

.....

..... *Al.*

M T W T F S S

A grid of 10 columns and 3 rows of dots. The first column is partially filled by a large arrow pointing to the right, which contains 6 dots in its top two rows and 2 dots in its bottom row.

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• • • • •

	M	T	W	T	F	S	S
9							
8							
7							
6							
5							
4							

_____ Water _____

— Fruit & Veg. —

M	1	2	3	4	5
T	1	2	3	4	5
W	1	2	3	4	5
T	1	2	3	4	5
F	1	2	3	4	5
S	1	2	3	4	5
S	1	2	3	4	5