



MORNING ROUTINE

7AM	:00	
	:15	
	:30	
	:45	
8AM	:00	
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9AM	:00	
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10AM	:00	
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	:45	
11AM	:00	
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12AM	:00	
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	:45	
1PM	:00	
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2PM	:00	
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3PM	:00	
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NIGHT ROUTINE

4PM	:00	
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5PM	:00	
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6PM	:00	
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7PM	:00	
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8PM	:00	
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9PM	:00	
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10PM	:00	
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11PM	:00	
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12AM	:00	
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