

MONTH: JanuaryYEAR: 2023

| SUN                                                                    | MON | TUE                           | WED                  | THU | FRI                                 | SAT                       |
|------------------------------------------------------------------------|-----|-------------------------------|----------------------|-----|-------------------------------------|---------------------------|
| 1                                                                      | 2   | 3                             | 4<br>Tony's birthday | 5   | 6                                   | 7                         |
| 8                                                                      | 9   | 10<br>10:30 am Client meeting | 11                   | 12  | 13<br>GAME NIGHT                    | 14                        |
| 15<br>GAME NIGHT                                                       | 16  | 17                            | 18                   | 19  | 20                                  | 21                        |
| 22                                                                     | 23  | 24                            | 25                   | 26  | 27<br>11:00 am Doctor's appointment | 28<br>Monthly work review |
| 29                                                                     | 30  | 31<br>Shopping with Sara!!!   |                      |     |                                     |                           |
| NOTES:<br>18:00 pm Dinner with family<br>Climbing to watch the sunrise |     |                               |                      |     |                                     |                           |

MONTH: FebruaryYEAR: 2023

| SUN                           | MON                   | TUE                  | WED                         | THU                | FRI                  | SAT           |
|-------------------------------|-----------------------|----------------------|-----------------------------|--------------------|----------------------|---------------|
| Go to the zoo                 |                       | Go to the playground | 1                           | 2                  | 3                    | 4             |
| 5                             | 6                     | 7                    | 8<br>HOT POT!!!             | 9                  | 10<br>Meet with Sara | 11            |
| 12                            | 13                    | 14                   | 15<br>18:30 pm Walk the dog | 16<br>Movie night! | 17                   | 18<br>Reading |
| 19                            | 20<br>Online shopping | 21                   | 22                          | 23                 | 24                   | 25            |
| 26                            | 27                    | 28                   |                             |                    |                      |               |
| NOTES:<br>Monthly work review |                       |                      |                             |                    |                      |               |

MONTH: MarchYEAR: 2023

| SUN                                                     | MON                   | TUE | WED                         | THU                    | FRI | SAT                                |
|---------------------------------------------------------|-----------------------|-----|-----------------------------|------------------------|-----|------------------------------------|
|                                                         |                       |     | 1                           | 2                      | 3   | 4<br>11:00 am Doctor's appointment |
| 5                                                       | 6<br>Online shopping  | 7   | 8<br>Picnic                 | 9                      | 10  | 11                                 |
| 12                                                      | 13                    | 14  | 15                          | 16<br>Go back hometown | 17  | 18                                 |
| 19                                                      | 20<br>Online shopping | 21  | 22                          | 23                     | 24  | 25                                 |
| 26                                                      | 27                    | 28  | 29<br>18:30 pm Walk the dog | 30                     | 31  |                                    |
| NOTES:<br>Meet with Sara<br>18:00 pm Dinner with family |                       |     |                             |                        |     |                                    |

MONTH: AprilYEAR: 2023

| SUN                                      | MON                          | TUE                   | WED                         | THU                 | FRI              | SAT                 |
|------------------------------------------|------------------------------|-----------------------|-----------------------------|---------------------|------------------|---------------------|
|                                          |                              |                       |                             |                     |                  | 1<br>Swimming class |
| 2<br>Climbing to watch the sunrise       | 3                            | 4<br>Go back hometown | 5                           | 6                   | 7<br>Girls party | 8                   |
| 9                                        | 10<br>10:00 am Yoga exercise | 11                    | 12                          | 13                  | 14<br>Vacation   | 15                  |
| 16<br>GAME NIGHT                         | 17                           | 18                    | 19                          | 20<br>Business trip | 21               | 22                  |
| 23                                       | 24                           | 25                    | 26<br>18:30 pm Walk the dog | 27                  | 28               | 29<br>Movie night!  |
| 30                                       |                              |                       |                             |                     |                  |                     |
| NOTES:<br>HOT POT!!!<br>Go back hometown |                              |                       |                             |                     |                  |                     |

MONTH: MayYEAR: 2023

| SUN                                                     | MON                           | TUE                        | WED                   | THU | FRI | SAT              |
|---------------------------------------------------------|-------------------------------|----------------------------|-----------------------|-----|-----|------------------|
|                                                         | 1                             | 2<br>18:30 pm Walk the dog | 3                     | 4   | 5   | 6                |
| 7                                                       | 8<br>Shopping with Sara!!!    | 9                          | 10                    | 11  | 12  | 13               |
| 14                                                      | 15                            | 16                         | 17<br>Online shopping | 18  | 19  | 20               |
| 21                                                      | 22                            | 23                         | 24                    | 25  | 26  | 27<br>GAME NIGHT |
| 28                                                      | 29<br>10:30 am Client meeting | 30                         | 31                    |     |     |                  |
| NOTES:<br>Meet with Sara<br>18:00 pm Dinner with family |                               |                            |                       |     |     |                  |

MONTH: JuneYEAR: 2023

| SUN                                     | MON                         | TUE                 | WED                        | THU             | FRI | SAT                         |
|-----------------------------------------|-----------------------------|---------------------|----------------------------|-----------------|-----|-----------------------------|
|                                         |                             |                     |                            | 1               | 2   | 3                           |
| 4                                       | 5                           | 6<br>Meet with Sara | 7                          | 8<br>GAME NIGHT | 9   | 10                          |
| 11                                      | 12<br>Shopping with Sara!!! | 13                  | 14                         | 15              | 16  | 17                          |
| 18                                      | 19                          | 20                  | 21                         | 22              | 23  | 24<br>18:30 pm Walk the dog |
| 25                                      | 26                          | 27                  | 28<br>Go to the playground | 29              | 30  |                             |
| NOTES:<br>Movie night!<br>Business trip |                             |                     |                            |                 |     |                             |

MONTH: JulyYEAR: 2023

| SUN                                       | MON | TUE                                 | WED | THU                | FRI                         | SAT                  |
|-------------------------------------------|-----|-------------------------------------|-----|--------------------|-----------------------------|----------------------|
|                                           |     |                                     |     |                    |                             | 1                    |
| 2<br>18:30 pm Walk the dog                | 3   | 4<br>Climbing to watch the sunrise  | 5   | 6                  | 7                           | 8<br>Online shopping |
| 9                                         | 10  | 11<br>Sun                           | 12  | 13<br>Movie night! | 14                          | 15                   |
| 16                                        | 17  | 18                                  | 19  | 20                 | 21                          | 22                   |
| 23                                        | 24  | 25<br>11:00 am Doctor's appointment | 26  | 27                 | 28<br>18:30 pm Walk the dog | 29                   |
| NOTES:<br>Swimming class<br>TEAM BUILDING |     |                                     |     |                    |                             |                      |

MONTH: AugustYEAR: 2023

| SUN                                              | MON | TUE                                 | WED                   | THU                 | FRI                                 | SAT |
|--------------------------------------------------|-----|-------------------------------------|-----------------------|---------------------|-------------------------------------|-----|
|                                                  |     | 1                                   | 2                     | 3                   | 4                                   | 5   |
| 6                                                | 7   | 8                                   | 9                     | 10                  | 11<br>Climbing to watch the sunrise | 12  |
| 13                                               | 14  | 15<br>11:00 am Doctor's appointment | 16                    | 17<br>Business trip | 18                                  | 19  |
| 20                                               | 21  | 22                                  | 23                    | 24                  | 25                                  | 26  |
| 27<br>Girls party                                | 28  | 29                                  | 30<br>Online shopping | 31                  |                                     |     |
| NOTES:<br>18:30 pm Walk the dog<br>Go to the zoo |     |                                     |                       |                     |                                     |     |

MONTH: SeptemberYEAR: 2023

| SUN                                                       | MON             | TUE                                 | WED | THU                              | FRI | SAT |
|-----------------------------------------------------------|-----------------|-------------------------------------|-----|----------------------------------|-----|-----|
|                                                           |                 |                                     |     |                                  |     | 1   |
| 3                                                         | 4<br>GAME NIGHT | 5                                   | 6   | 7<br>4:10 pm Dentist Appointment | 8   |     |
| 10                                                        | 11              | 12                                  | 13  | 14                               |     |     |
| 17                                                        | 18              | 19<br>11:00 am Doctor's appointment | 20  | 21                               |     |     |
| 24                                                        | 25              | 26                                  | 27  | 28                               |     |     |
| NOTES:<br>Climbing to watch the sunrise<br>Meet with Sara |                 |                                     |     |                                  |     |     |

MONTH: OctoberYEAR: 2023

| SUN                                      | MON | TUE | WED | THU | FRI | SAT |
|------------------------------------------|-----|-----|-----|-----|-----|-----|
|                                          |     |     |     |     |     | 1   |
| 3                                        | 4   | 5   | 6   | 7   | 8   | 9   |
| 10                                       | 11  | 12  | 13  | 14  | 15  | 16  |
| 17                                       | 18  | 19  | 20  | 21  | 22  | 23  |
| 24                                       | 25  | 26  | 27  | 28  | 29  | 30  |
| NOTES:<br>Girls party<br>Online shopping |     |     |     |     |     |     |

MONTH: NovemberYEAR: 2023

| SUN                                      | MON                          | TUE | WED                    | THU                | FRI                   | SAT |
|------------------------------------------|------------------------------|-----|------------------------|--------------------|-----------------------|-----|
|                                          |                              |     | 1                      | 2                  | 3                     | 4   |
| 5                                        | 6                            | 7   | 8                      | 9                  | 10<br>Online shopping | 11  |
| 12                                       | 13                           | 14  | 15<br>Go back hometown | 16                 | 17                    | 18  |
| 19                                       | 20<br>10:00 am Yoga exercise | 21  | 22                     | 23<br>Movie night! | 24                    | 25  |
| 26                                       | 27                           | 28  | 29                     | 30                 |                       |     |
| NOTES:<br>Girls party<br>Online shopping |                              |     |                        |                    |                       |     |

MONTH: DecemberYEAR: 2023

| SUN                                               | MON             | TUE                   | WED | THU                          | FRI | SAT                          |
|---------------------------------------------------|-----------------|-----------------------|-----|------------------------------|-----|------------------------------|
|                                                   |                 |                       |     |                              |     | 1<br>10:30 am Client meeting |
| 3                                                 | 4<br>HOT POT!!! | 5                     | 6   | 7<br>Swimming class          | 8   | 9                            |
| 10<br>10:00 am Yoga exercise                      | 11              | 12                    | 13  | 14                           | 15  | 16                           |
| 17                                                | 18              | 19<br>Online shopping | 20  | 21<br>10:00 am Yoga exercise | 22  | 23                           |
| 24                                                | 25              | 26                    | 27  | 28                           | 29  | 30                           |
| 31<br>Climbing to watch the sunrise               |                 |                       |     |                              |     |                              |
| NOTES:<br>Meet with Sara<br>18:30 pm Walk the dog |                 |                       |     |                              |     |                              |

NOTES

- 1.Swimming class
- 2.TEAM BUILDING
- 3.11:00 am Doctor's appointment
- 4.Climbing to watch the sunrise
- 5.11:00 am Doctor's appointment
- 6.Monthly work review
- 7.18:00 pm Dinner with family
- 8.Shopping with Sara!!!