ $	Meal Ideas	Be The Best Ve	nsion of Yourself!
Tus T T 0			
Tue W W W O <th>(Mon)</th> <th></th> <th></th>	(Mon)		
Tue T			
Wed S	(Tue)		
Wed s		11	
Practice Self-Care Eat Fruit & Vegges M 0	(Wed)	11	
Thu M M 0			
T T	(Thu)		
Fri T T T 0			
Sat F F 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		W	
Sat S			
Sup 000000000000000000000000000000000000		S	s ČČČČČČČČČ
Buy Notes & Doodles	(Sat)	S	s dððððððð
Buy Notes & Doodles			
	(Sun)		
	×/		
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$	Buy	Notes	& Doodles
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$		T i	i
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
			© www.Sannipanni.com
	This week was: 2222	7	© www.Sannipanni.com



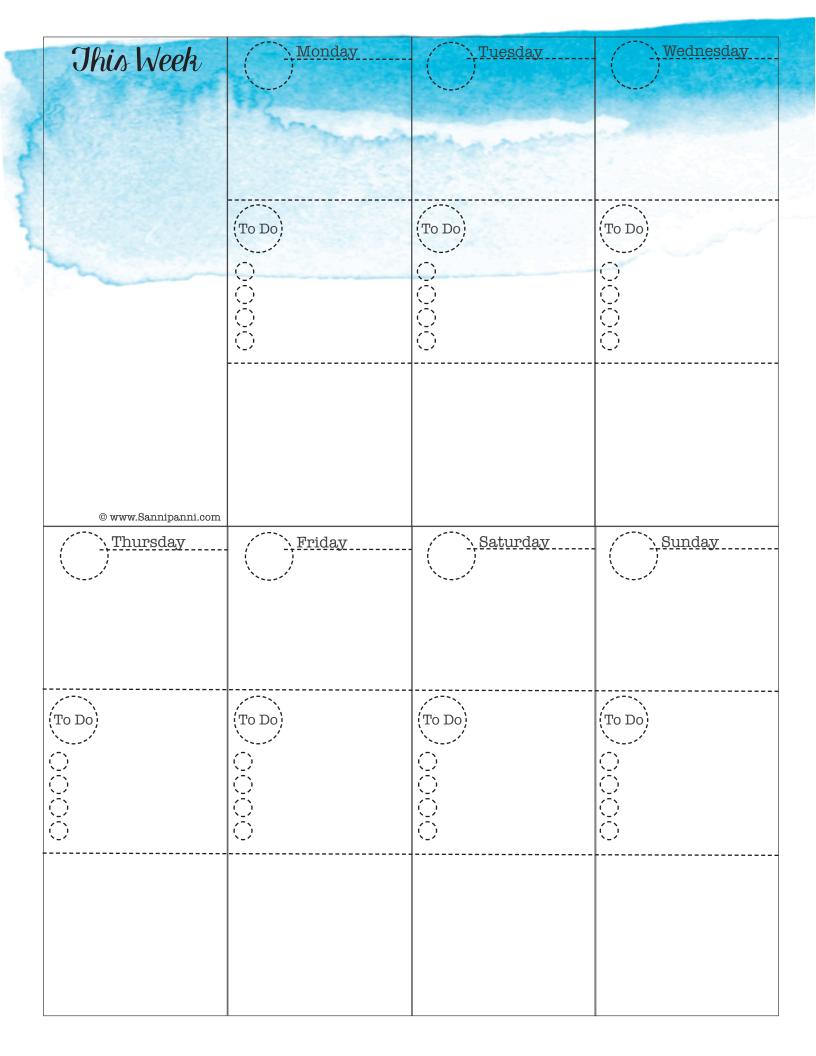
$\begin{array}{c ccccc} \operatorname{Move} & \operatorname{Hydrate} \\ & \operatorname{M} & \operatorname{M} & \circ \\ & \operatorname{T} & & \operatorname{T} & \circ \\ & \operatorname{T} & & \operatorname{T} & & \circ \\ & \operatorname{W} & & \operatorname{W} & \circ \\ & \operatorname{Tue} & & \operatorname{T} & & \operatorname{T} & \circ \\ & \operatorname{Tue} & & \operatorname{T} & & \operatorname{T} & \circ \\ & \operatorname{W} & & \operatorname{W} & & \circ $	Meal Ideas	Be The Best Ve	nsion of Yourself!
Tus T T 0			
Tue W W W O <th>(Mon)</th> <th></th> <th></th>	(Mon)		
Tue T			
Wed S	(Tue)		
Wed s		11	
Practice Self-Care Eat Fruit & Vegges M 0	(Wed)	11	
Thu M M 0			
T T	(Thu)		
Fri T T T 0			
Sat F F 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		W	
Sat S			
Sup 000000000000000000000000000000000000		S	s ČČČČČČČČČ
Buy Notes & Doodles	(Sat)	S	s dððððððð
Buy Notes & Doodles			
	(Sun)		
	×/		
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$	Buy	Notes	& Doodles
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$		11	i
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
			© www.Sannipanni.com
	This week was: 2222	7	© www.Sannipanni.com



$\begin{array}{c ccccc} \operatorname{Move} & \operatorname{Hydrate} \\ & \operatorname{M} & \operatorname{M} & \circ \\ & \operatorname{T} & & \operatorname{T} & \circ \\ & \operatorname{T} & & \operatorname{T} & & \circ \\ & \operatorname{W} & & \operatorname{W} & \circ \\ & \operatorname{Tue} & & \operatorname{T} & & \operatorname{T} & \circ \\ & \operatorname{Tue} & & \operatorname{T} & & \operatorname{T} & \circ \\ & \operatorname{W} & & \operatorname{W} & & \circ $	Meal Ideas	Be The Best Ve	nsion of Yourself!
Tus T T 0			
Tue W W W O <th>(Mon)</th> <th></th> <th></th>	(Mon)		
Tue T			
Wed S	(Tue)		
Wed s		11	
Practice Self-Care Eat Fruit & Vegges M 0	(Wed)	11	
Thu M M 0			
T T	(Thu)		
Fri T T T 0			
Sat F F 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		W	
Sat S			
Sup 000000000000000000000000000000000000		S	s ČČČČČČČČČ
Buy Notes & Doodles	(Sat)	S	s dððððððð
Buy Notes & Doodles			
	(Sun)		
	×/		
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$	Buy	Notes	& Doodles
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$		T i	i
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
			© www.Sannipanni.com
	This week was: 2222	7	© www.Sannipanni.com



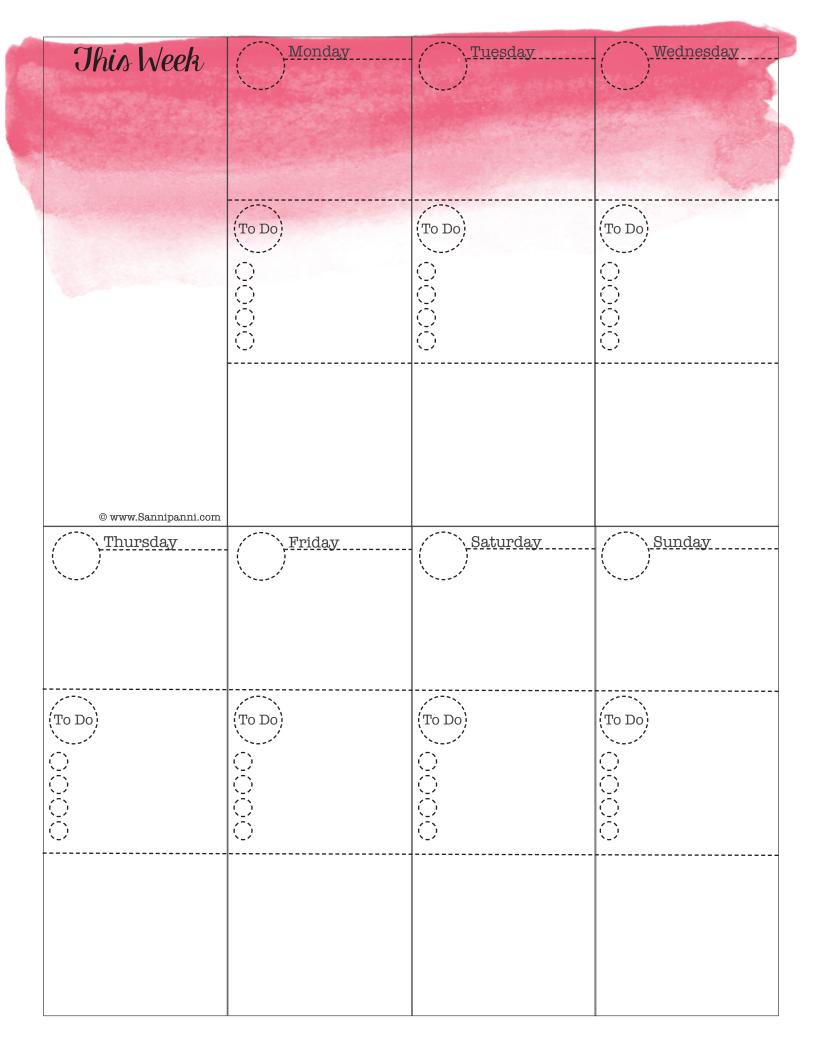
$\begin{array}{c ccccc} \operatorname{Move} & \operatorname{Hydrate} \\ & \operatorname{M} & \operatorname{M} & \circ \\ & \operatorname{T} & & \operatorname{T} & \circ \\ & \operatorname{T} & & \operatorname{T} & & \circ \\ & \operatorname{W} & & \operatorname{W} & \circ \\ & \operatorname{Tue} & & \operatorname{T} & & \operatorname{T} & \circ \\ & \operatorname{Tue} & & \operatorname{T} & & \operatorname{T} & \circ \\ & \operatorname{W} & & \operatorname{W} & & \circ $	Meal Ideas	Be The Best Ve	nsion of Yourself!
Tus T T 0			
Tue W W W O <th>(Mon)</th> <th></th> <th></th>	(Mon)		
Tue T			
Wed S	(Tue)		
Wed s		11	
Practice Self-Care Eat Fruit & Vegges M 0	(Wed)	11	
Thu M M 0			
Fri T T T 0	(Thu)		
Fri T T T 0			
Sat F F 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		W	
Sat S			
Sup 000000000000000000000000000000000000		S	s ČČČČČČČČČ
Buy Notes & Doodles	(Sat)	S	s dððððððð
Buy Notes & Doodles			
	(Sun)		
	×/		
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$	Buy	Notes	& Doodles
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$		11	i
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
is week was: $\Diamond \Diamond \Diamond \Diamond \Diamond \phi$			
			© www.Sannipanni.com
	This week was: 2222	7	© www.Sannipanni.com



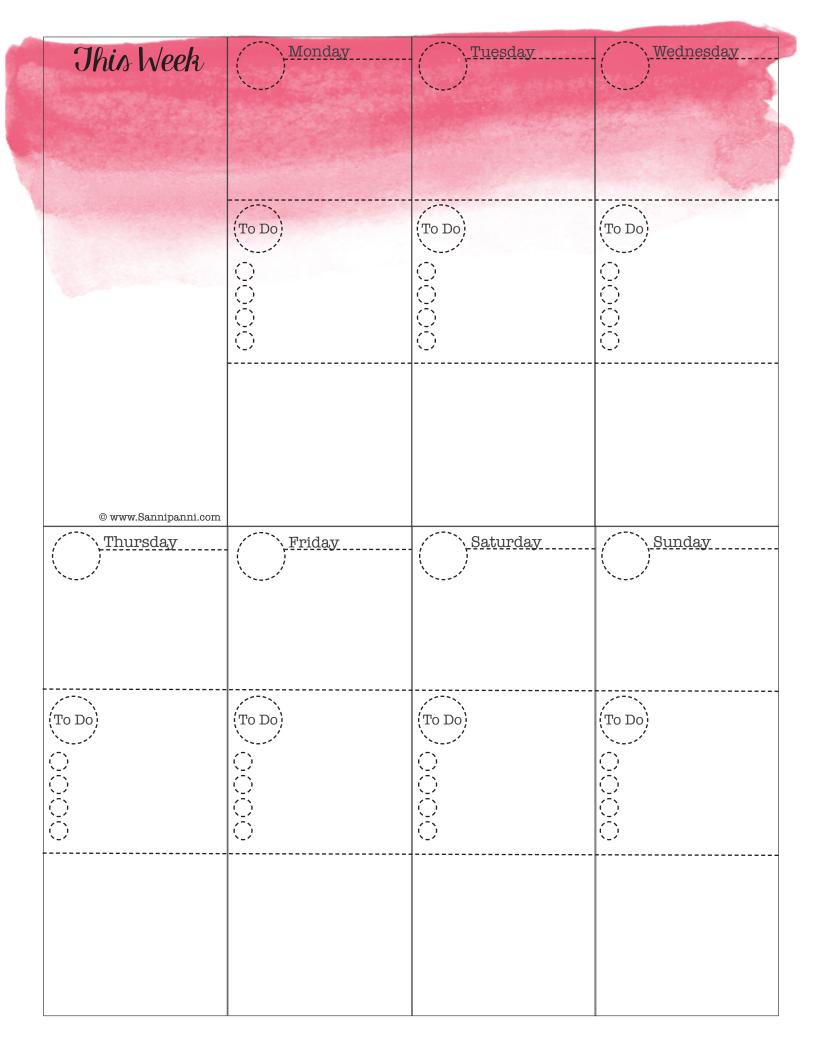
Jehnua	ry
Plans for The Month	
Play Jounist	
Learn Something New This Month	
Currently	
Reading: Watching:	
Home Disaster Avoidance	
Tackle A Beast Project:	
Focal Zone:	
Maintenance:	© www.Sannipanni.com

	 		 	;
Holidays				
	 ,	,	 	,
Sunday				
Satunday				
Iniday				
Jhunsday				
Wednesday				
Juenday				
Monday				

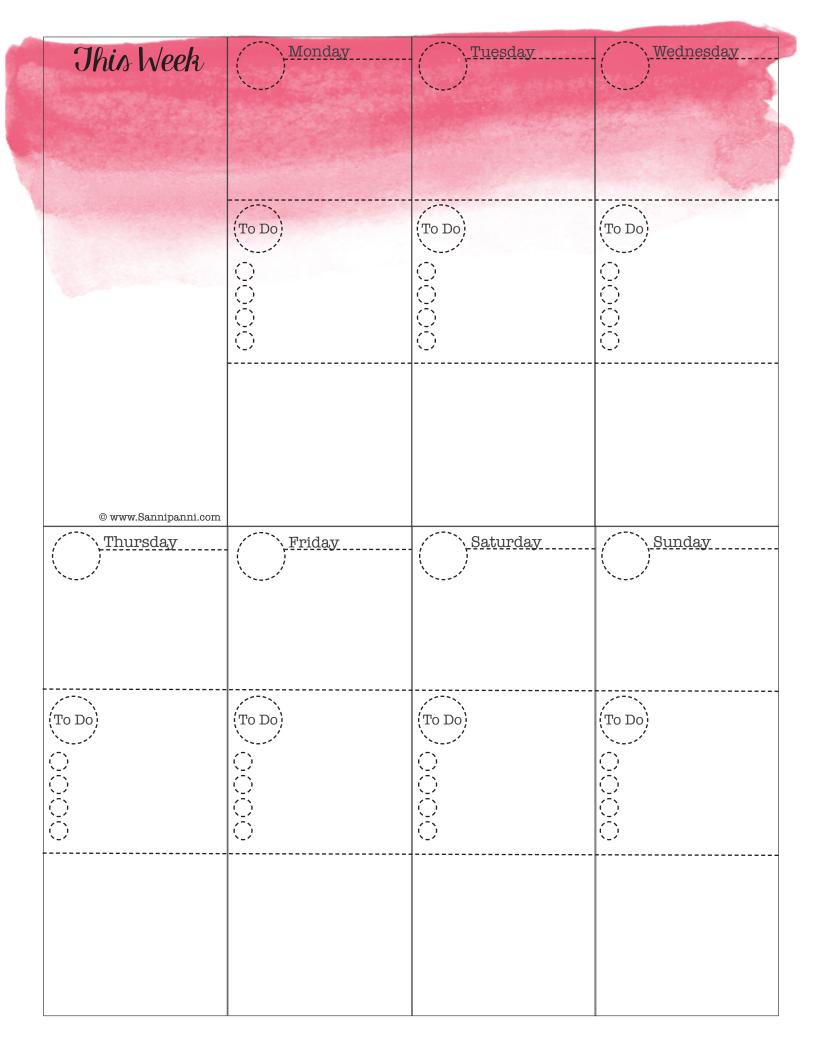
Meal Ideas	•	nion of Yournelf!
(Mon) (Tue) (Wed) (Thu) (Fri	Move M T W T F S S S Practice Self-Care M T W T F	Hydrate M \land <t< td=""></t<>
(Sat) (Sun)	s s OOOOOOO	s dddddd s dddddd
Buy	Notes &	Doodles
Jhis week was: 公公公公公		© www.Sannipanni.com



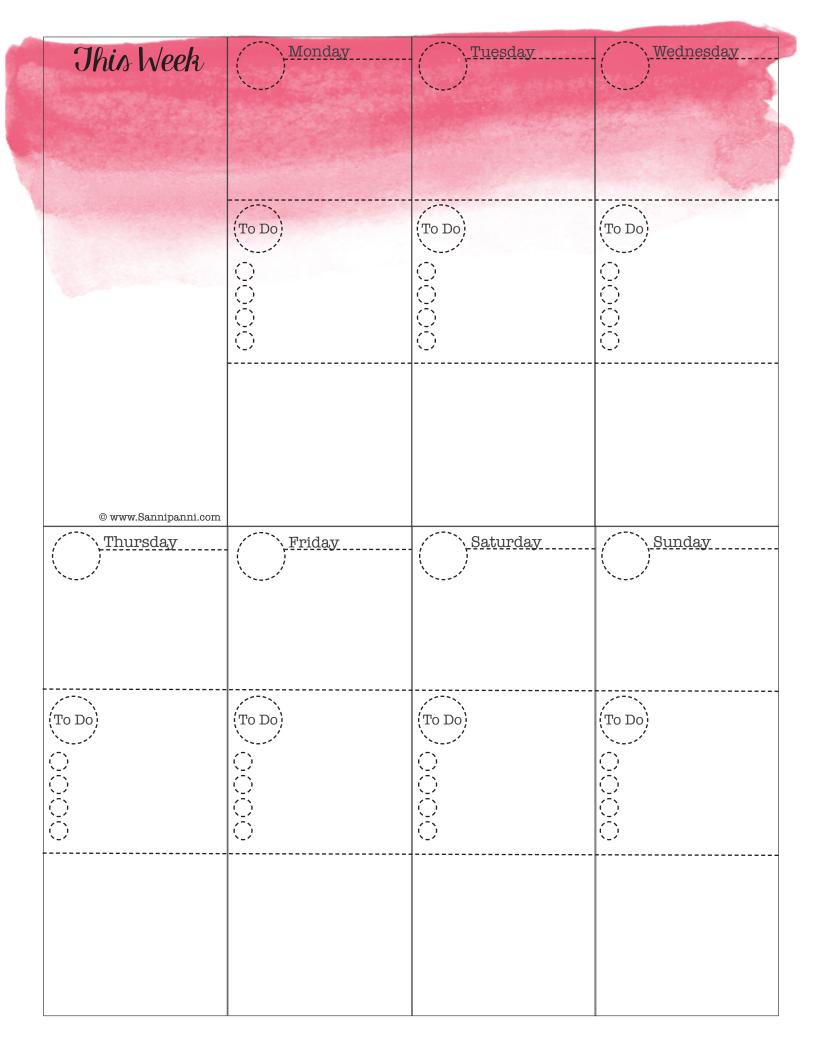
Meal Ideas	•	nion of Yournelf!
(Mon) (Tue) (Wed) (Thu) (Fri	Move M T W T F S S S Practice Self-Care M T W T F	Hydrate M \land <t< td=""></t<>
(Sat) (Sun)	s s OOOOOOO	s dddddd s dddddd
Buy	Notes &	Doodles
Jhis week was: 公公公公公		© www.Sannipanni.com



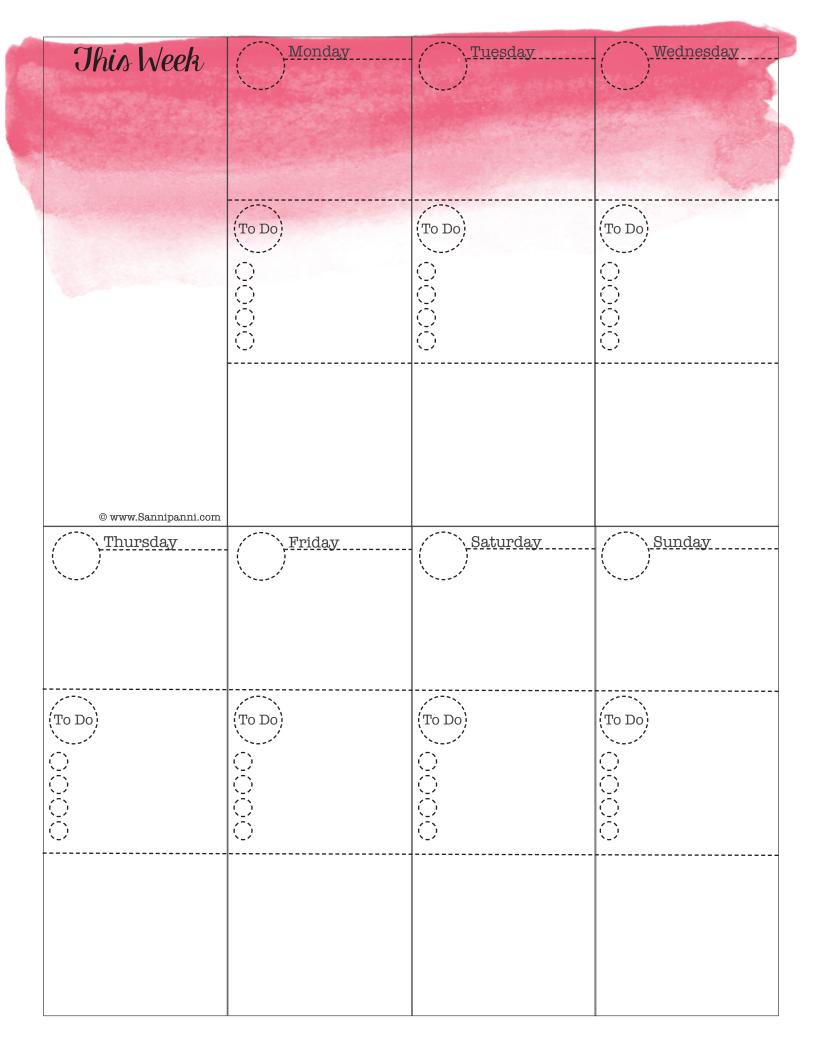
Meal Ideas	•	nion of Yournelf!
(Mon) (Tue) (Wed) (Thu) (Fri	Move M T W T F S S S Practice Self-Care M T W T F	Hydrate M \land <t< td=""></t<>
(Sat) (Sun)	s s OOOOOOO	s dddddd s dddddd
Buy	Notes &	Doodles
Jhis week was: 公公公公公		© www.Sannipanni.com



Meal Ideas	•	nion of Yournelf!
(Mon) (Tue) (Wed) (Thu) (Fri	Move M T W T F S S S Practice Self-Care M T W T F	Hydrate M \land <t< td=""></t<>
(Sat) (Sun)	s s OOOOOOO	s dddddd s dddddd
Buy	Notes &	Doodles
Jhis week was: 公公公公公		© www.Sannipanni.com



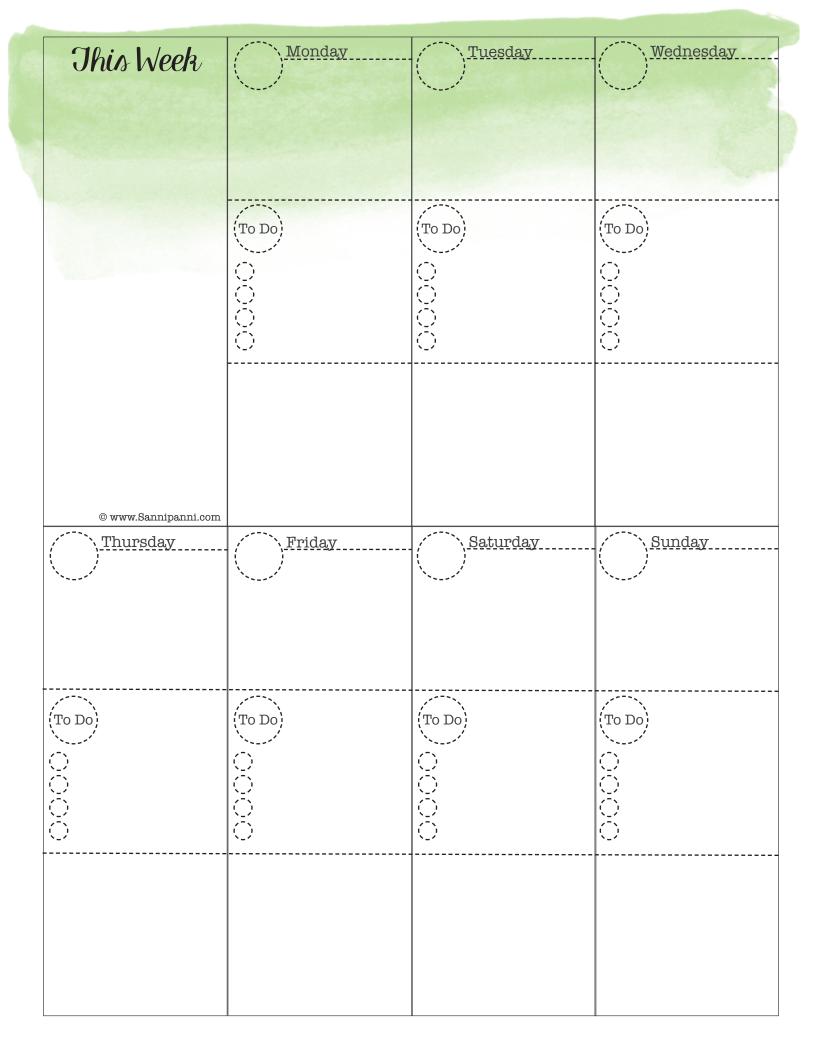
Meal Ideas	•	nion of Yournelf!
(Mon) (Tue) (Wed) (Thu) (Fri	Move M T W T F S S S Practice Self-Care M T W T F	Hydrate M \land <t< td=""></t<>
(Sat) (Sun)	s s OOOOOOO	s dddddd s dddddd
Buy	Notes &	Doodles
Jhis week was: 公公公公公		© www.Sannipanni.com



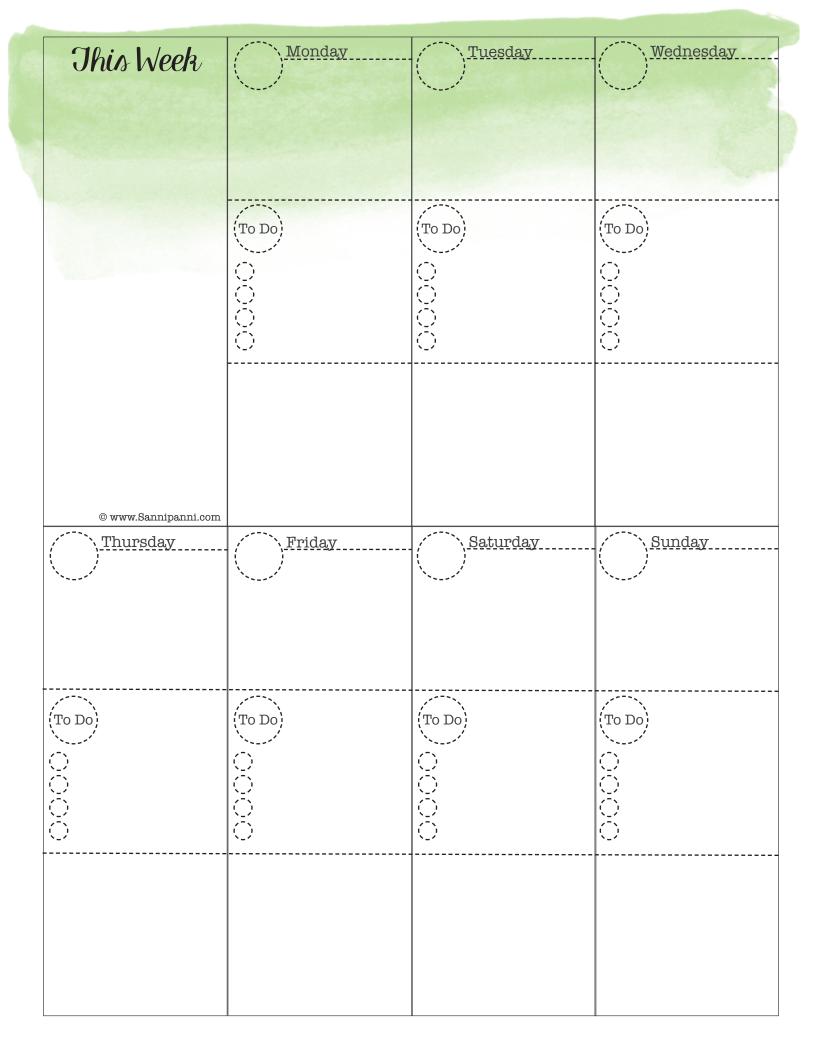
Manch	l
Plans for The Month	
Play Jourist	
Learn Something New This Month	
Currently Reading:	
Watching: Home Disaster Avoidance	
Tackle A Beast Project: Focal Zone:	
Maintenance:	© www.Sannipanni.co

Holidays	 	 	
Sunday			
Satunday			
Iniday			
Thursday			
Wednesday			
Juesday			
Monday			

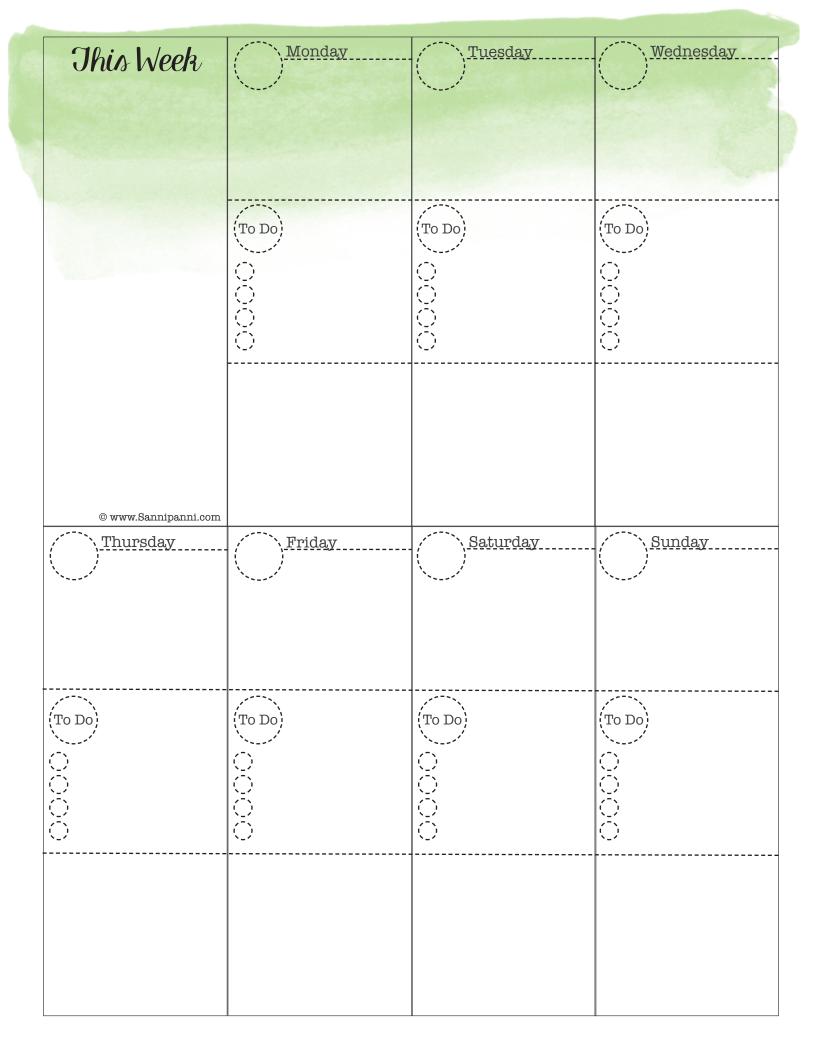
Meal Ideas	Be The Best Ve	nsion of Younself!
	Move	Hydrate
(Mon)	M	$\mathbb{M} \bigcirc \bigcirc$
	HT W	$\begin{array}{c} T & \bigcirc \bigcirc$
(Tue)	Т	ТООООООО
	iiF	FOOOOOO
(Wed)	llS llS	$\begin{array}{c} s & \Diamond \\ s & \Diamond &$
Thu	Practice Self-Care	Eat Fruit & Veggies M () () () () () () () ()
		ΤΔΦΦΦΦΦΦΦ
	W	\mathbb{W} \mathring{O} $?$ \mathring{O} $?$ $?$ {O} $?$ {
(Fri)	[['['] 문	Τ ΦΦΦΦΦΦΦΦ Ϝ ΦΦΦΦΦΦΦ
	S	s ăăăăăăăăă
(Sat)	S	s õõõõõõõ
(Sun)		
Buy	Notes	& Doodles
· · · · · · · · · · · · · · · · · · ·		
• 		
•		
• 		
		www.Sannipanni.com
		@ www.Sannipanni.com
Jhis week was: ☆☆☆☆☆ My favorite thing about this week wa		@ www.Sannipanni.com



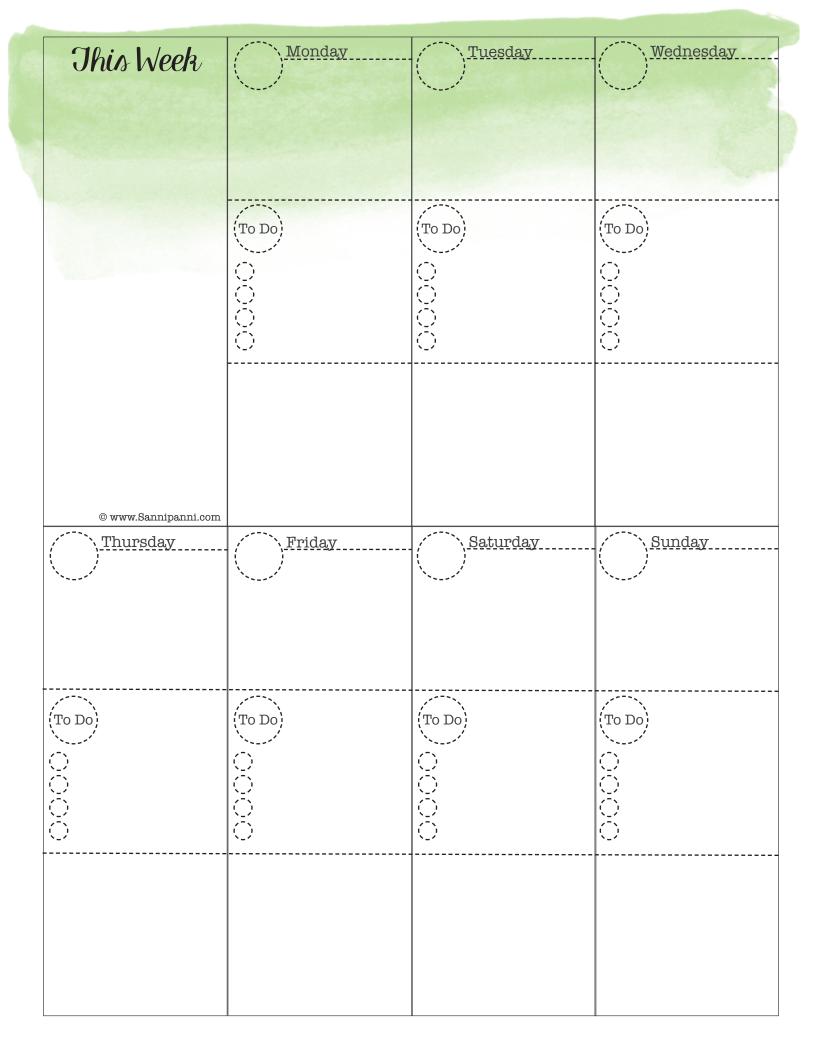
Meal Ideas	Be The Best Ve	nsion of Younself!
	Move	Hydrate
(Mon)	M	$\mathbb{M} \bigcirc \bigcirc$
	HT W	$\begin{array}{c} T & \bigcirc \bigcirc$
(Tue)	Т	ТООООООО
	iiF	FOOOOOO
(Wed)	llS llS	$\begin{array}{c} s & \Diamond \\ s & \Diamond &$
Thu	Practice Self-Care	Eat Fruit & Veggies M () () () () () () () ()
		ΤΔΦΦΦΦΦΦΦ
	W	\mathbb{W} \mathring{O} \check{O} \check{O} \check{O} \check{O} \check{O} \check{O} \check{O} \check{O}
(Fri)	[['['] 문	Τ ΦΦΦΦΦΦΦΦ Ϝ ΦΦΦΦΦΦΦ
	S	s ăăăăăăăăă
(Sat)	S	s తరతరతరత
(Sun)		
Buy	II Notes	& Doodles
· · · · · · · · · · · · · · · · · · ·		
• 		
•		
• 		
		www.Sannipanni.com
		@ www.Sannipanni.com
Jhis week was: ☆☆☆☆☆ My favorite thing about this week wa		@ www.Sannipanni.com



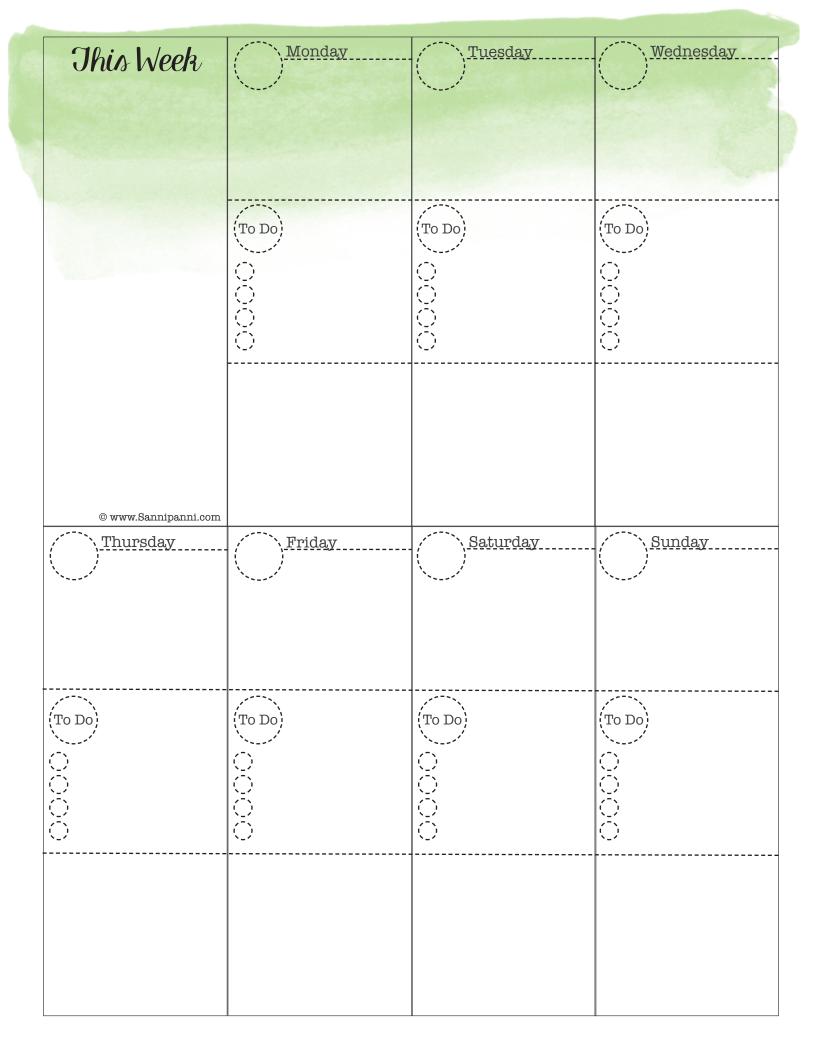
Meal Ideas	Be The Best Ve	nsion of Younself!
	Move	Hydrate
(Mon)	M	$\mathbb{M} \bigcirc \bigcirc$
	HT W	$\begin{array}{c} T & \bigcirc \bigcirc$
(Tue)	Т	ТООООООО
	i F	FOOOOOO
(Wed)	llS llS	$\begin{array}{c} s & \Diamond \\ s & \Diamond &$
Thu	Practice Self-Care	Eat Fruit & Veggies M () () () () () () () ()
		ΤΔΦΦΦΦΦΦΦ
	W	\mathbb{W} \mathring{O} \check{O} \check{O} \check{O} \check{O} \check{O} \check{O} \check{O} \check{O}
(Fri)	[['['] 문	Τ ΦΦΦΦΦΦΦΦ Ϝ ΦΦΦΦΦΦΦ
	S	s ăăăăăăăăă
(Sat)	S	s õõõõõõõ
(Sun)		
Buy	II Notes	& Doodles
· · · · · · · · · · · · · · · · · · ·		
• 		
•		
• 		
		www.Sannipanni.com
		@ www.Sannipanni.com
Jhis week was: ☆☆☆☆☆ My favorite thing about this week wa		@ www.Sannipanni.com



Meal Ideas	Be The Best Ve	nsion of Younself!
	Move	Hydrate
(Mon)	M	$\mathbb{M} \bigcirc \bigcirc$
	HT W	$\begin{array}{c} T & \bigcirc \bigcirc$
(Tue)	Т	ТООООООО
	i F	FOOOOOO
(Wed)	llS llS	$\begin{array}{c} s & \Diamond \\ s & \Diamond &$
Thu	Practice Self-Care	Eat Fruit & Veggies M () () () () () () () ()
		ΤΔΦΦΦΦΦΦΦ
	W	\mathbb{W} \mathring{O} \check{O} \check{O} \check{O} \check{O} \check{O} \check{O} \check{O} \check{O}
(Fri)	[['['] 문	Τ ΦΦΦΦΦΦΦΦ Ϝ ΦΦΦΦΦΦΦ
	S	s ăăăăăăăăă
(Sat)	S	s తరతరతరత
(Sun)		
Buy	Notes	& Doodles
· · · · · · · · · · · · · · · · · · ·		
• 		
•		
• 		
		www.Sannipanni.com
		@ www.Sannipanni.com
Jhis week was: ☆☆☆☆☆ My favorite thing about this week wa		@ www.Sannipanni.com



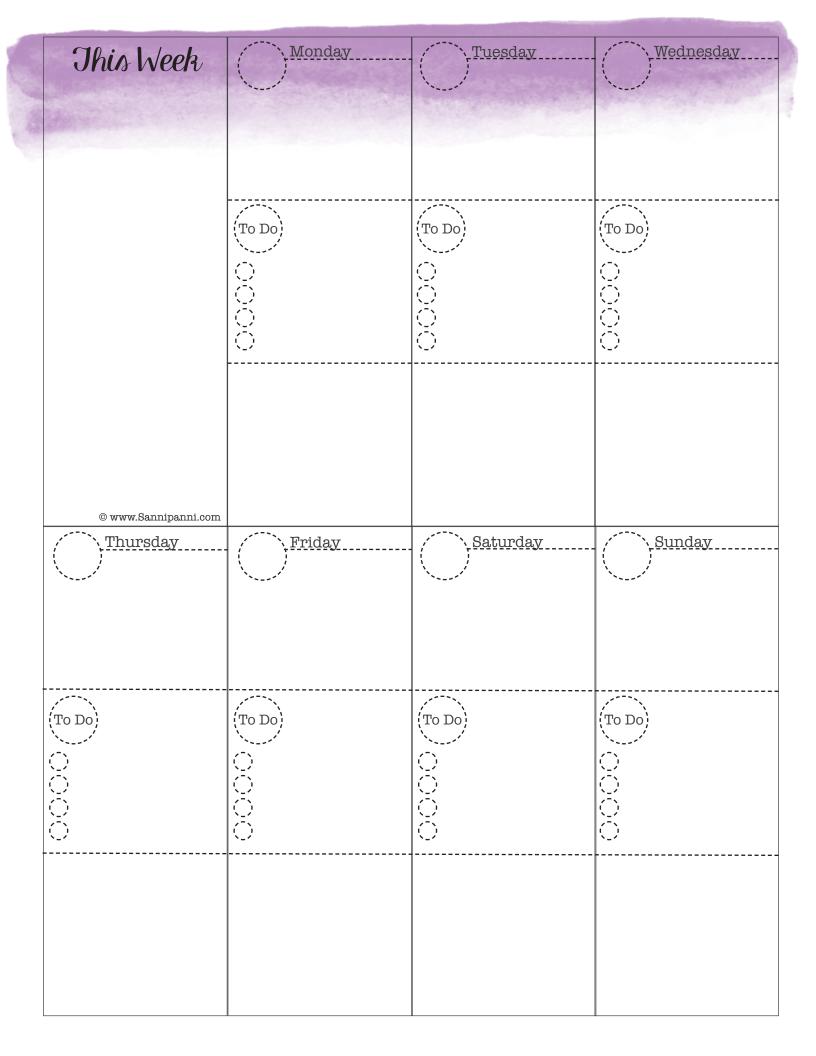
Meal Ideas	Be The Best Ve	nsion of Younself!
	Move	Hydrate
(Mon)	M	$\mathbb{M} \bigcirc \bigcirc$
	HT W	$\begin{array}{c} T & \bigcirc \bigcirc$
(Tue)	Т	ТООООООО
	i F	FOOOOOO
(Wed)	llS llS	$\begin{array}{c} s & \Diamond \\ s & \Diamond &$
Thu	Practice Self-Care	Eat Fruit & Veggies M () () () () () () () ()
		ΤΔΦΦΦΦΦΦΦ
	W	\mathbb{W} \mathring{O} \check{O} \check{O} \check{O} \check{O} \check{O} \check{O} \check{O} \check{O}
(Fri)	[['['] 문	Τ ΦΦΦΦΦΦΦΦ Ϝ ΦΦΦΦΦΦΦ
	S	s ăăăăăăăăă
(Sat)	S	s తరతరతరత
(Sun)		
Buy	II Notes	& Doodles
· · · · · · · · · · · · · · · · · · ·		
• 		
•		
• 		
		www.Sannipanni.com
		@ www.Sannipanni.com
Jhis week was: ☆☆☆☆☆ My favorite thing about this week wa		@ www.Sannipanni.com



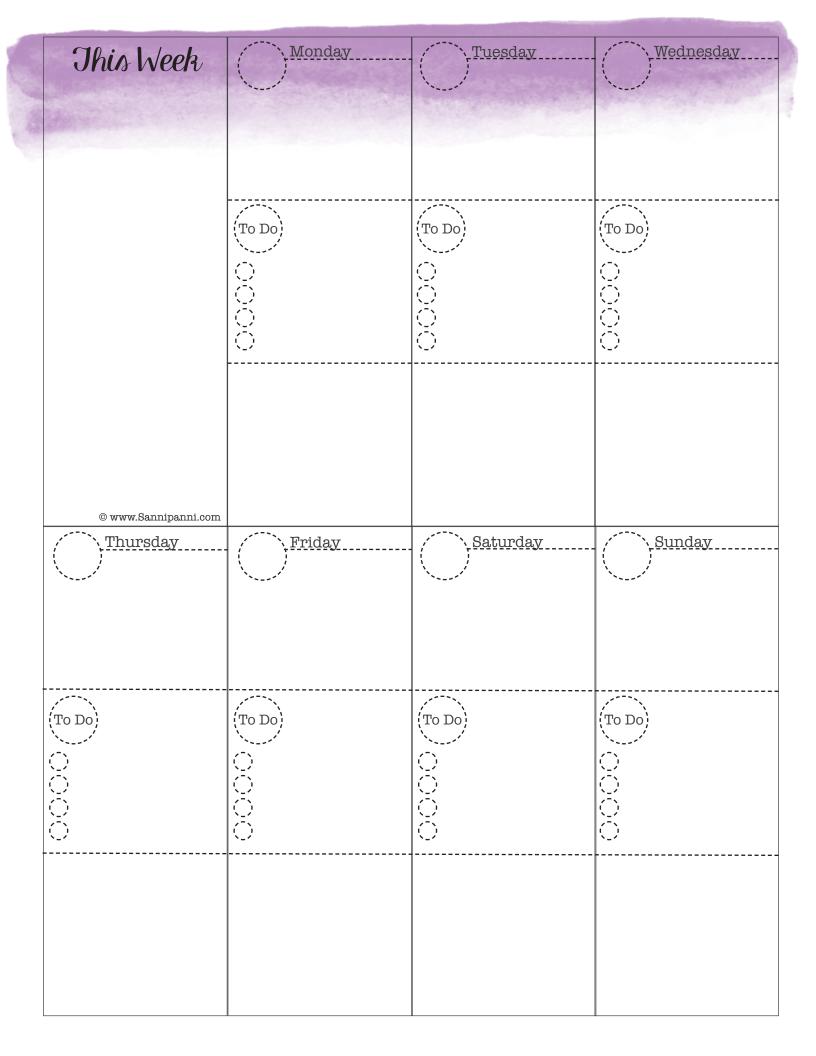
pri			
VIUII			
his Mon	th		
dance			
	onth his Mon	onth his Month	onth his Month

Holidayn				
la				
lic				
Ho				
	 		 	i
			· · · · · · · · · · · · · · · · · · ·	1
Sunday				
da				
nn -				
×				
	 		 +	
Satunday				
qq				
m				
Sal				
~				
a				
vid				
Iniday				
ĥ				
da				
Jhunnday				
hu				
D				
łn				
qq				
nen				
<i>dr</i>				
Wednesday				
_				
a,				
na				
Juenday				
_				
Monday				
na				
202				
Ţ				
			I	

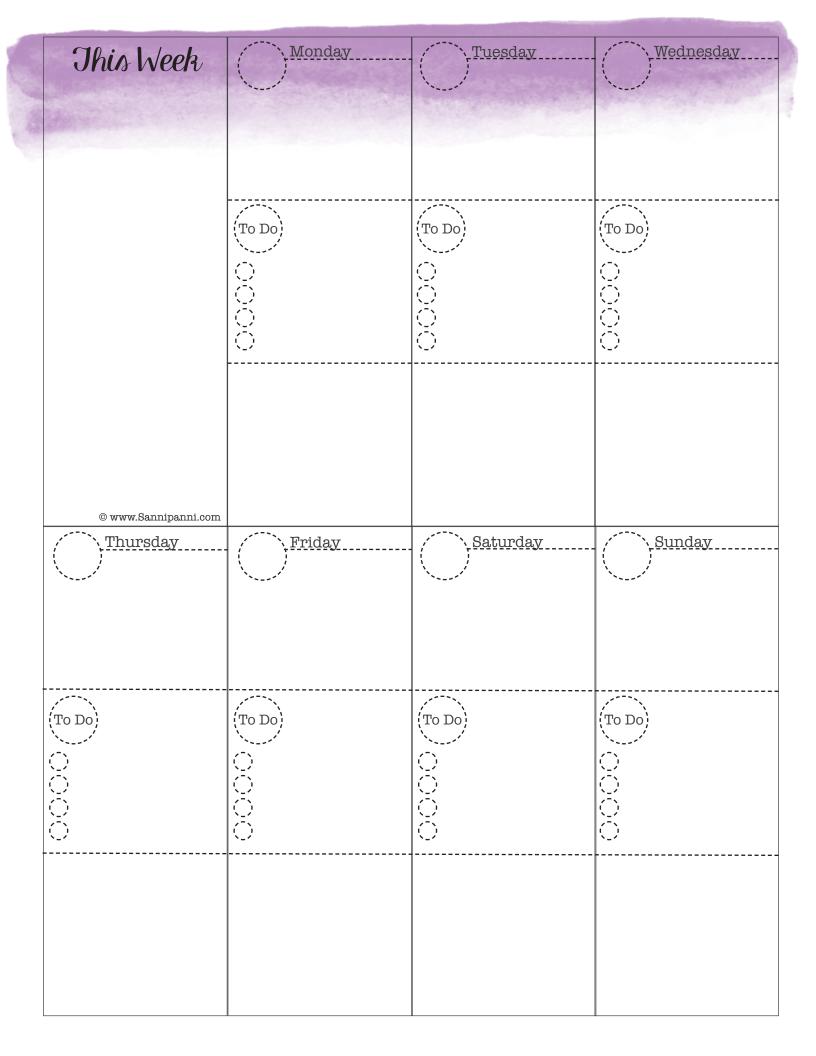
Meal Ideas	Be The Best Vension of Yourself!		
Mon Tue Wed	Move M T W T F S S	Hydrate M \Diamond \rangle </td	
(Thu) (Fri) (Sat)	Practice Self-Care M T W T F S S S	Eat Fruit & Veggies M () () () () () () () () () () T () () () () () () () () () W () () () () () () () () () W () () () () () () () () () W () () () () () () () () () T () () () () () () () () () () T () () () () () () () () () () () T () () () () () () () () () () () T () () () () () () () () () () () () T () () () () () () () () () () () () () T () () () () () () () () () () () () ()	
(Sun)		0000000	
Buy	Notes	& Doodles	
		© www.Sannipanni.com	
Dhis week was: 公公公公公			
My favonite thing about this week was			



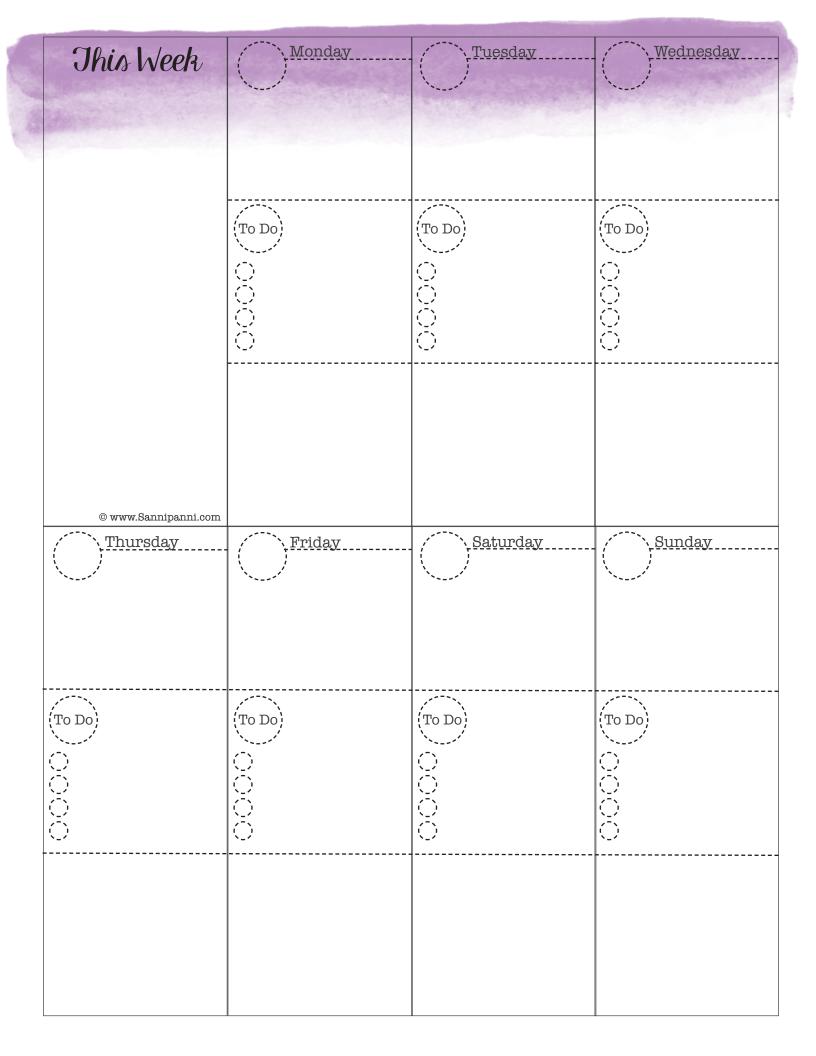
Meal Ideas	Be The Best Vension of Yourself!		
Mon Tue Wed	Move M T W T F S S	Hydrate M \Diamond \rangle </td	
(Thu) (Fri) (Sat)	Practice Self-Care M T W T F S S S	Eat Fruit & Veggies M () () () () () () () () () () () () ()	
(Sun)		0000000	
Buy	Notes	& Doodles	
		© www.Sannipanni.com	
Dhis week was: 公公公公公			
My favonite thing about this week was			



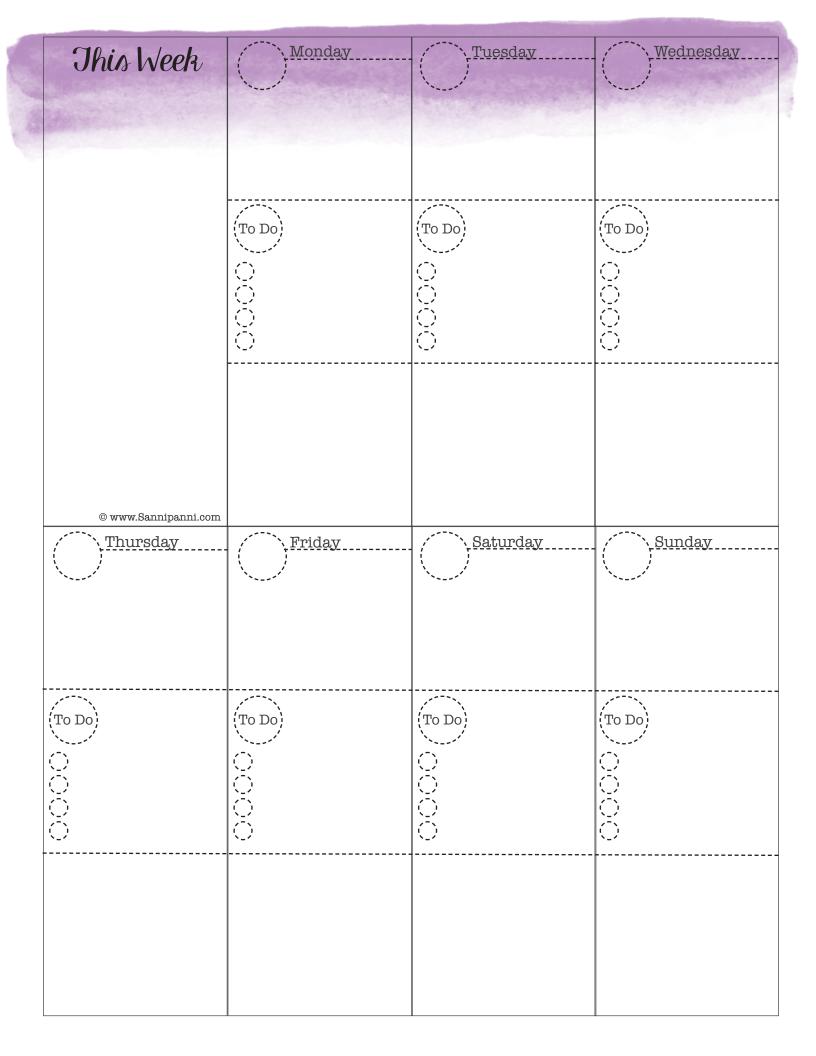
Meal Ideas	Be The Best Vension of Yourself!		
Mon Tue Wed	Move M T W T F S S	Hydrate M \Diamond \rangle </td	
(Thu) (Fri) (Sat)	Practice Self-Care M T W T F S S S	Eat Fruit & Veggies M () () () () () () () () () () () () ()	
(Sun)		0000000	
Buy	Notes	& Doodles	
		© www.Sannipanni.com	
Dhis week was: 公公公公公			
My favonite thing about this week was			



Meal Ideas	Be The Best Vension of Yourself!		
Mon Tue Wed	Move M T W T F S S	Hydrate M \Diamond \rangle </td	
(Thu) (Fri) (Sat)	Practice Self-Care M T W T F S S S	Eat Fruit & Veggies M () () () () () () () () () () T () () () () () () () () () W () () () () () () () () () W () () () () () () () () () W () () () () () () () () () T () () () () () () () () () () T () () () () () () () () () () T () () () () () () () () () () T () () () () () () () () () () () T () () () () () () () () () () () () T () () () () () () () () () () () () () T () () () () () () () () () () () () ()	
(Sun)		0000000	
Buy	Notes & Doodles		
		© www.Sannipanni.com	
Dhis week was: 公公公公公			
My favonite thing about this week was			



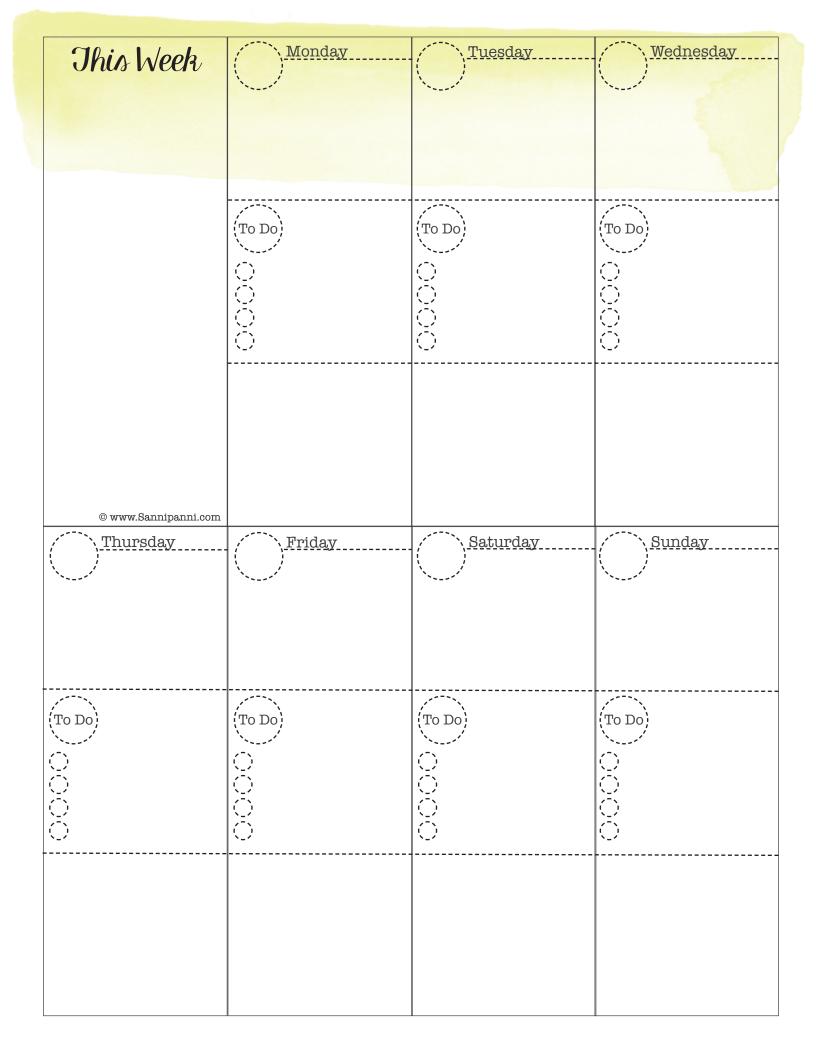
Meal Ideas	Be The Best Vension of Yourself!		
Mon Tue Wed	Move M T W T F S S	Hydrate M \Diamond \rangle </td	
(Thu) (Fri) (Sat)	Practice Self-Care M T W T F S S S	Eat Fruit & Veggies M () () () () () () () () () () T () () () () () () () () () W () () () () () () () () () W () () () () () () () () () W () () () () () () () () () T () () () () () () () () () () T () () () () () () () () () () T () () () () () () () () () () T () () () () () () () () () () () T () () () () () () () () () () () () T () () () () () () () () () () () () () T () () () () () () () () () () () () ()	
(Sun)		0000000	
Buy	Notes & Doodles		
		© www.Sannipanni.com	
Dhis week was: 公公公公公			
My favonite thing about this week was			



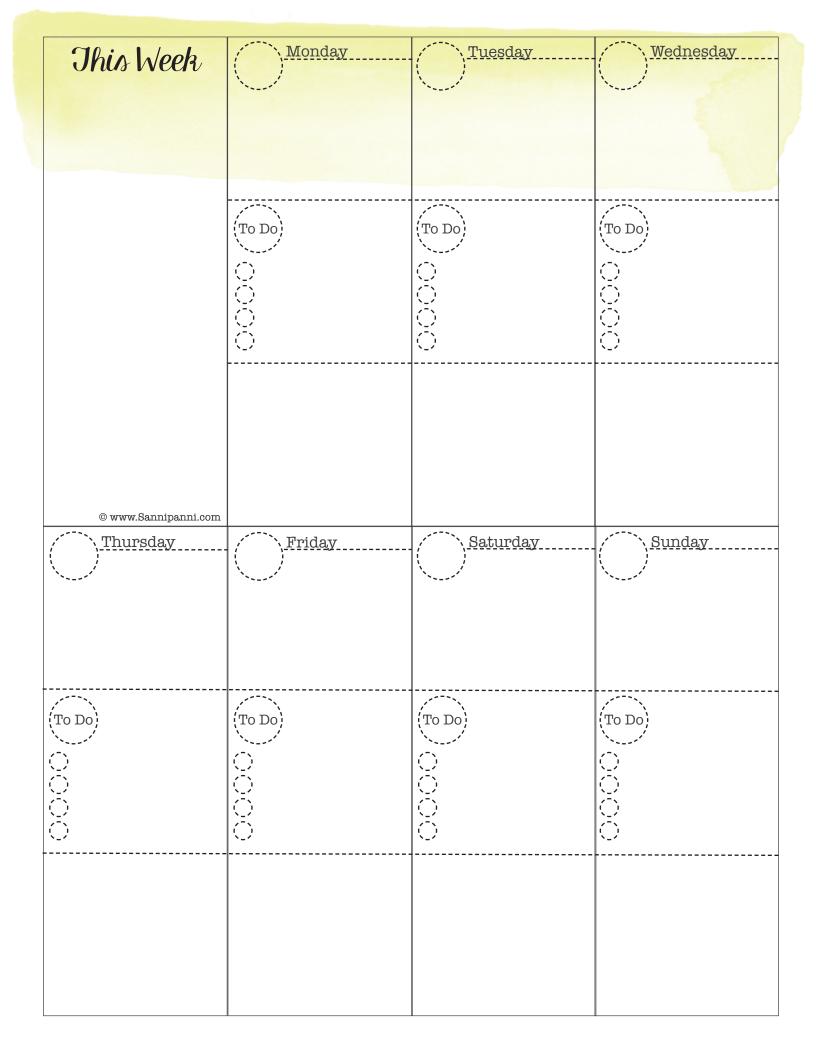
Mau	
May Plans for The Month	
Play Jounist	
Learn Something New This Month	
Cunnently	
Reading: Watching:	
Home Disaster Avoidance	
Tackle A Beast Project:	
Focal Zone:	
Maintenance:	© www.Sannipanni.co

Holidays	Holidays					
Sunday						
Satunday						
Iniday						
Jhunsday						
Wednesday						
Juerday						
Monday						

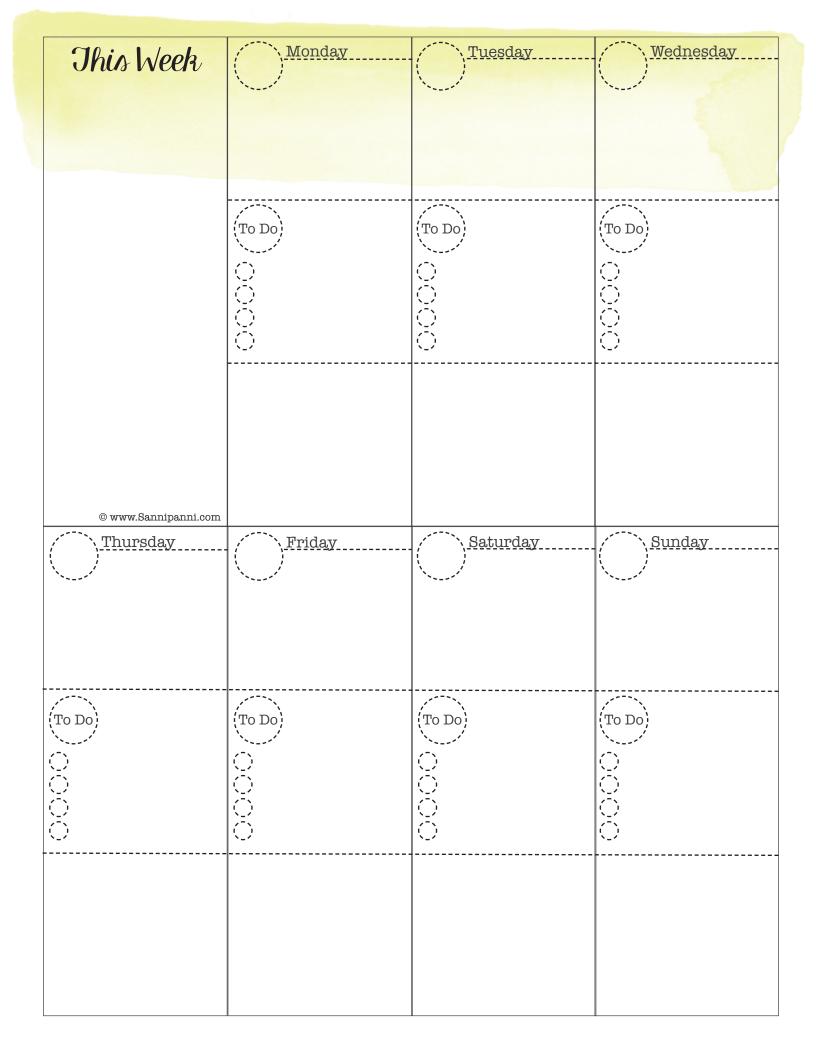
Meal Ideas	Be The Best Vension of Younself!		
(Mon) (Tue) (Wed)	Move M T W T F S S	Hydrate M \Diamond \rangle </th	
(Thu) (Fri) (Sat)	Practice Self-Care M T W T F S S	Eat Fruit & Veggies M () () () () () () () () T () () () () () () () () W () () () () () () () () W () () () () () () () () W () () () () () () () () T () () () () () () () () () T () () () () () () () () () F () () () () () () () () () S () () () () () () () () () () S () () () () () () () () () () S () () () () () () () () () () () S () () () () () () () () () () () () ()	
(Sun)	0000000	0000000	
Buy	Notes &	© www.Sannipanni.com	
This week was: ☆ ☆ ☆ ☆ ☆ ☆ My favonite thing about this week was:			



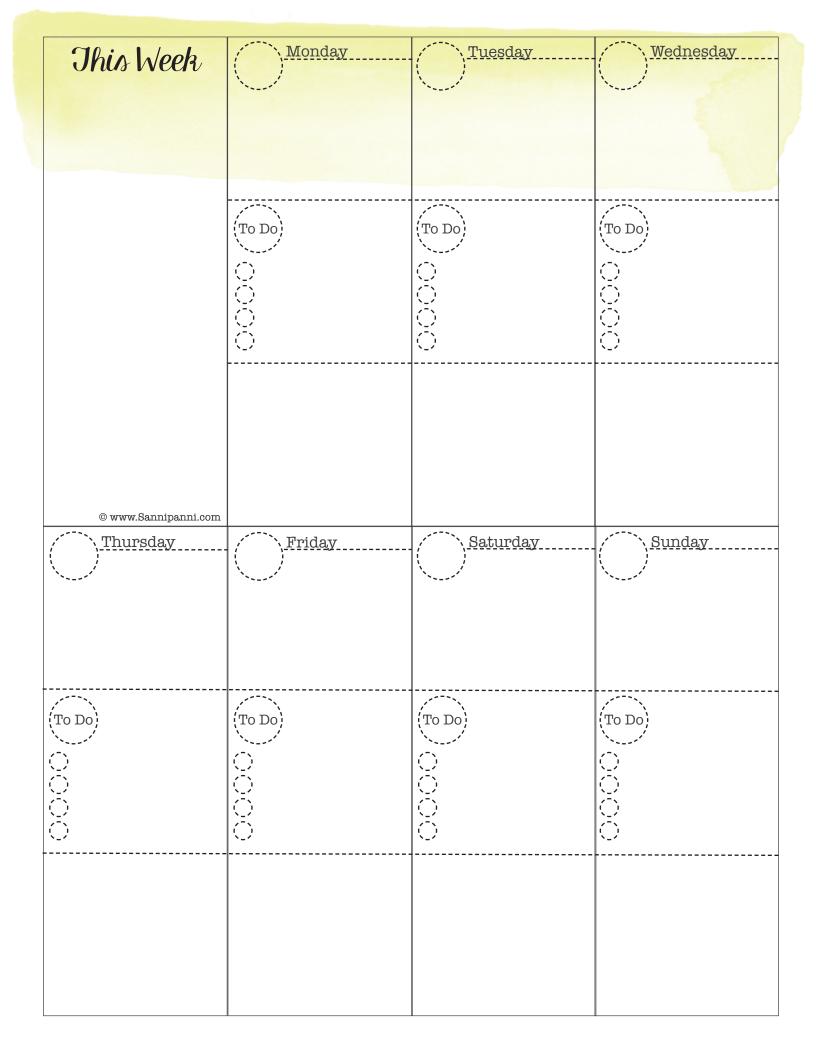
Meal Ideas	Be The Best Vension of Younself!		
(Mon) (Tue) (Wed)	Move M T W T F S S	Hydrate M \Diamond \rangle </th	
(Thu) (Fri) (Sat)	Practice Self-Care M T W T F S S	Eat Fruit & Veggies M () () () () () () () () T () () () () () () () () W () () () () () () () () W () () () () () () () () W () () () () () () () () T () () () () () () () () () T () () () () () () () () () F () () () () () () () () () S () () () () () () () () () () S () () () () () () () () () () S () () () () () () () () () () () S () () () () () () () () () () () () ()	
(Sun)	0000000	0000000	
Buy	Notes &	© www.Sannipanni.com	
This week was: ☆ ☆ ☆ ☆ ☆ ☆ My favonite thing about this week was:			



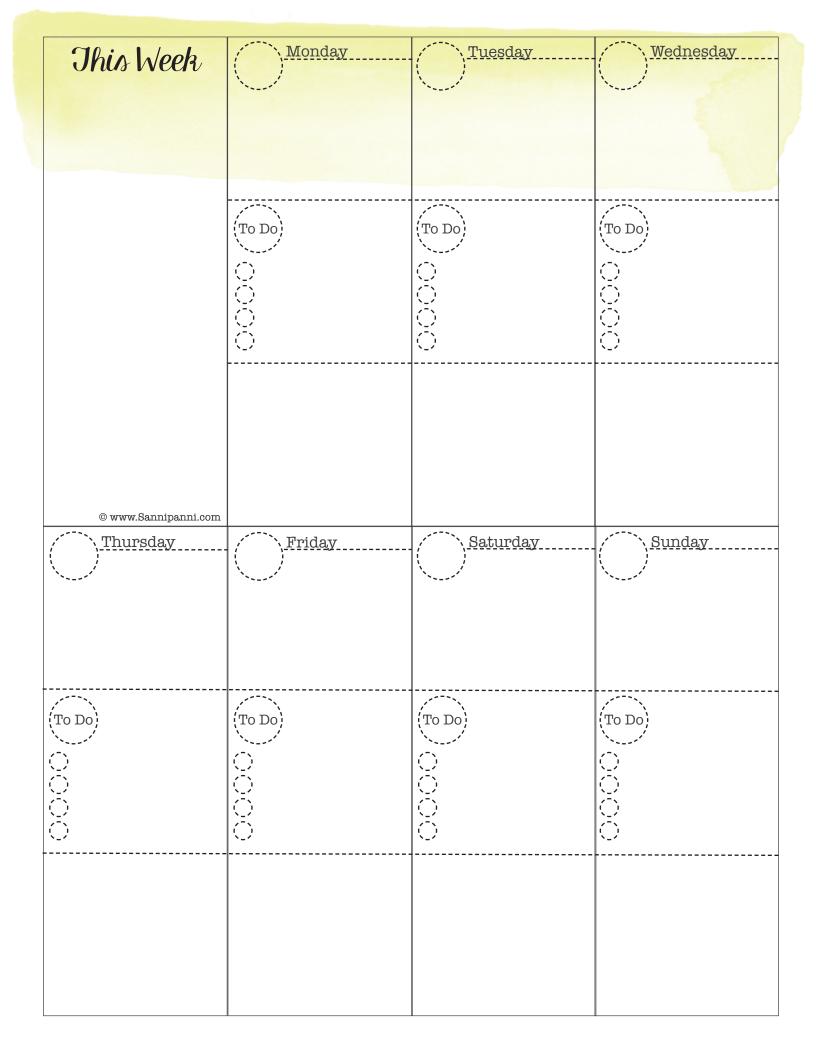
Meal Ideas	Be The Best Vension of Younself!		
(Mon) (Tue) (Wed)	Move M T W T F S S	Hydrate M \Diamond \rangle </th	
(Thu) (Fri) (Sat)	Practice Self-Care M T W T F S S	Eat Fruit & Veggies M () () () () () () () () T () () () () () () () () W () () () () () () () () W () () () () () () () () W () () () () () () () () T () () () () () () () () () T () () () () () () () () () F () () () () () () () () () S () () () () () () () () () () S () () () () () () () () () () S () () () () () () () () () () () S () () () () () () () () () () () () ()	
(Sun)	0000000	0000000	
Buy	Notes &	© www.Sannipanni.com	
This week was: ☆ ☆ ☆ ☆ ☆ ☆ My favonite thing about this week was:			



Meal Ideas	Be The Best Vension of Younself!		
(Mon) (Tue) (Wed)	Move M T W T F S S	Hydrate M \Diamond \rangle </th	
(Thu) (Fri) (Sat)	Practice Self-Care M T W T F S S	Eat Fruit & Veggies M () () () () () () () () T () () () () () () () () W () () () () () () () () W () () () () () () () () W () () () () () () () () T () () () () () () () () () T () () () () () () () () () F () () () () () () () () () S () () () () () () () () () () S () () () () () () () () () () S () () () () () () () () () () () S () () () () () () () () () () () () ()	
(Sun)	0000000	0000000	
Buy	Notes &	© www.Sannipanni.com	
This week was: ☆ ☆ ☆ ☆ ☆ ☆ My favonite thing about this week was:			



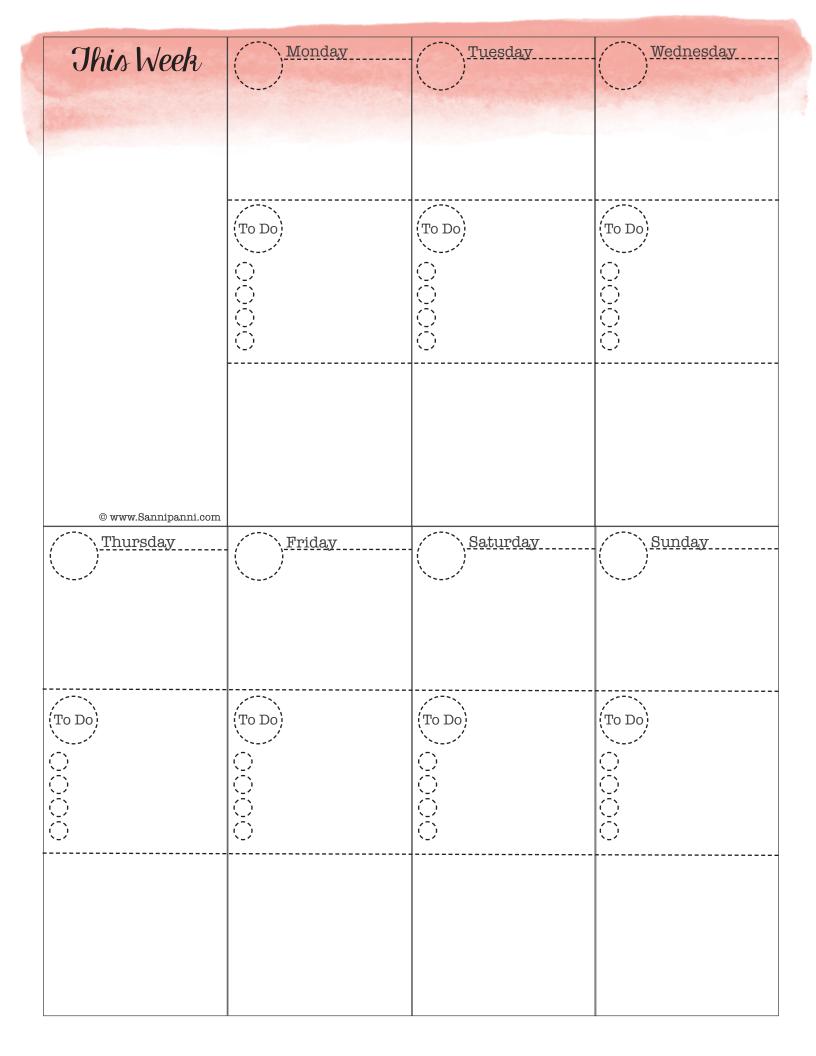
Meal Ideas	Be The Best Vension of Younself!		
(Mon) (Tue) (Wed)	Move M T W T F S S	Hydrate M \Diamond \rangle </th	
(Thu) (Fri) (Sat)	Practice Self-Care M T W T F S S	Eat Fruit & Veggies M () () () () () () () () T () () () () () () () () W () () () () () () () () W () () () () () () () () W () () () () () () () () T () () () () () () () () () T () () () () () () () () () F () () () () () () () () () S () () () () () () () () () () S () () () () () () () () () () S () () () () () () () () () () () S () () () () () () () () () () () () ()	
(Sun)	0000000	0000000	
Buy	Notes &	© www.Sannipanni.com	
This week was: ☆ ☆ ☆ ☆ ☆ ☆ My favonite thing about this week was:			



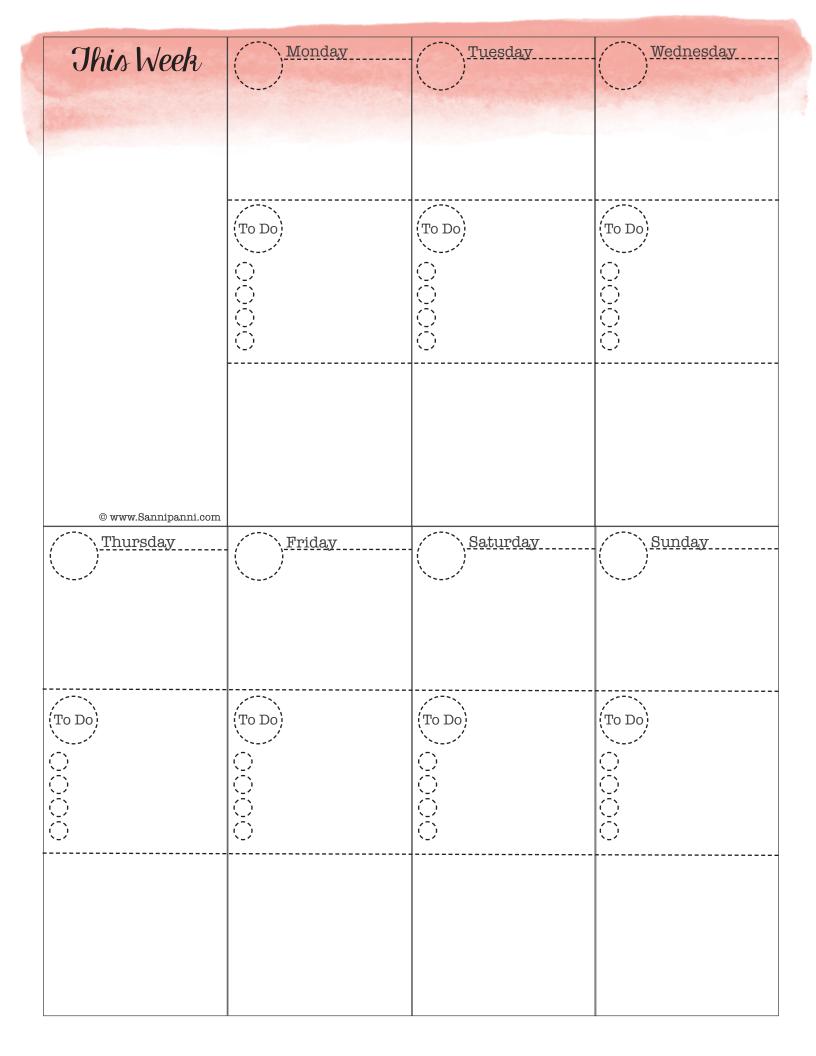
June	
Plans for The Month	
Play Tourist	
Leann Something New This Month	
Currently Reading: Watching:	
Home Disaster Avoidance	
Tackle A Beast Project:	
Focal Zone:	
Maintenance:	© www.Sannipanni.com

Holidaya			1
a			1
lid			1
Jø			
	 	 	 ·
Sunday			
qt			
m			
~			
<i>katunday</i>			
da			
m			
at			
~			
M			
qt			
Iniday			
(-2			
ay			
$p_{\mathcal{A}}$			
- M			
Jhunnday			
ay			
pq			
ne			
p_{a}			
Wednesday			
~			
a			
pe			
Juenday			
D			
Monday			
pn			
10			
M			

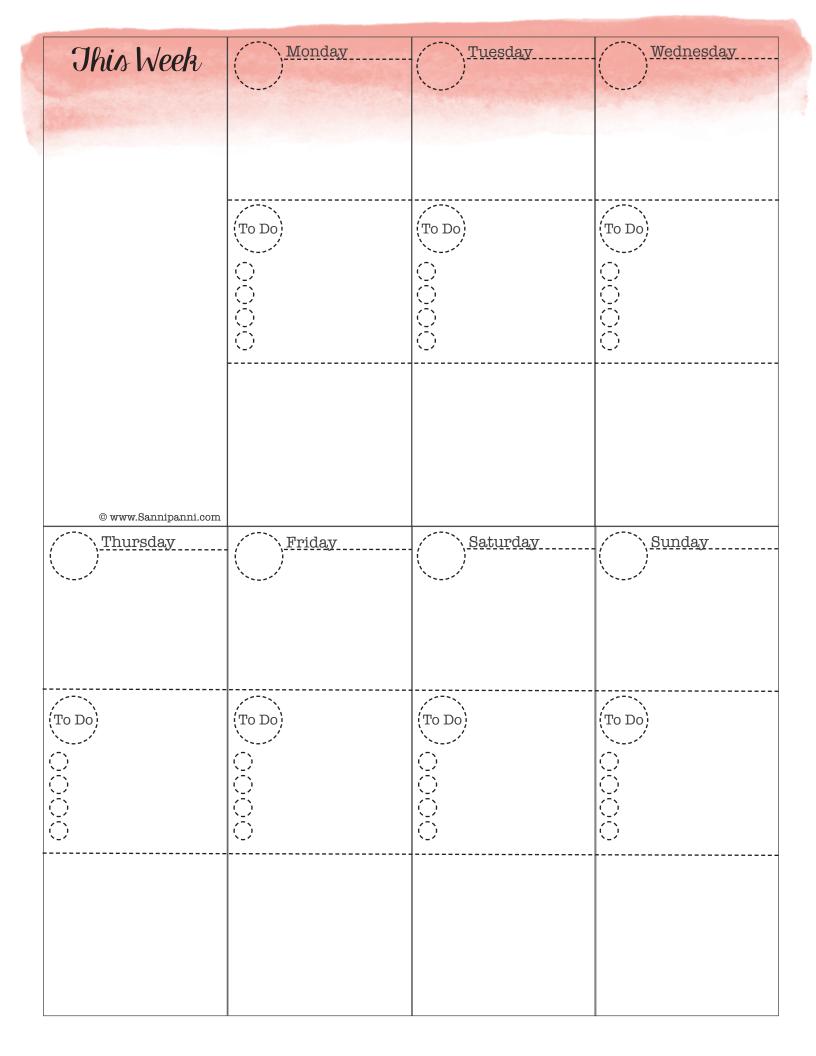
Move	rsion of Yourself!
M T W T F S S	Hydrate M \Diamond $△$ <t< th=""></t<>
Practice Self-Care M T W T F S S	Eat Fruit & Veggies M () () () () () () () () () T () () () () () () () () () W () () () () () () () () () W () () () () () () () () () W () () () () () () () () () T () () () () () () () () () T () () () () () () () () () () T () () () () () () () () () () () T () () () () () () () () () () () () T () () () () () () () () () () () () T () () () () () () () () () () () () ()
0000000	0000000
Notes a	& Doodles
	F S S $\frac{Practice Self-Care}{M}$ T T T F S S S $()()()()()()()()())$



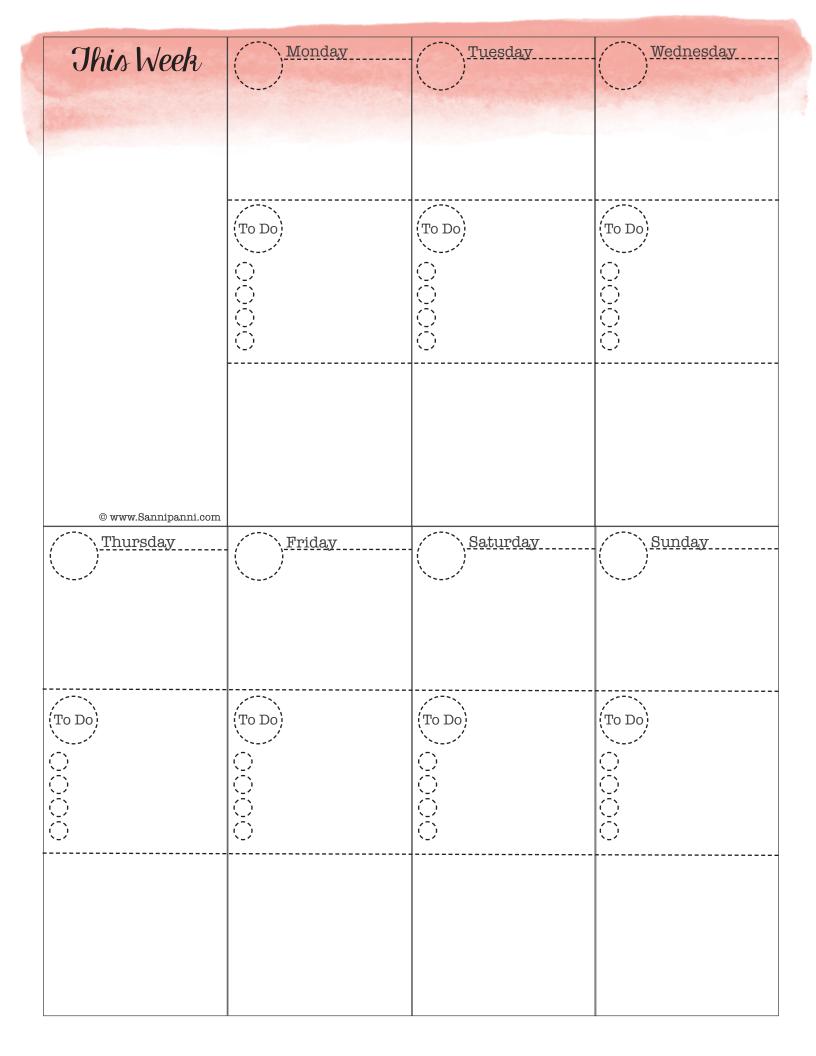
Move	rsion of Yourself!
M T W T F S S	Hydrate M \Diamond $△$ <t< th=""></t<>
Practice Self-Care M T W T F S S	Eat Fruit & Veggies M () () () () () () () () () T () () () () () () () () () W () () () () () () () () () W () () () () () () () () () W () () () () () () () () () T () () () () () () () () () T () () () () () () () () () () T () () () () () () () () () () () T () () () () () () () () () () () () T () () () () () () () () () () () () T () () () () () () () () () () () () ()
0000000	0000000
Notes a	& Doodles
	F S S $\frac{Practice Self-Care}{M}$ T T T F S S S $()()()()()()()()())$



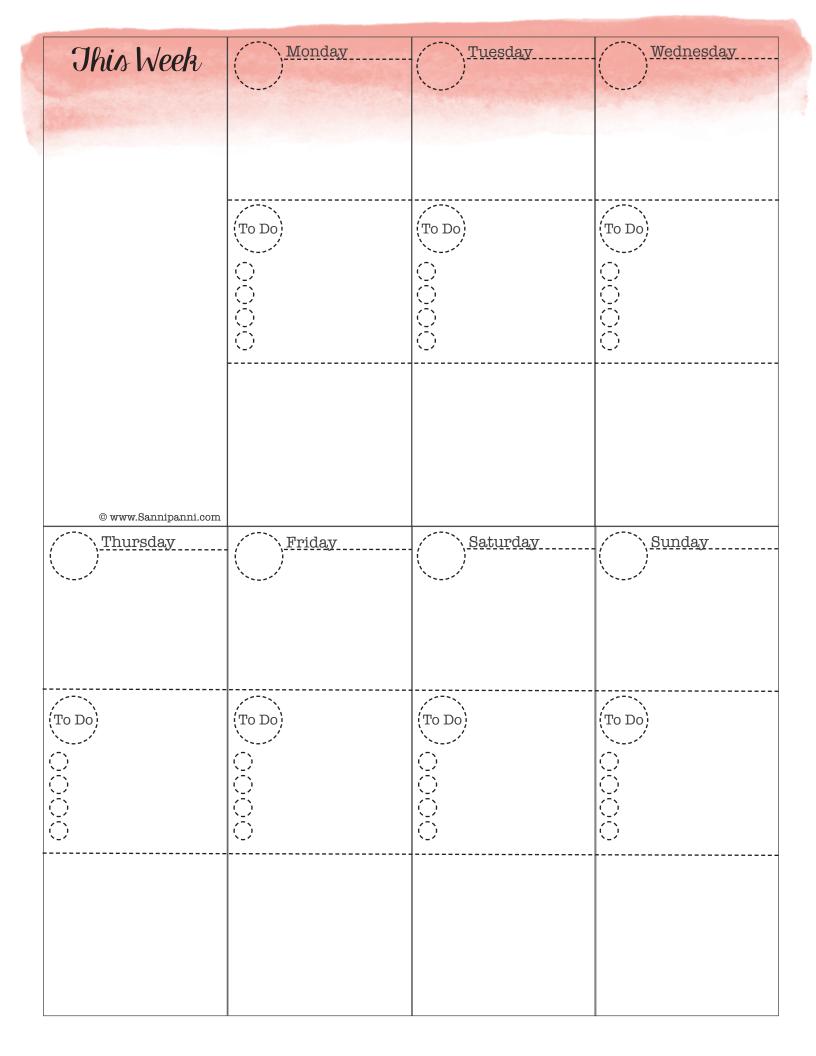
Move	rsion of Yourself!
M T W T F S S	Hydrate M \Diamond $△$ <t< th=""></t<>
Practice Self-Care M T W T F S S	Eat Fruit & Veggies M () () () () () () () () () T () () () () () () () () () W () () () () () () () () () W () () () () () () () () () W () () () () () () () () () T () () () () () () () () () T () () () () () () () () () () T () () () () () () () () () () () T () () () () () () () () () () () () T () () () () () () () () () () () () T () () () () () () () () () () () () ()
0000000	0000000
Notes a	& Doodles
	F S S $\frac{Practice Self-Care}{M}$ T T F S S S $()()()()()()()()())$



Move	rsion of Yourself!
M T W T F S S	Hydrate M \Diamond $△$ <t< th=""></t<>
Practice Self-Care M T W T F S S	Eat Fruit & Veggies M () () () () () () () () () T () () () () () () () () () W () () () () () () () () () W () () () () () () () () () W () () () () () () () () () T () () () () () () () () () T () () () () () () () () () () T () () () () () () () () () () () T () () () () () () () () () () () () T () () () () () () () () () () () () T () () () () () () () () () () () () ()
0000000	0000000
Notes a	& Doodles
	F S S $\frac{Practice Self-Care}{M}$ T T F S S S $()()()()()()()()())$



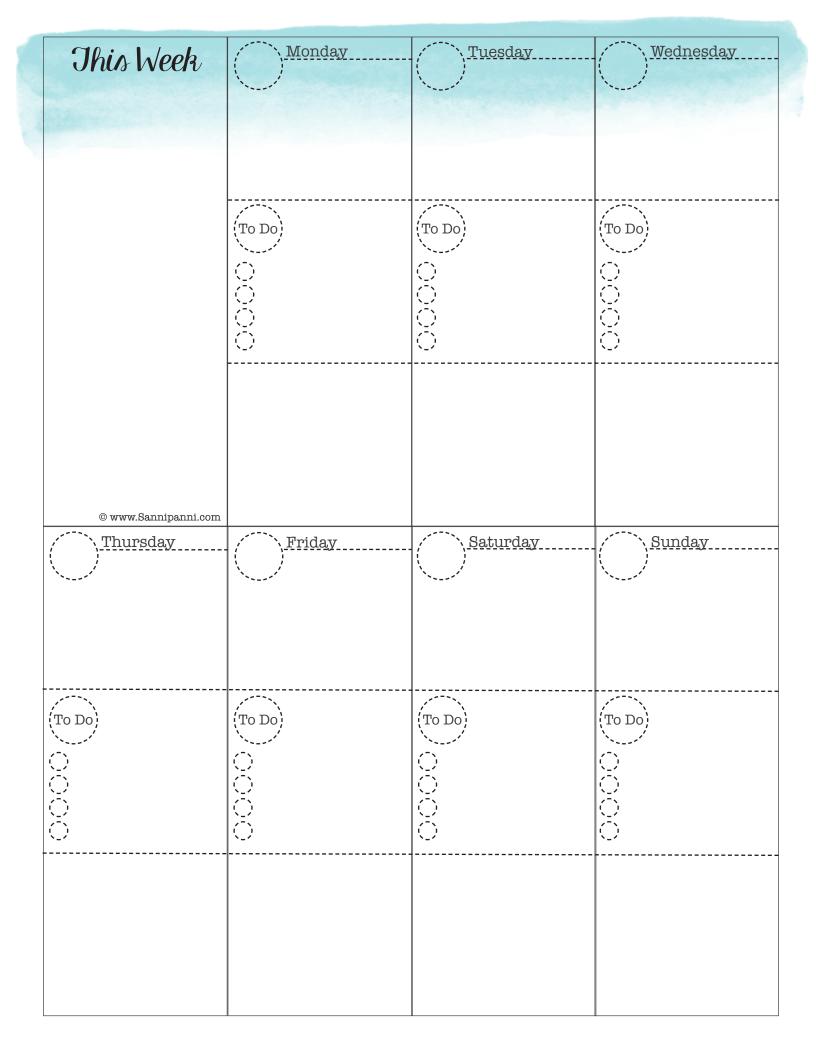
Move	rsion of Yourself!
M T W T F S S	Hydrate M \Diamond $△$ <t< th=""></t<>
Practice Self-Care M T W T F S S	Eat Fruit & Veggies M () () () () () () () () () T () () () () () () () () () W () () () () () () () () () W () () () () () () () () () W () () () () () () () () () T () () () () () () () () () T () () () () () () () () () () T () () () () () () () () () () () T () () () () () () () () () () () () T () () () () () () () () () () () () T () () () () () () () () () () () () ()
0000000	0000000
Notes a	& Doodles
	F S S $\frac{Practice Self-Care}{M}$ T T F S S S $()()()()()()()()())$



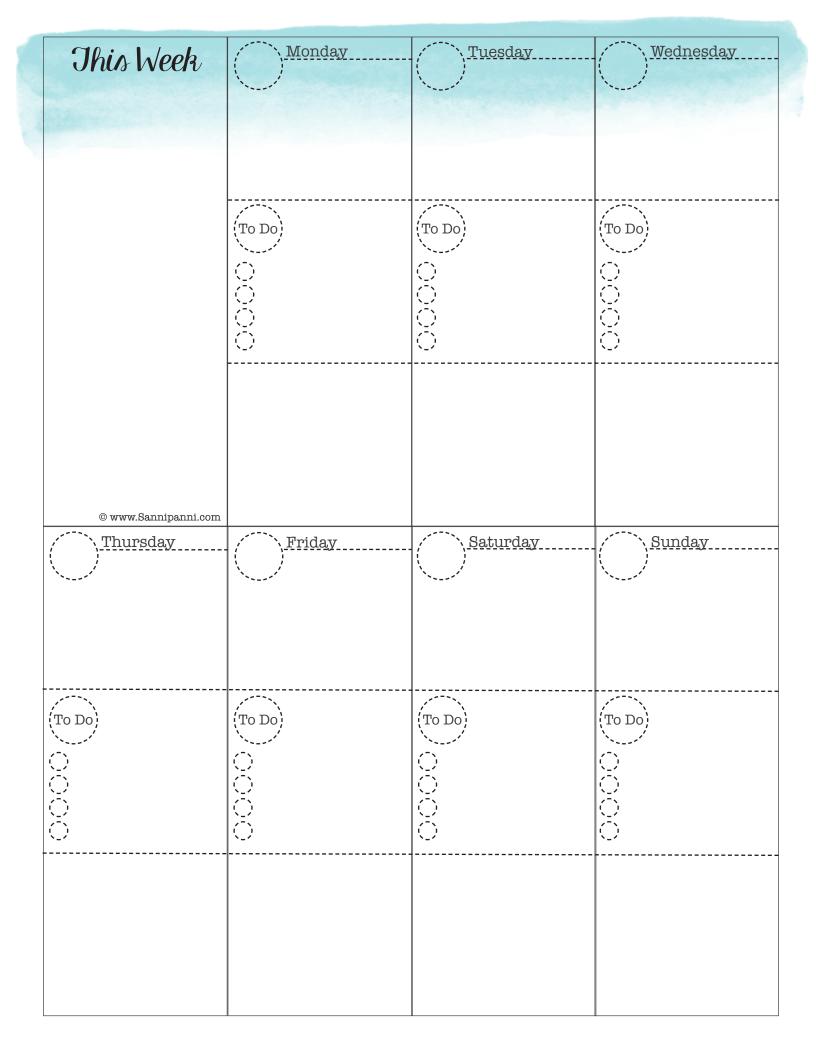
July	
Plans for The Month	
Play Tounist	
Learn Something New This Month	
Currently Reading: Watching:	
Home Disaster Avoidance	
Tackle A Beast Project:	
Focal Zone:	

Holidayn	 	 	
Sunday			
Satunday			
Iniday			
Thursday			
Wednesday			
Juesday			
Monday			

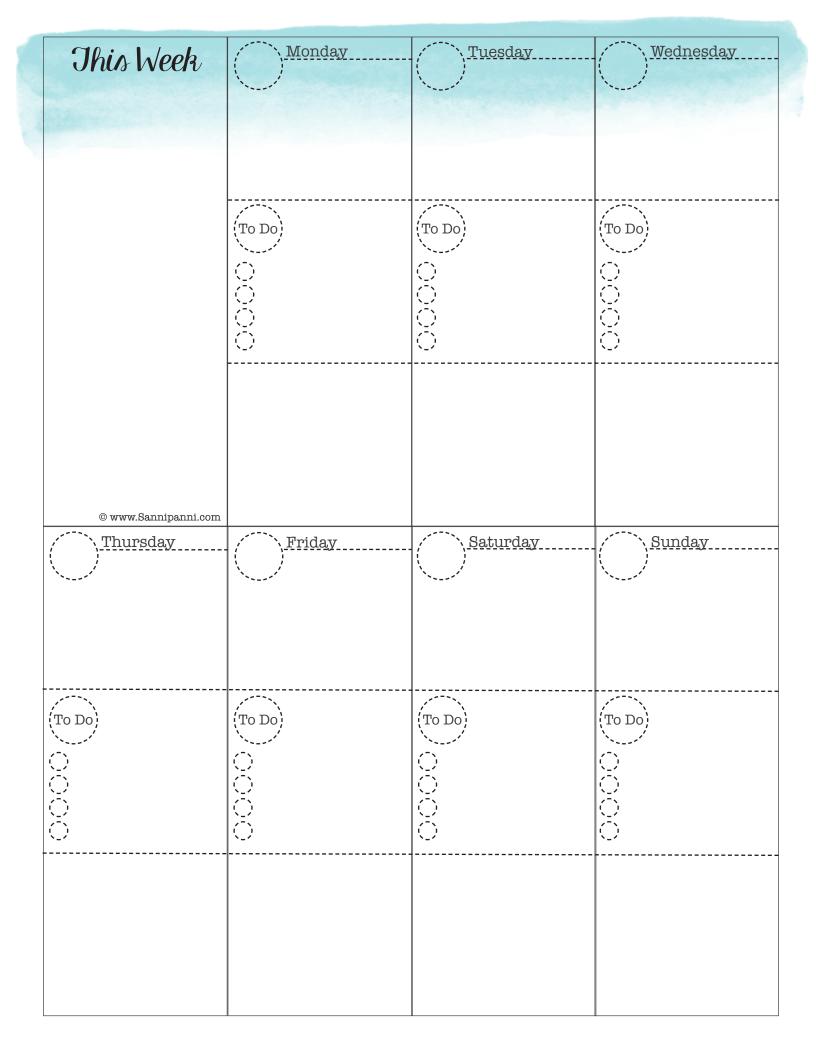
Meal Ideas	Be The Best Vension of Younself!		
(Mon)	Move	Hydrate	
	M T	$\begin{array}{c} \mathbf{M} & \mathbf{O} \\ \mathbf{T} & \mathbf{O} \\ \end{array}$	
(Tue)	W T	$\begin{array}{c} W & \bigcirc \bigcirc$	
	I F I S	$ F \land $	
Wed	S		
(Thu)	Practice Self-Care	Eat Fruit & Veggies M (かぐ) (かぐ) (かぐ) (か	
		ŢŎŎŎŎŎŎŎŎ	
(Fri)	IIW IIT	$\begin{array}{c} \mathbb{W} \bigcirc \bigcirc$	
	F S	F Ở Ở Ở Ở Ở Ở Ở Ở S Ở Ở Ở Ở Ở Ở Ở Ở	
(Sat)	S	s తతతతతతత	
(Sun)			
Вшј	Notes & Doodles		
, v			
	-11 -11 -11 -11		
· · ·			
	-		
	- - !		
 	- 11		
 	- 11		
		© www.Sannipanni.com	
Jhis week was:公公公公公	7		
My favorite thing about this week we			
ing fur and any uson and were we			



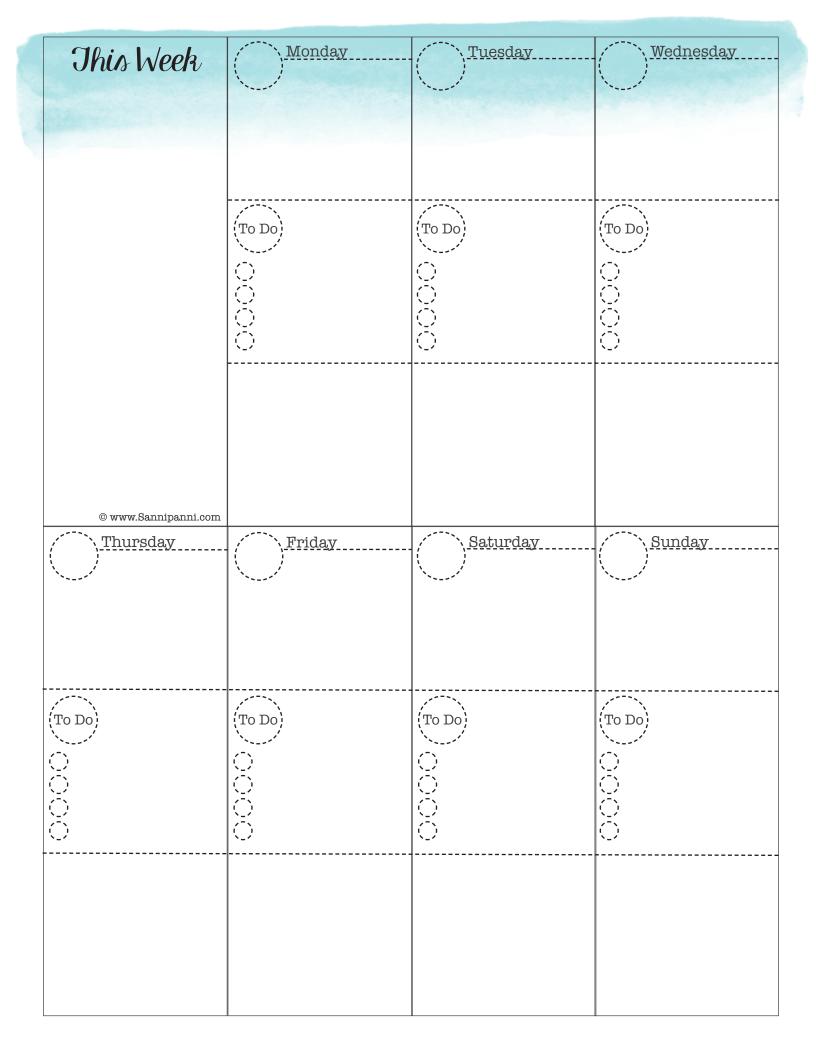
Meal Ideas	Be The Best Vension of Younself!		
(Mon)	Move	Hydrate	
	M T	$\begin{array}{c} \mathbf{M} & \mathbf{O} \\ \mathbf{T} & \mathbf{O} \\ \end{array}$	
(Tue)	W T	$\begin{array}{c} W & \bigcirc \bigcirc$	
	I F I S	$ F \land $	
Wed	S		
(Thu)	Practice Self-Care	Eat Fruit & Veggies M (か (か (か (か (か (か	
		ŢŎŎŎŎŎŎŎŎ	
(Fri)	IIW IIT	$\begin{array}{c} \mathbb{W} \bigcirc \bigcirc$	
	F S	F Ở Ở Ở Ở Ở Ở Ở Ở S Ở Ở Ở Ở Ở Ở Ở Ở	
(Sat)	S	s తతతతతతత	
(Sun)			
Вшј	Notes & Doodles		
, v			
	-11 -11 -11 -11		
· · ·			
	-		
	- -		
 	- 11		
 	- 11		
		© www.Sannipanni.com	
Jhis week was:公公公公公	7		
My favorite thing about this week we			
ing fur and any uson and were we			



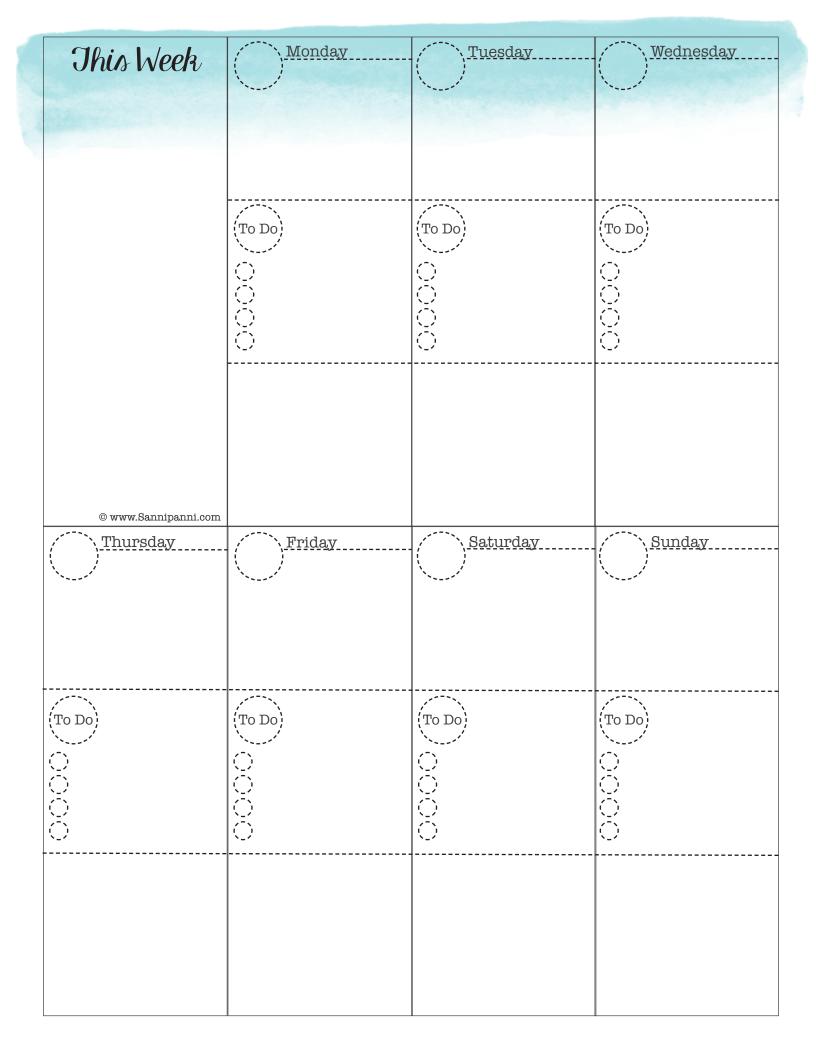
Meal Ideas	Be The Best Vension of Younself!		
(Mon)	Move	Hydrate	
	M T	$\begin{array}{c} \mathbf{M} & \mathbf{O} \\ \mathbf{T} & \mathbf{O} \\ \end{array}$	
(Tue)	W T	$\begin{array}{c} W & \bigcirc \bigcirc$	
	I F I S	$ F \land $	
Wed	S		
(Thu)	Practice Self-Care	Eat Fruit & Veggies M (か (か (か (か (か (か	
		ŢŎŎŎŎŎŎŎŎ	
(Fri)	IIW IIT	$\begin{array}{c} \mathbb{W} \bigcirc \bigcirc$	
	F S	F Ở Ở Ở Ở Ở Ở Ở Ở S Ở Ở Ở Ở Ở Ở Ở Ở	
(Sat)	S	s తతతతతతత	
(Sun)			
Вшј	Notes & Doodles		
, v			
	-11 -11 -11 -11		
· · ·			
	-		
	- - !		
 	- 11		
 	- 11		
		© www.Sannipanni.com	
Jhis week was:公公公公公	7		
My favorite thing about this week we			
ing fur and any uson and were we			



Meal Ideas	Be The Best Vension of Yourself!			
(Mon)	Move	Hydrate		
	M T	$\begin{array}{c} \mathbf{M} & \mathbf{O} \\ \mathbf{T} & \mathbf{O} \\ \end{array}$		
(Tue)	W T	$\begin{array}{c} W & \bigcirc \bigcirc$		
	I F I S	F () () () () () () () () () () () () ()		
Wed	I S			
(Thu)	Practice Self-Care	Eat Fruit & Veggies M のめのめのでのでの		
		ŢŎŎŎŎŎŎŎŎ		
(Fri)	IIW IIT	$\begin{array}{c} \mathbb{W} & \mathbb{O} \\ \mathbb{T} & \mathbb{O} \\ \end{array}$		
	F S	F ѼѼѼѼѼѼѼ S ѼѼѼѼѼѼѼѼ		
(Sat)	S	s తతతతతతతత		
(Sun)				
Вшј	Notes	Notes & Doodles		
, v				
 	11 11 -11 11			
· · · · · · · · · · · · · · · · · · · ·				
 	- 1 1			
	- -			
	- 1 1 1 1 1 1 1 1 - 1 1			
		© www.Sannipanni.com		
Jhis week was:公公公公公	7			
My favonite thing about this week we				
and a state a large as out a las meat me				



Meal Ideas	Be The Best Vension of Yourself!			
(Mon)	Move	Hydrate		
	M T	$\begin{array}{c} \mathbf{M} & \mathbf{O} \\ \mathbf{T} & \mathbf{O} \\ \end{array}$		
(Tue)	W T	$\begin{array}{c} W & \bigcirc \bigcirc$		
	I F I S	F () () () () () () () () () () () () ()		
Wed	I S	s 0 0 0 0 0 0 0 0 0		
(Thu)	Practice Self-Care	Eat Fruit & Veggies M のめのめのでのでの		
		ŢŎŎŎŎŎŎŎŎ		
(Fri)	IIW IIT	$\begin{array}{c} \mathbb{W} & \mathbb{O} \\ \mathbb{T} & \mathbb{O} \\ \end{array}$		
	F S	F ѼѼѼѼѼѼѼ S ѼѼѼѼѼѼѼѼ		
(Sat)	S	s తతతతతతతత		
(Sun)				
Вшј	Notes	Notes & Doodles		
, v				
 	11 11 -11 11			
· · · · · · · · · · · · · · · · · · · ·				
 	- 1 1			
	- -			
	- 1 1 1 1 1 1 1 1 - 1 1			
		© www.Sannipanni.com		
Jhis week was:公公公公公	7			
My favonite thing about this week we				
and a state a large as out a las meat me				





Plans for The Month

Play Jounist

Learn Something New This Month

Cunnently...

Reading:

Watching:

Home Disaster Avoidance

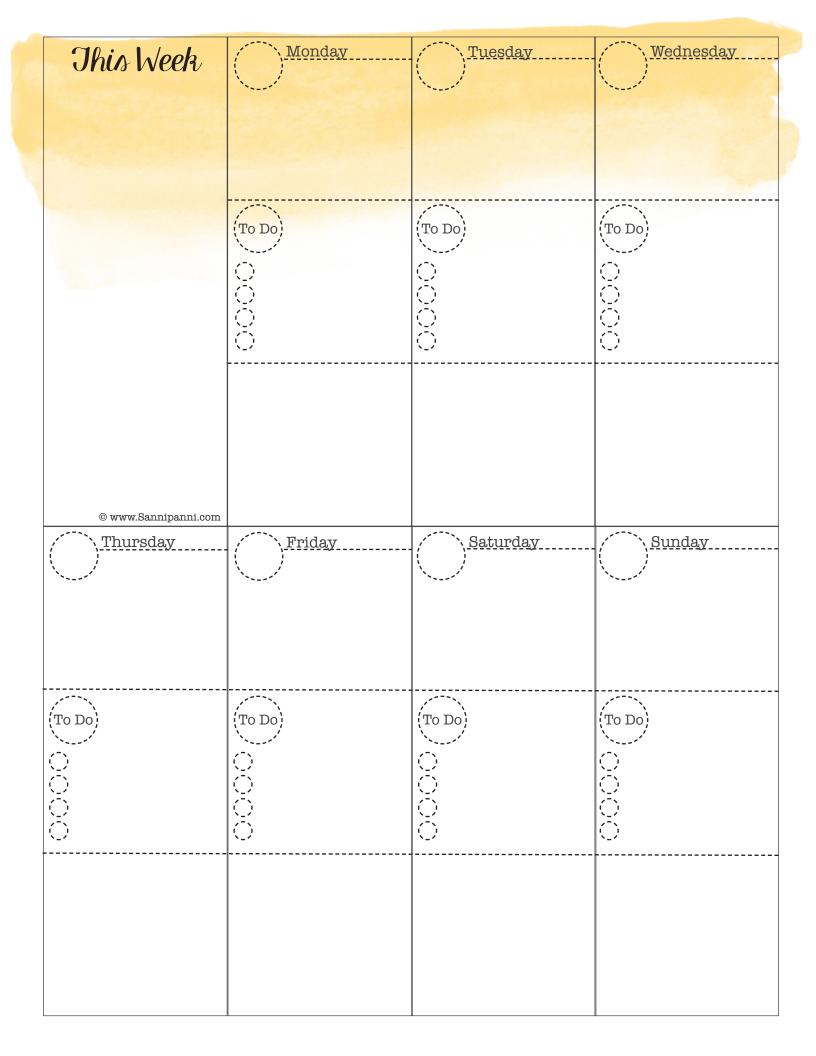
Tackle A Beast Project:

Focal Zone:

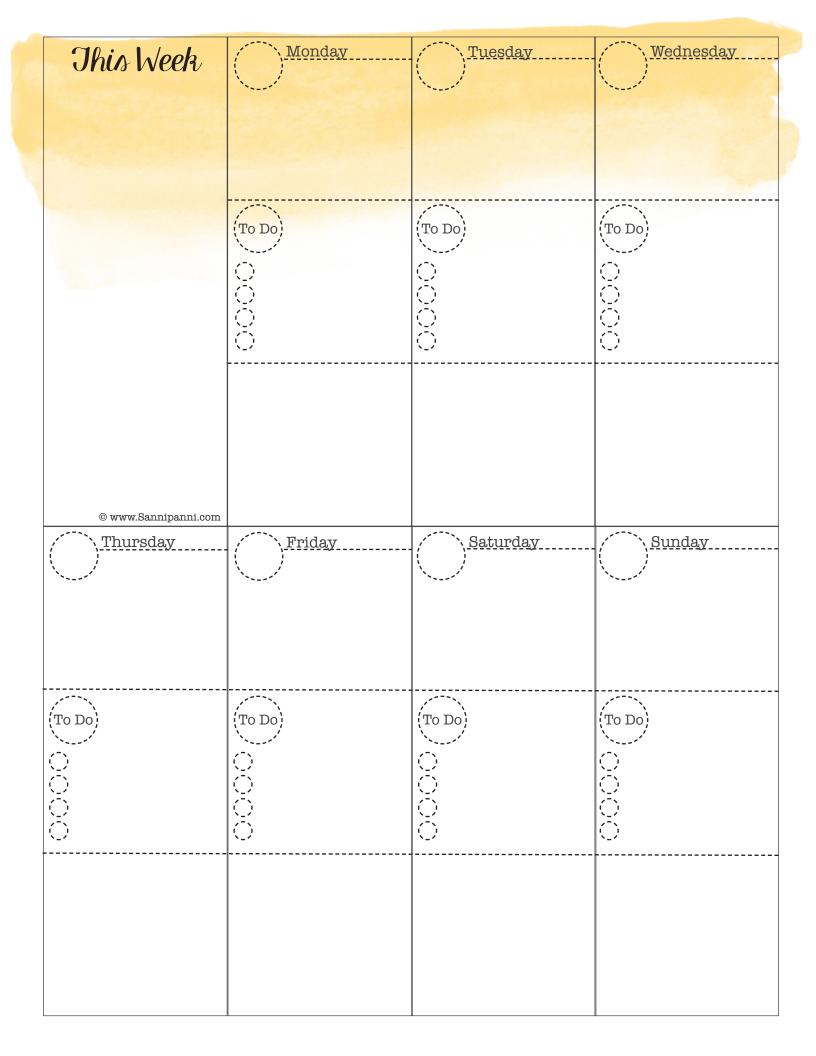
Maintenance:

Holidayn	Holidaya					
Sunday						
satunday						
Iniday						
Thunsday						
Wednesday						
Juerday						
Monday						

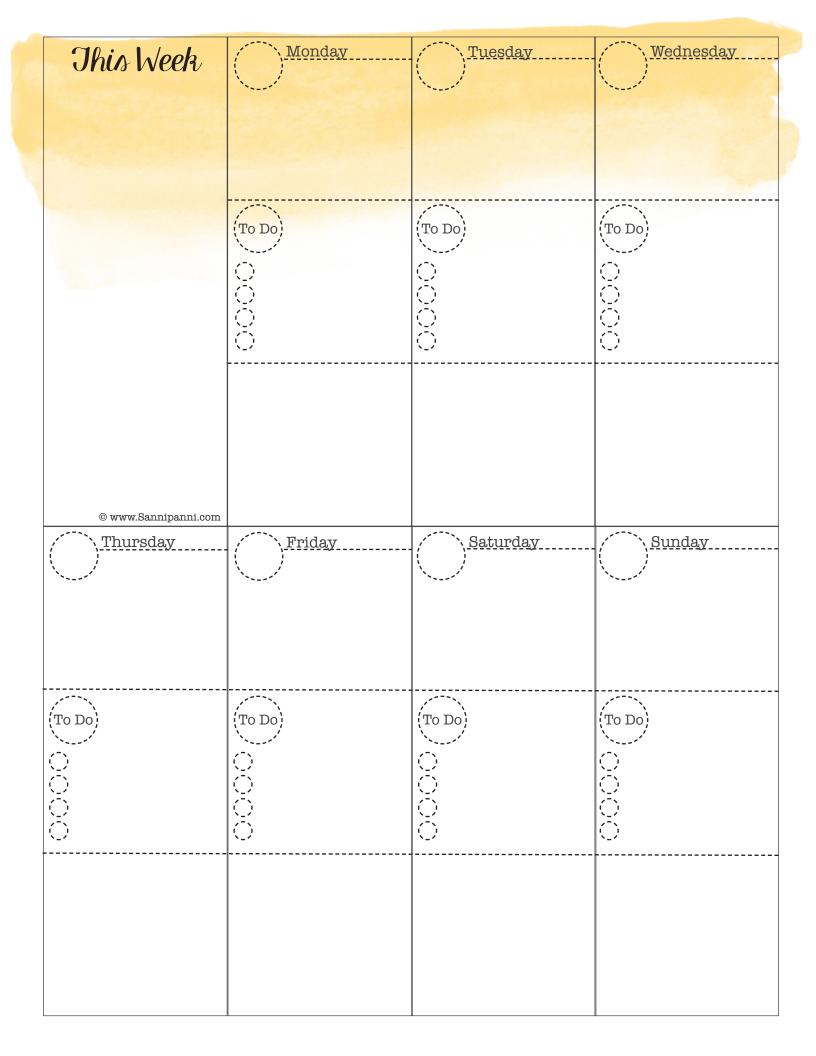
Meal Ideas	Be The Best Vension of Yourself!		
(Mon) (Tue) (Wed)	Move M T W T F S S S Practice Self-Care	Hydrate M \land <t< th=""></t<>	
(Thu) (Fri) (Sat)	M T T F S S	M () () () () () () () () () T () () () () () () () () W () () () () () () () () () () W () () () () () () () () () () W () () () () () () () () () () () () ()	
	Tioles &	• Doodles	
This week was: ☆ ☆ ☆ ☆ ☆ My favonite thing about this week was	· · · · · · · · · · · · · · · · · · ·		



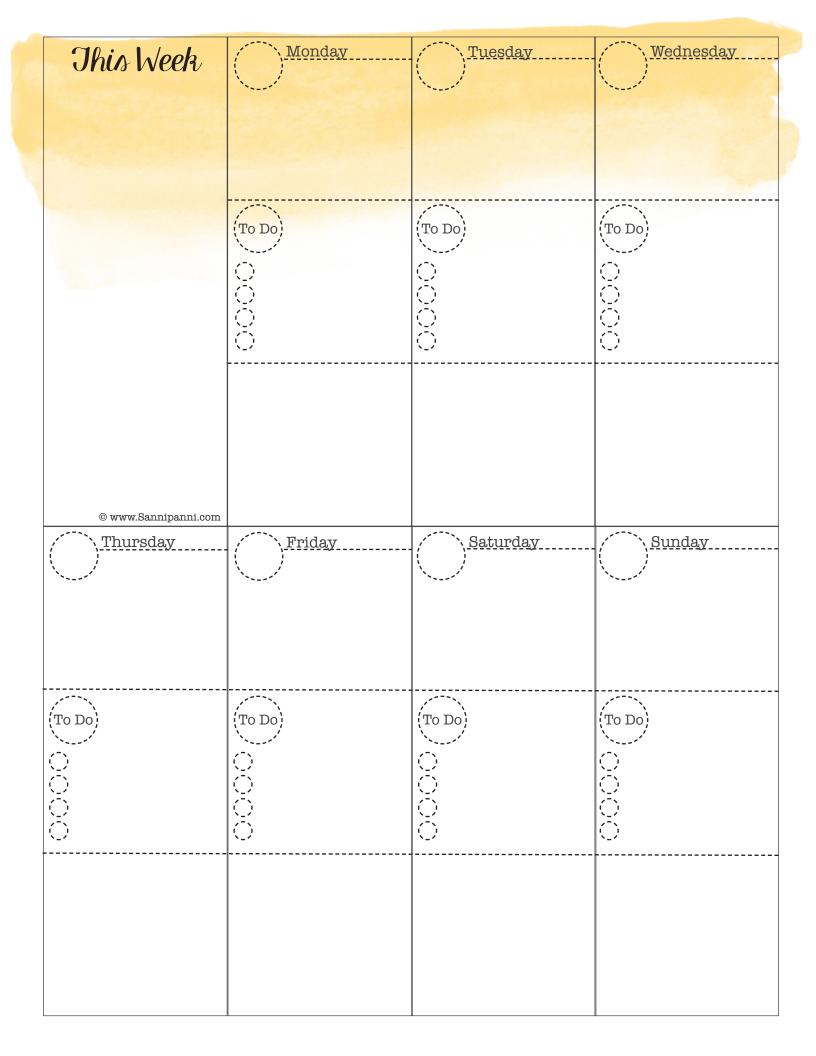
Meal Ideas	Be The Best Vension of Yourself!		
(Mon) (Tue) (Wed)	Move M T W T F S S S Practice Self-Care	Hydrate M \land <t< th=""></t<>	
(Thu) (Fri) (Sat)	M T T F S S	M () () () () () () () () () T () () () () () () () () W () () () () () () () () () () W () () () () () () () () () () W () () () () () () () () () () () () ()	
	Tioles &	• Doodles	
This week was: ☆ ☆ ☆ ☆ ☆ My favonite thing about this week was	· · · · · · · · · · · · · · · · · · ·		



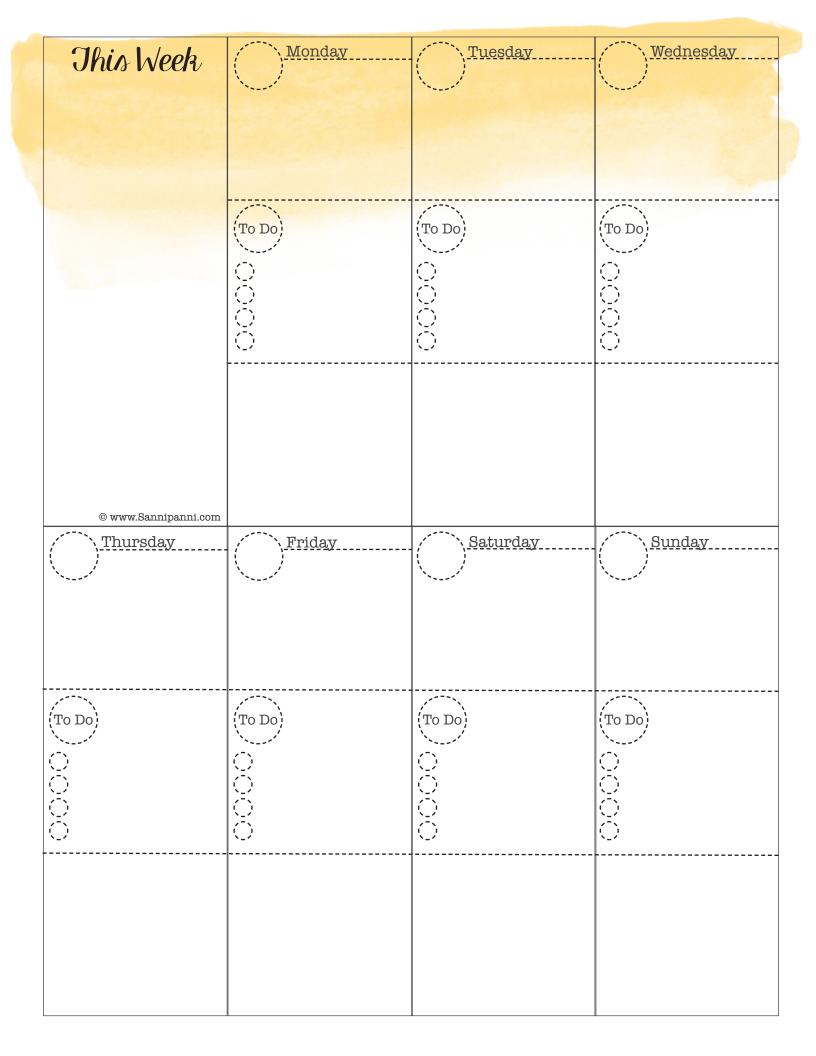
Meal Ideas	Be The Best Vension of Yourself!		
(Mon) (Tue) (Wed)	Move M T W T F S S S Practice Self-Care	Hydrate M \land <t< th=""></t<>	
(Thu) (Fri) (Sat)	M T T F S S	M () () () () () () () () () T () () () () () () () () W () () () () () () () () () () W () () () () () () () () () () W () () () () () () () () () () () () ()	
	Tioles &	• Doodles	
This week was: ☆ ☆ ☆ ☆ ☆ My favonite thing about this week was	· · · · · · · · · · · · · · · · · · ·		



Meal Ideas	Be The Best Vension of Yourself!		
(Mon) (Tue) (Wed)	Move M T W T F S S S Practice Self-Care	Hydrate M \land <t< th=""></t<>	
(Thu) (Fri) (Sat)	M T T F S S	M () () () () () () () () () T () () () () () () () () () W () () () () () () () () () () () W () () () () () () () () () () () W () () () () () () () () () () () () ()	
	Tioles &	• Doodles	
This week was: ☆ ☆ ☆ ☆ ☆ My favonite thing about this week was	· · · · · · · · · · · · · · · · · · ·		



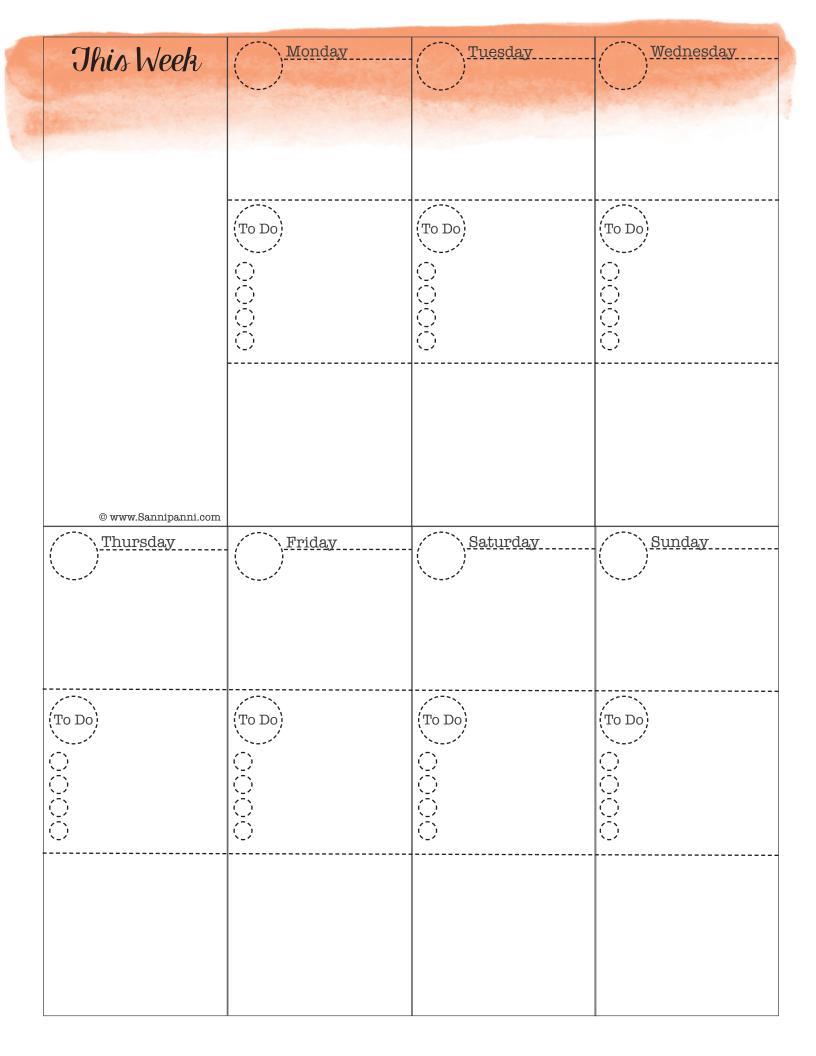
Meal Ideas	Be The Best Vension of Yourself!		
(Mon) (Tue) (Wed)	Move M T W T F S S S Practice Self-Care	Hydrate M \land <t< th=""></t<>	
(Thu) (Fri) (Sat)	M T T F S S	M () () () () () () () () () T () () () () () () () () () W () () () () () () () () () () () W () () () () () () () () () () () W () () () () () () () () () () () () ()	
	Tioles &	• Doodles	
This week was: ☆ ☆ ☆ ☆ ☆ My favonite thing about this week was	· · · · · · · · · · · · · · · · · · ·		



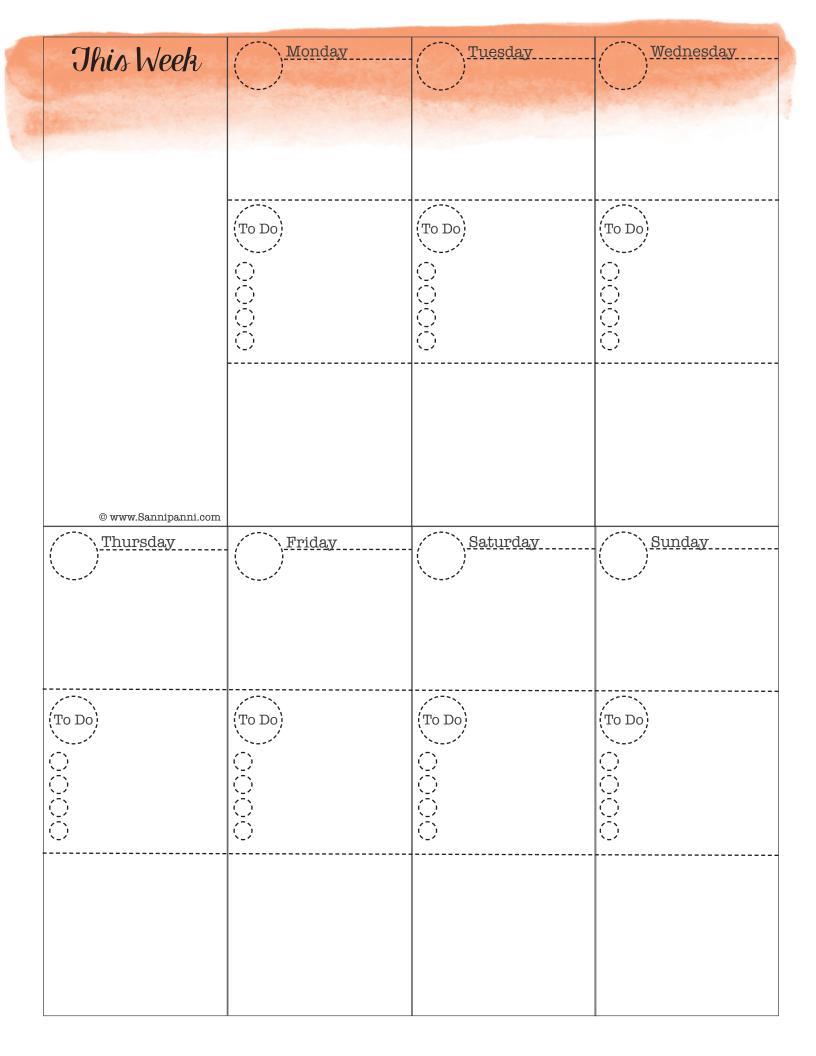
Septemb	en
Plans for The Month	
Play Jounist	
Loon Something Nov This Month	
Leann Something New This Month	
Cunnently	
Reading:	
Watching:	
Home Disasten Avoidance	
Tackle A Beast Project:	
Focal Zone:	
Maintenance:	© www.Sannipanni.com

	 			 i
Holidays				
	 , ,	,	,	 ,
Sunday				
Satunday				
Iniday				
Thunsday				
Wednesday				
Juesday				
Monday				

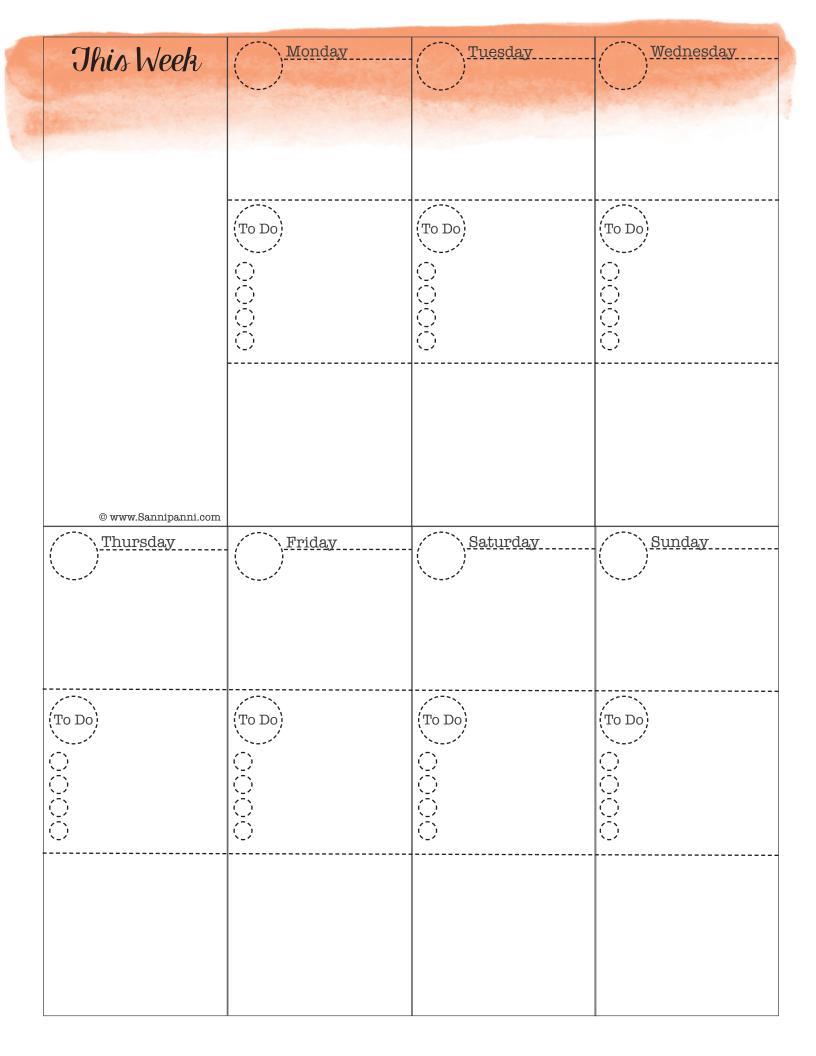
Meal Ideas	Be The Best Vension of Yourself!		
(Mon) (Tue) (Wed) (Thu) Fri	Move M T W T F S S S Practice Self-Care M T W	Hydrate M (0) (0) (0) (0) (0) (0) (0) (0) (0) (0)	
(Sat) (Sun)	r F S S OOOOOOO	1000000000 F 00000000 s 00000000 s 000000000 	
	Notes 8	& Doodlers	
Jhis week was: 公公公公公			
My favonite thing about this week was	·		



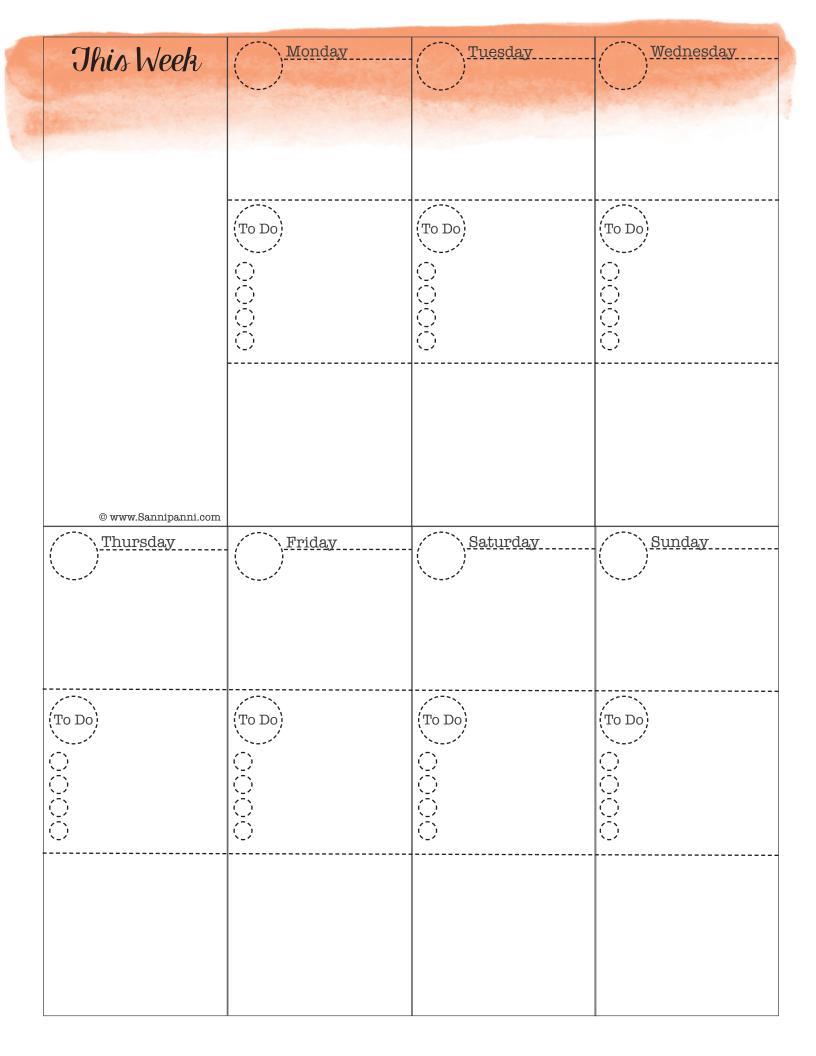
Meal Ideas	Be The Best Vension of Yourself!		
(Mon) (Tue) (Wed) (Thu) Fri	Move M T W T F S S S Practice Self-Care M T W	Hydrate M (0) (0) (0) (0) (0) (0) (0) (0) (0) (0)	
(Sat) (Sun)	r F S S OOOOOOO	1000000000 F 00000000 s 00000000 s 000000000 	
	Notes 8	& Doodlers	
Jhis week was: 公公公公公			
My favonite thing about this week was	·		



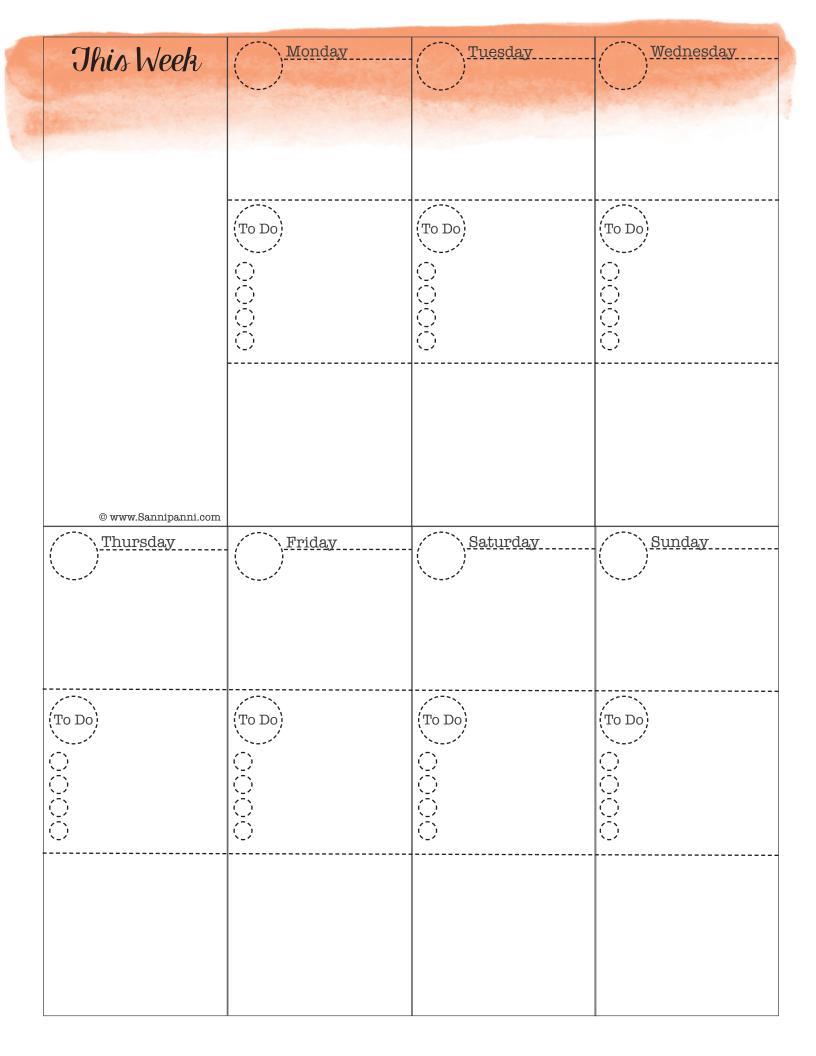
Meal Ideas	Be The Best Vension of Yourself!		
(Mon) (Tue) (Wed) (Thu) Fri	Move M T W T F S S S Practice Self-Care M T W	Hydrate M (0) (0) (0) (0) (0) (0) (0) (0) (0) (0)	
(Sat) (Sun)	r F S S OOOOOOO	1000000000 F 00000000 s 00000000 s 000000000 	
	Notes 8	& Doodlers	
Jhis week was: 公公公公公			
My favonite thing about this week was	·		



Meal Ideas	Be The Best Vension of Yourself!		
(Mon) (Tue) (Wed) (Thu) Fri	Move M T W T F S S S Practice Self-Care M T W	Hydrate M (0) (0) (0) (0) (0) (0) (0) (0) (0) (0)	
(Sat) (Sun)	r F S S OOOOOOO	1000000000 F 00000000 s 00000000 s 000000000 	
	Notes 8	& Doodlers	
Jhis week was: 公公公公公			
My favonite thing about this week was	·		



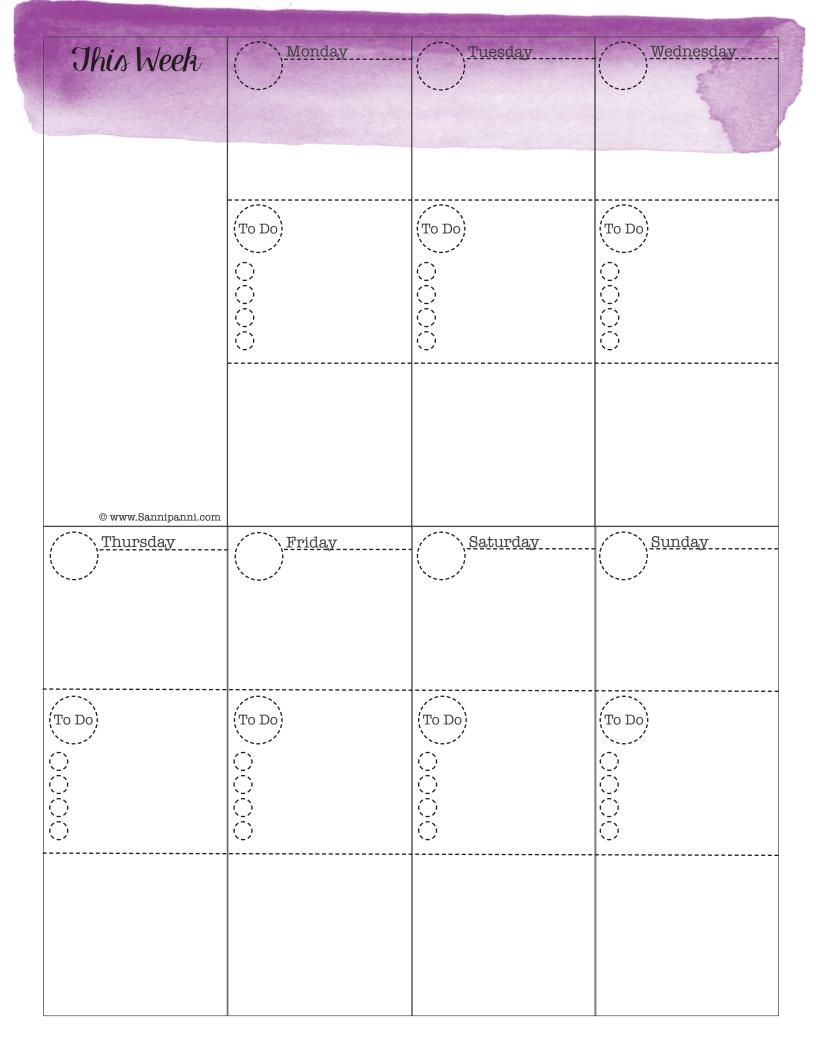
Meal Ideas	Be The Best Vension of Yourself!		
(Mon) (Tue) (Wed) (Thu) Fri	Move M T W T F S S S Practice Self-Care M T W	Hydrate M (0) (0) (0) (0) (0) (0) (0) (0) (0) (0)	
(Sat) (Sun)	r F S S OOOOOOO	1000000000 F 00000000 s 00000000 s 000000000 	
	Notes 8	& Doodlers	
Jhis week was: 公公公公公			
My favonite thing about this week was	·		



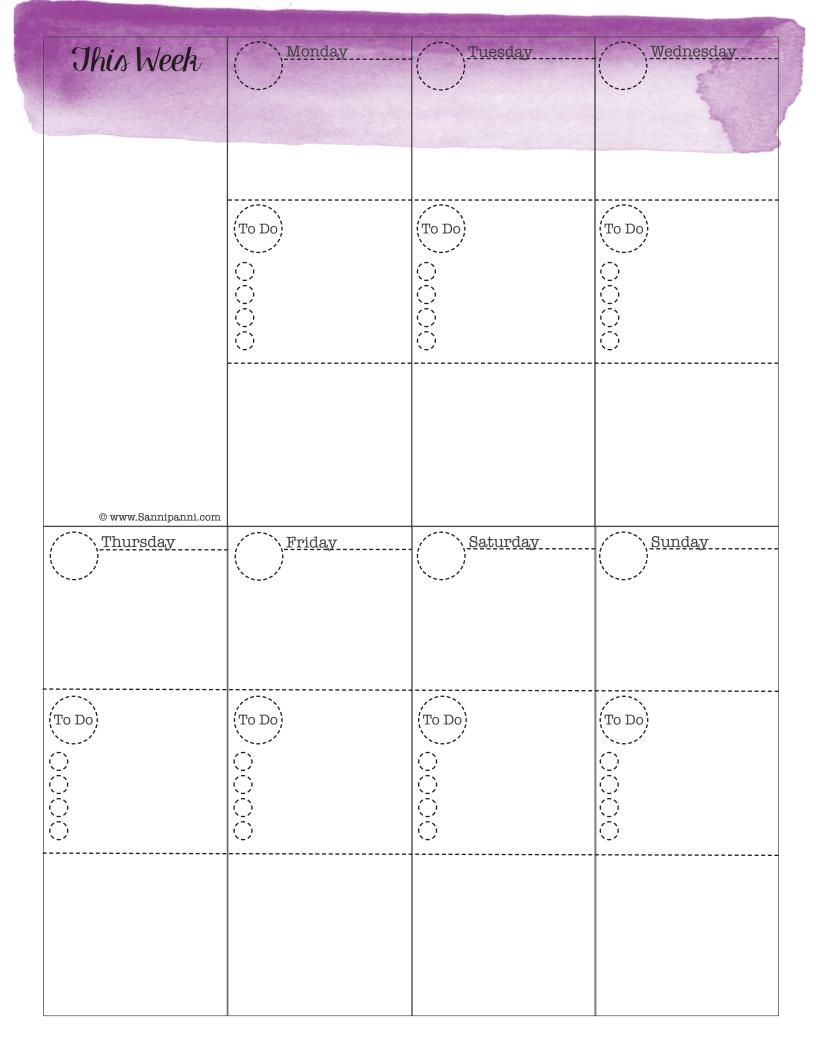
October	r
Plans for The Month	
Play Jounist	
Leann Something New This Month	
Currently Reading: Watching:	
Home Disaster Avoidance	
Tackle A Beast Project: Focal Zone: Maintenance:	© www.Sannipanni.com

Holidaya	 	 	
kunday			
Satunday			
Jniday			
Thunsday			
Wednesday			
Juenday			
Monday			

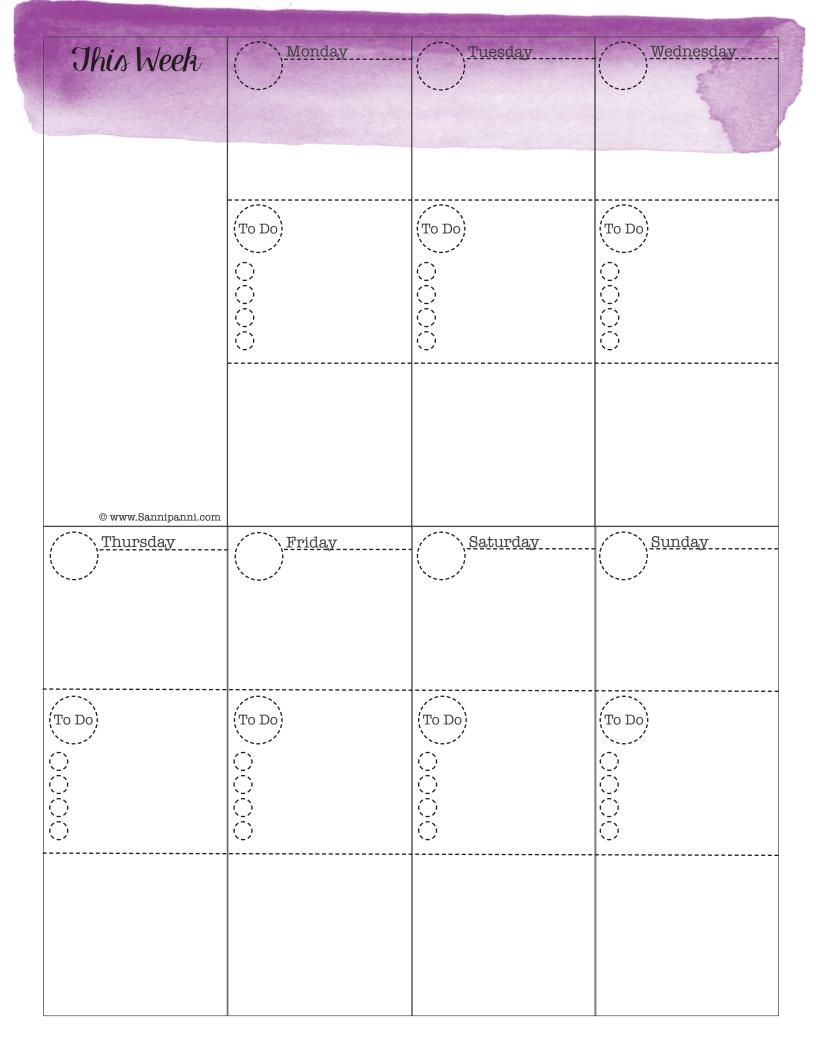
Meal Ideas		sion of Yourself!
(Mon) Tue Wed Thu Fri Sat	Move M T W T F S S S Practice Self-Care M T W T W T F S S S	Hydrate M \Diamond \rangle δ \Diamond δ <t< td=""></t<>
(Sun)	0000000	0000000
Buy	Notes &	Doodlers
Jhis week was: 公公公公公		



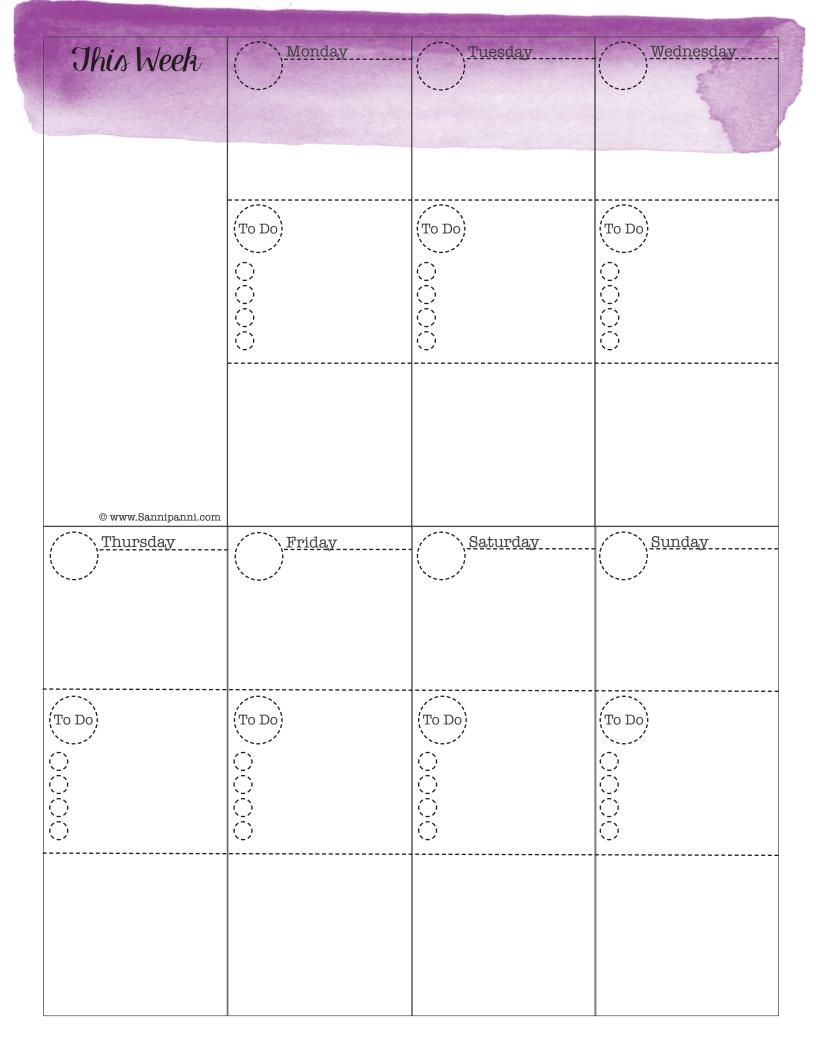
Meal Ideas		sion of Yourself!
(Mon) Tue Wed Thu Fri Sat	Move M T W T F S S S Practice Self-Care M T W T W T F S S S	Hydrate M \Diamond \rangle δ \Diamond δ <t< td=""></t<>
(Sun)	0000000	0000000
Buy	Notes &	Doodlers
Jhis week was: 公公公公公		



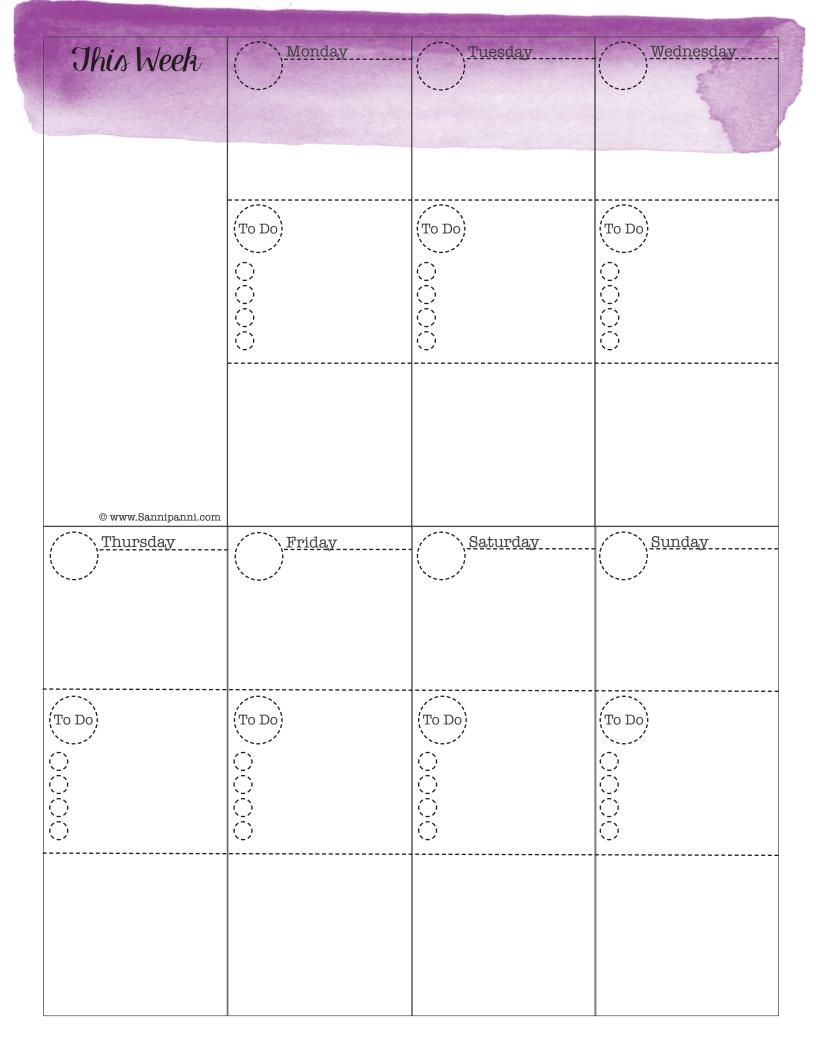
Meal Ideas		sion of Yourself!
(Mon) Tue Wed Thu Fri Sat	Move M T W T F S S S Practice Self-Care M T W T W T F S S S	Hydrate M \Diamond \rangle δ \Diamond δ <t< td=""></t<>
(Sun)	0000000	0000000
Buy	Notes &	Doodlers
Jhis week was: 公公公公公		



Meal Ideas	Be The Best Vension of Yourself!		
(Mon) Tue Wed Thu Fri Sat	Move M T W T F S S S Practice Self-Care M T W T W T F S S S	Hydrate M \Diamond \rangle δ \Diamond δ <t< td=""></t<>	
(Sun)	0000000	0000000	
Buy	Notes &	Doodlers	
Jhis week was: 公公公公公			



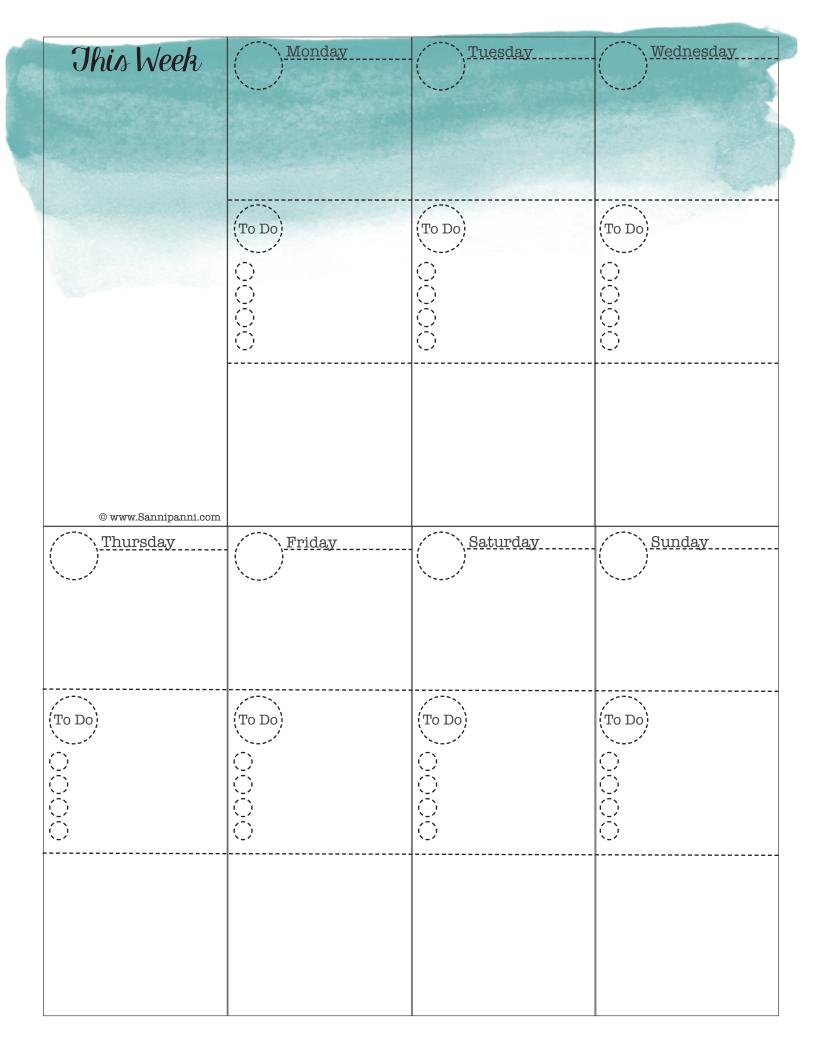
Meal Ideas	Be The Best Vension of Yourself!		
(Mon) Tue Wed Thu Fri Sat	Move M T W T F S S S Practice Self-Care M T W T W T F S S S	Hydrate M \Diamond \rangle δ \Diamond δ <t< td=""></t<>	
(Sun)	0000000	0000000	
Buy	Notes &	Doodlers	
Jhis week was: 公公公公公			



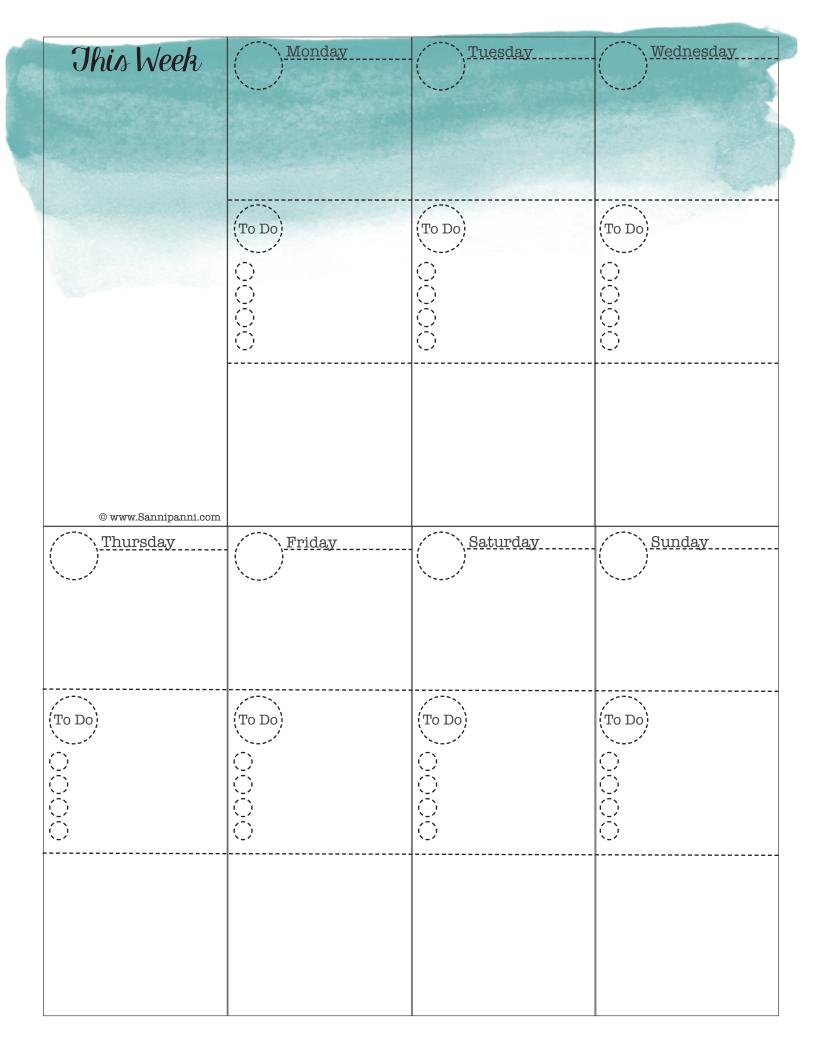
Novemb	en
Plans for The Month	
Play Jounist	
Leann Something New This Month	
Cunnently	
Reading:	
Watching:	
Home Disasten Avoidance	
Tackle A Beast Project:	
Focal Zone:	
Maintenance:	© www.Sannipanni.com

Holidayn	 	 	
Sunday			
Satunday			
Iniday			
Thursday			
Wednesday			
Juenday			
Monday			

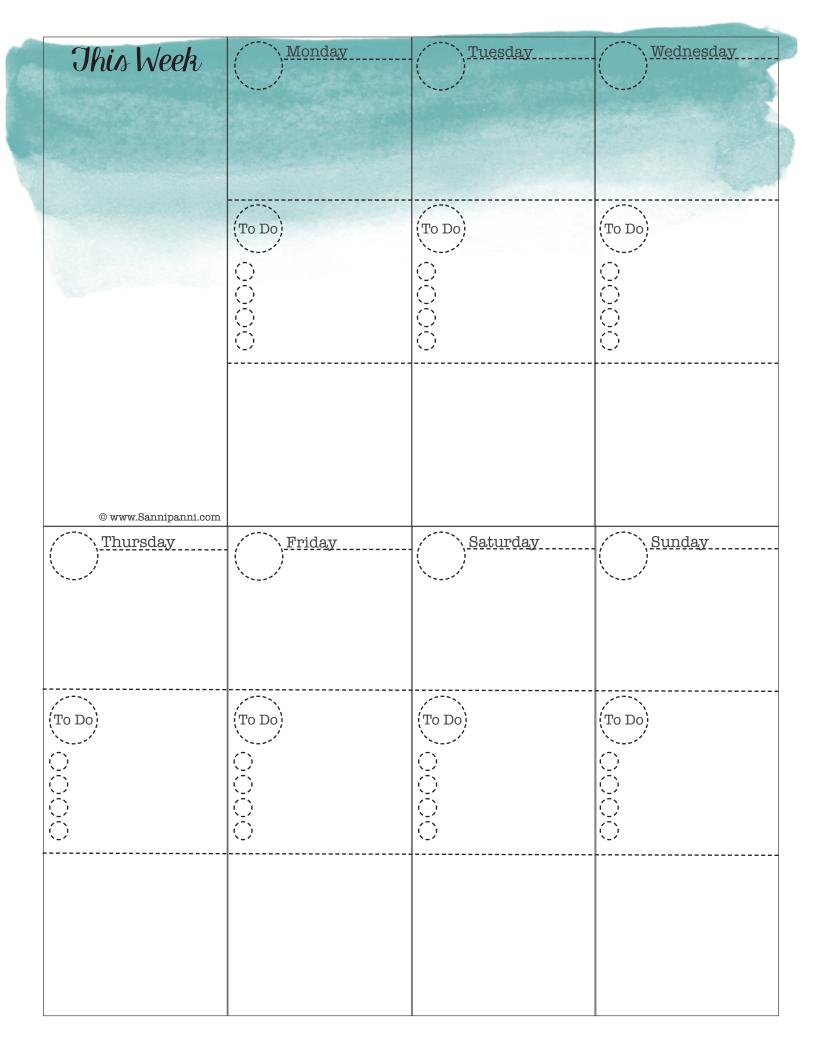
Meal Ideas	Be The Best Vension of Yourself!		
Mon Tue Wed Thu Fri Sat	Move M T W T S S S Practice Self-Care M T W T S S S	Hydrate M \Diamond \rangle <t< td=""></t<>	
(Sun)	0000000	0000000	
	Lotes	& Doodles	
	l	© www.Sannipanni.com	
This week was: $\diamondsuit \diamondsuit \diamondsuit \diamondsuit \diamondsuit$ My favonite thing about this week was			



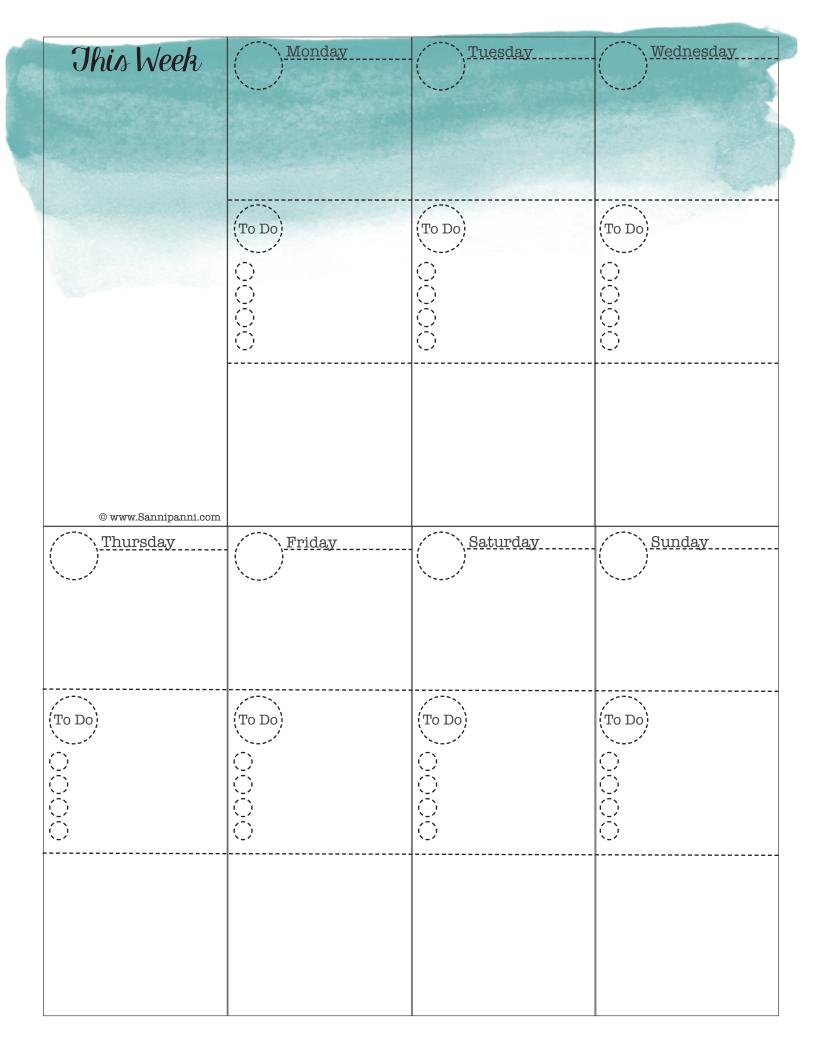
Meal Ideas	Be The Best Vension of Yourself!		
Mon Tue Wed Thu Fri Sat	Move M T W T S S S Practice Self-Care M T W T S S S	Hydrate M \Diamond \rangle <t< td=""></t<>	
(Sun)	0000000	0000000	
	Lotes	& Doodles	
	l	© www.Sannipanni.com	
This week was: $\diamondsuit \diamondsuit \diamondsuit \diamondsuit \diamondsuit$ My favonite thing about this week was			



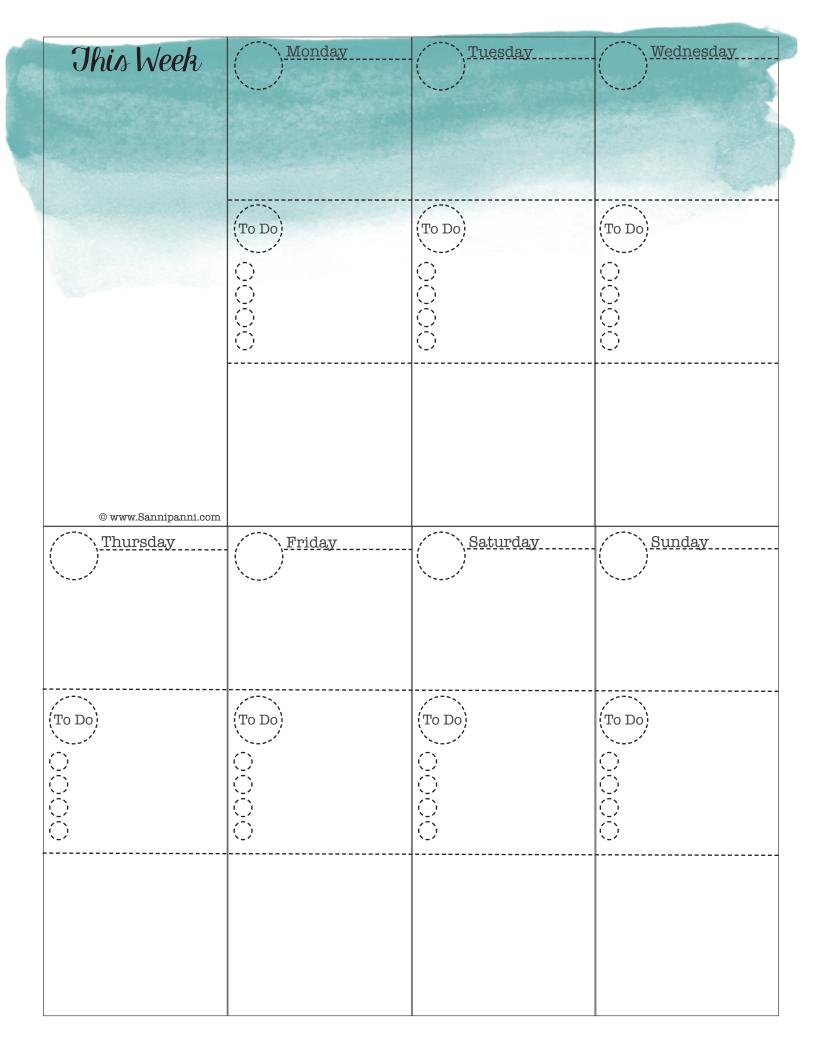
Meal Ideas	Be The Best Vension of Yourself!		
Mon Tue Wed Thu Fri Sat	Move M T W T S S S Practice Self-Care M T W T S S S	Hydrate M \Diamond \rangle <t< td=""></t<>	
(Sun)	0000000	0000000	
	Lotes	& Doodles	
	l	© www.Sannipanni.com	
This week was: $\diamondsuit \diamondsuit \diamondsuit \diamondsuit \diamondsuit$ My favonite thing about this week was			



Meal Ideas	Be The Best Vension of Yourself!		
Mon Tue Wed Thu Fri Sat	Move M T W T S S S Practice Self-Care M T W T S S S	Hydrate M \Diamond \rangle <t< td=""></t<>	
(Sun)	0000000	0000000	
	Lotes	& Doodles	
	l	© www.Sannipanni.com	
This week was: $\diamondsuit \diamondsuit \diamondsuit \diamondsuit \diamondsuit$ My favonite thing about this week was			



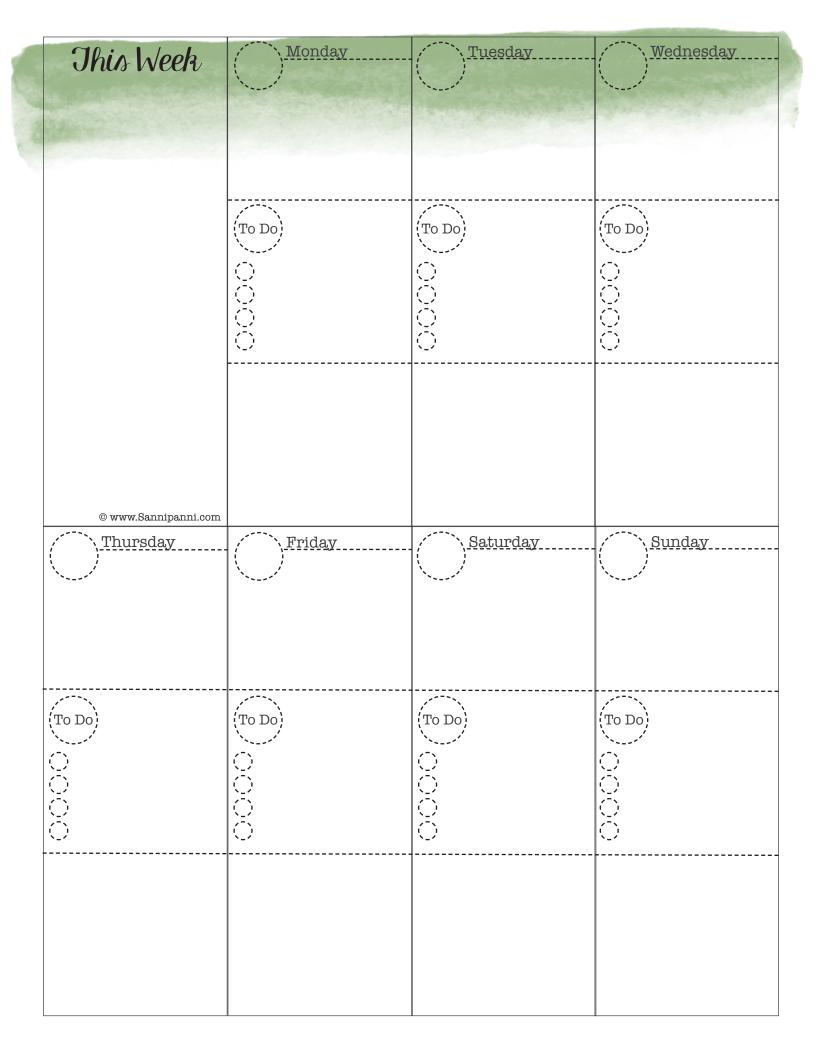
Meal Ideas	Be The Best Vension of Yourself!		
Mon Tue Wed Thu Fri Sat	Move M T W T S S S Practice Self-Care M T W T S S S	Hydrate M \Diamond \rangle <t< td=""></t<>	
(Sun)	0000000	0000000	
	Lotes	& Doodles	
	l	© www.Sannipanni.com	
This week was: $\diamondsuit \diamondsuit \diamondsuit \diamondsuit \diamondsuit$ My favonite thing about this week was			



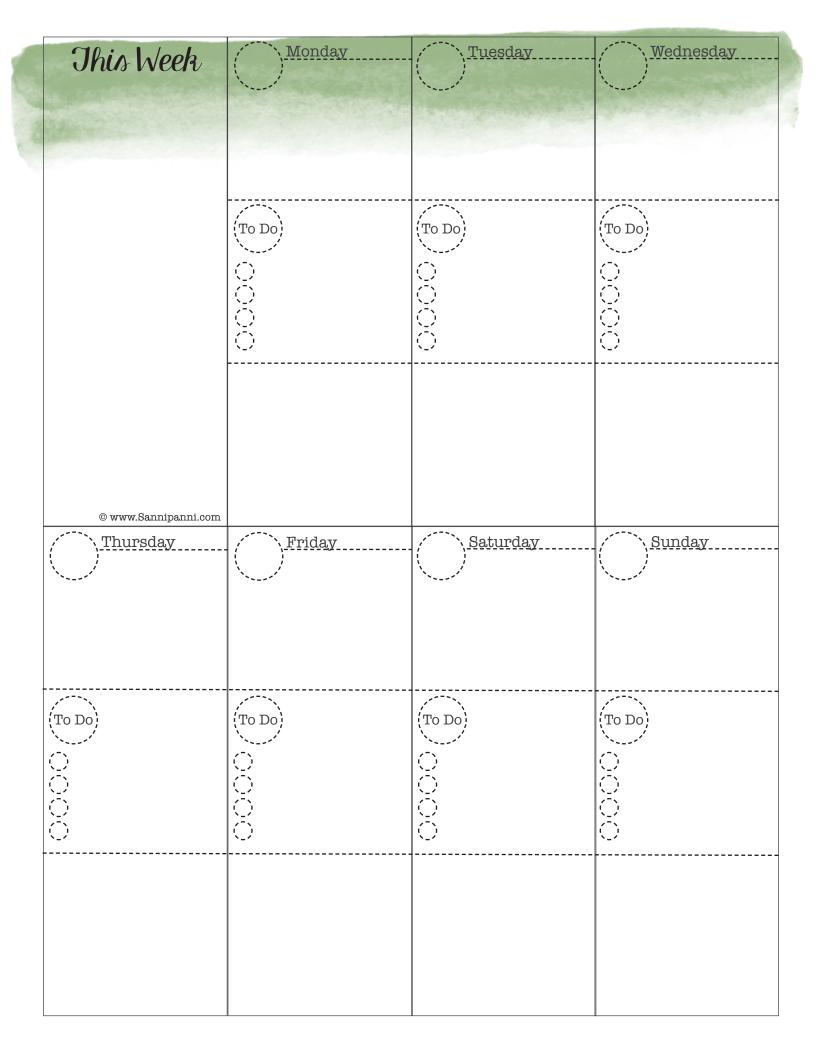
December Plans for The Month	
Play Tounist	
Leann Something New This Month	
Currently Reading: Watching:	
Home Disaster Avoidance	
Tackle A Beast Project:	
Focal Zone:	

	 	 	 i
Holidayn			
Holi			
	 	 	 İ
łn			
Sunday			
βu			
*			
dal			
tun			
Satunday			
*			
da			
Iniday			
lay			
nna			
Jhunnday			
h			
vda			
the			
Wednesday			
h			
Juenday			
Jue			
Monday			
ona			
m			

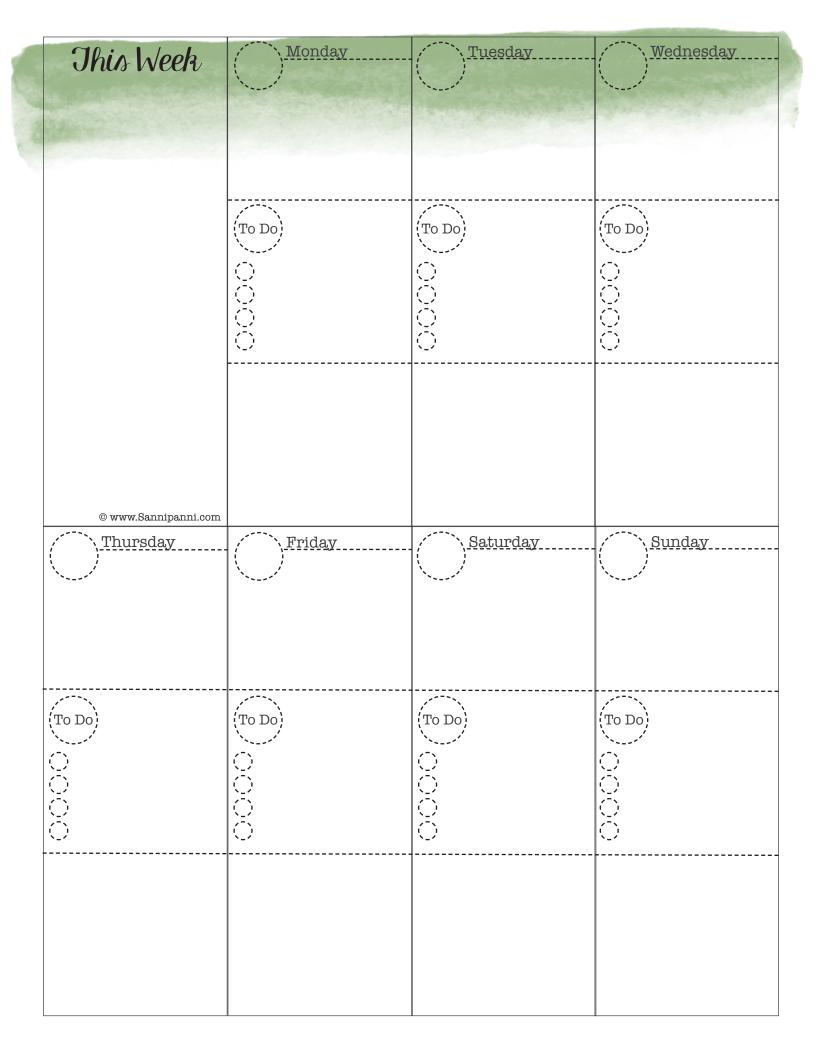
Meal Ideas	Be The Best Ver	rsion of Yourself!
(Mon) Tue Wed Thu Fri Sat	Move M T W T F S S S Practice Self-Care M T T W T F S S S	Hydrate M \land <t< th=""></t<>
(Sun)	0000000	0000000
Buy	Notes 8	& Doodles
		© www.Sannipanni.com
Jhis week was: 公公公公公		
My favorite thing about this week was		



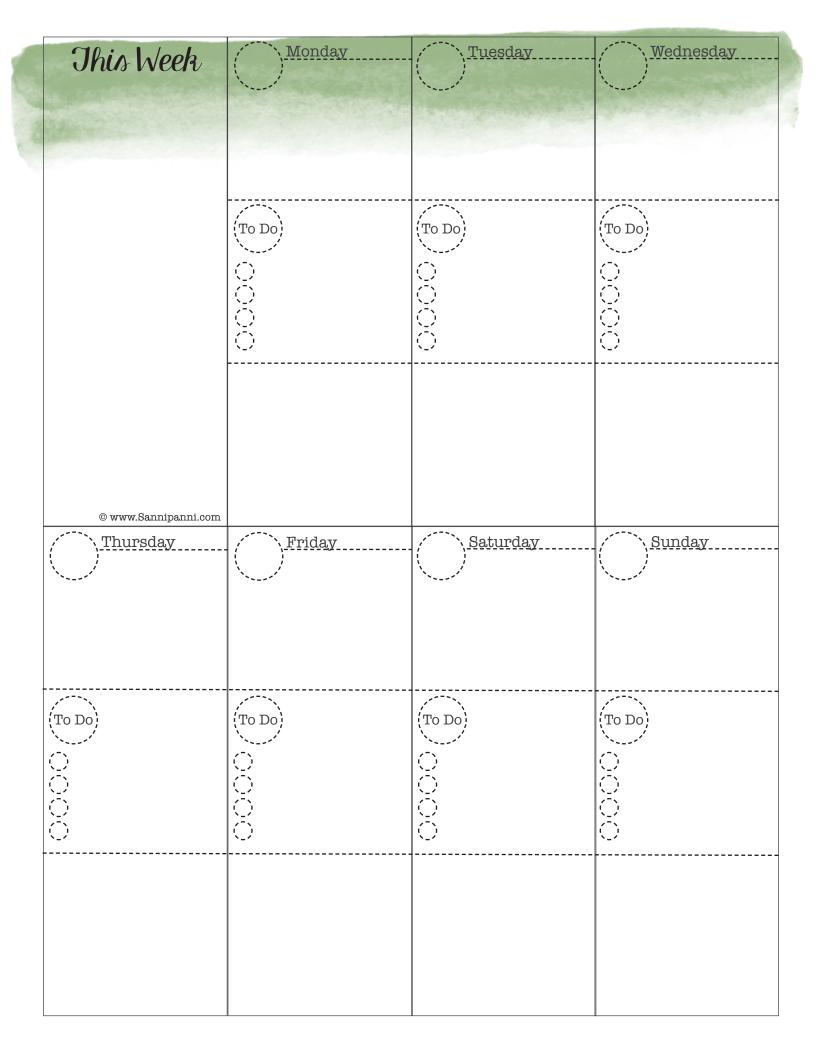
Meal Ideas	Be The Best Ver	rsion of Yourself!
(Mon) Tue Wed Thu Fri Sat	Move M T W T F S S S Practice Self-Care M T T W T F S S S	Hydrate M \land <t< th=""></t<>
(Sun)	0000000	0000000
Buy	Notes 8	& Doodles
		© www.Sannipanni.com
Jhis week was: 公公公公公		
My favorite thing about this week was		



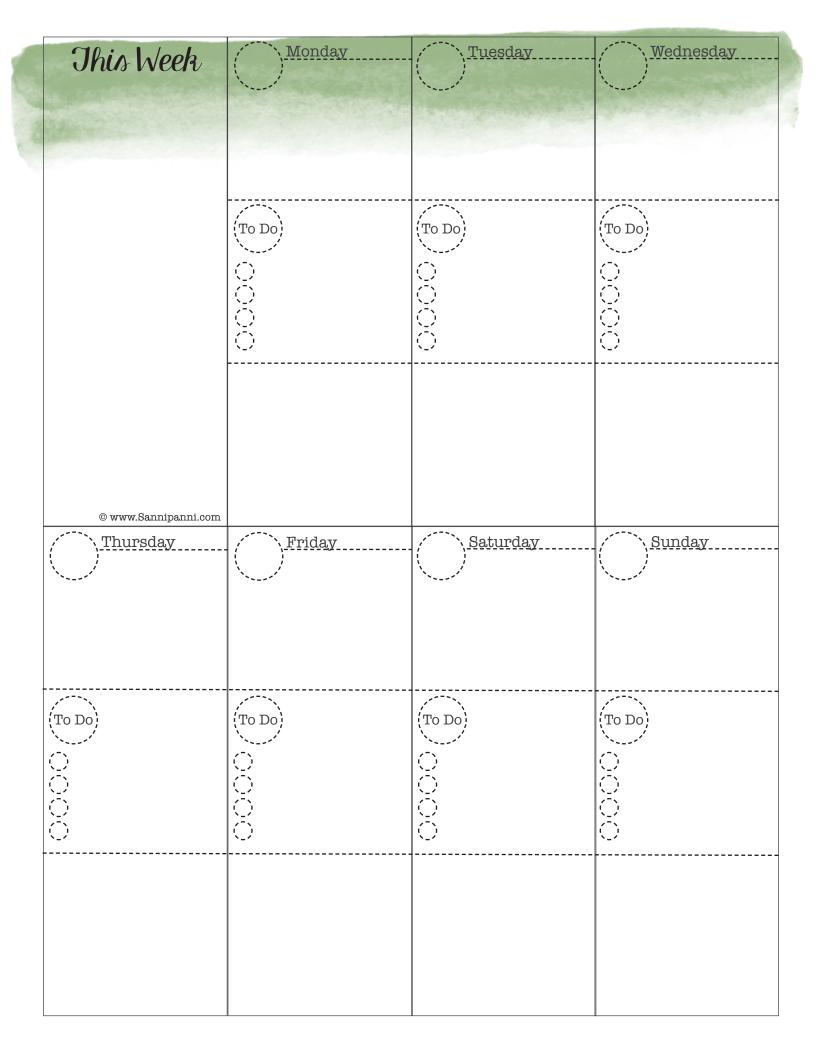
Meal Ideas	Be The Best Ver	rsion of Yourself!
(Mon) Tue Wed Thu Fri Sat	Move M T W T F S S S Practice Self-Care M T T W T F S S S	Hydrate M \land <t< th=""></t<>
(Sun)	0000000	0000000
Buy	Notes 8	& Doodles
		© www.Sannipanni.com
Jhis week was: 公公公公公		
My favorite thing about this week was		



Meal Ideas	Be The Best Ver	rsion of Yourself!
(Mon) Tue Wed Thu Fri Sat	Move M T W T F S S S Practice Self-Care M T T W T F S S S	Hydrate M \land <t< th=""></t<>
(Sun)	0000000	0000000
Buy	Notes 8	& Doodles
		© www.Sannipanni.com
Jhis week was: 公公公公公		
My favorite thing about this week was		



Meal Ideas	Be The Best Ver	rsion of Yourself!
(Mon) Tue Wed Thu Fri Sat	Move M T W T F S S S Practice Self-Care M T T W T F S S S	Hydrate M \land <t< th=""></t<>
(Sun)	0000000	0000000
Buy	Notes 8	& Doodles
		© www.Sannipanni.com
Jhis week was: 公公公公公		
My favorite thing about this week was		



	Next Yean
Januany	
Jebnuany	
Manch	
April	
May	
June	

July	 	
August	 	
September	 	
Octoben	 	
November	 	
December	 	

Notes

State -

January February March April	January
February	February
March	March
May June	May
പ്വം	June

July August	പ്പു
ıgust	August
September	September
October	October
r November December	December November October September August July
November December	December

