

2022

WEEK 53

12 | 26 MON

12 | 27 TUE

12 | 28 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

12 | 29 THU

12 | 30 FRI

12 | 31 SAT

1 | 1 SUN

6

6

6

6

7

7

7

7

8

8

8

8

9

9

9

9

10

10

10

10

11

11

11

11

12

12

12

12

13

13

13

13

14

14

14

14

15

15

15

15

16

16

16

16

17

17

17

17

18

18

18

18

19

19

19

19

20

20

20

20

21

21

21

21

22

22

22

22

23

23

23

23

24

24

24

24

2023

WEEK 1

1 | 2 MON

1 | 3 TUE

1 | 4 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

1   5 THU	1   6 FRI	1   7 SAT	1   8 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 2

1 | 9 MON

1 | 10 TUE

1 | 11 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

1   12 THU	1   13 FRI	1   14 SAT	1   15 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 3

1 | 16 MON

1 | 17 TUE

1 | 18 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

1   19 THU	1   20 FRI	1   21 SAT	1   22 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24



2023

WEEK 4

1 | 23 MON

1 | 24 TUE

1 | 25 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

1   26 THU	1   27 FRI	1   28 SAT	1   29 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 5

1 | 30 MON

1 | 31 TUE

2 | 1 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

2   2 THU	2   3 FRI	2   4 SAT	2   5 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 6

2 | 6 MON

2 | 7 TUE

2 | 8 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

2   9 THU	2   10 FRI	2   11 SAT	2   12 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 7

2 | 13 MON

2 | 14 TUE

2 | 15 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

2   16 THU	2   17 FRI	2   18 SAT	2   19 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24



2023

WEEK 8

2 | 20 MON

2 | 21 TUE

2 | 22 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24



2023

WEEK 9

2 | 27 MON

2 | 28 TUE

3 | 1 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

3   2 THU	3   3 FRI	3   4 SAT	3   5 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 10

3 | 6 MON

3 | 7 TUE

3 | 8 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

3   9 THU	3   10 FRI	3   11 SAT	3   12 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 11

3 | 13 MON

3 | 14 TUE

3 | 15 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24





2023

WEEK 12

3 | 20 MON

3 | 21 TUE

3 | 22 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

3   23 THU	3   24 FRI	3   25 SAT	3   26 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 13

3 | 27 MON

3 | 28 TUE

3 | 29 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

3   30 THU	3   31 FRI	4   1 SAT	4   2 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 14

4 | 3 MON

4 | 4 TUE

4 | 5 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

4   6 THU	4   7 FRI	4   8 SAT	4   9 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 15

4 | 10 MON

4 | 11 TUE

4 | 12 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

4   13 THU	4   14 FRI	4   15 SAT	4   16 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24



2023

WEEK 16

4 | 17 MON

4 | 18 TUE

4 | 19 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

4   20 THU	4   21 FRI	4   22 SAT	4   23 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 17

4 | 24 MON

4 | 25 TUE

4 | 26 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

4   27 THU	4   28 FRI	4   29 SAT	4   30 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20

2023

WEEK 18

5 | 1 MON

5 | 2 TUE

5 | 3 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

5   4 THU	5   5 FRI	5   6 SAT	5   7 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 19

5 | 8 MON

5 | 9 TUE

5 | 10 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

5   11 THU	5   12 FRI	5   13 SAT	5   14 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24



2023

WEEK 20

5 | 15 MON

5 | 16 TUE

5 | 17 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

5   18 THU	5   19 FRI	5   20 SAT	5   21 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 21

5 | 22 MON

5 | 23 TUE

5 | 24 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

5   25 THU	5   26 FRI	5   27 SAT	5   28 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 22

5 | 29 MON

5 | 30 TUE

5 | 31 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

6   1 THU	6   2 FRI	6   3 SAT	6   4 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 23

6 | 5 MON

6 | 6 TUE

6 | 7 WED

6

6

6

7

7

7

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

WEEKLY TASK

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

6   8 THU	6   9 FRI	6   10 SAT	6   11 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24



2023

WEEK 24

6 | 12 MON

6 | 13 TUE

6 | 14 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24



2023

WEEK 25

6 | 19 MON

6 | 20 TUE

6 | 21 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24



2023

WEEK 26

6 | 26 MON

6 | 27 TUE

6 | 28 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24



2023

WEEK 27

7 | 3 MON

7 | 4 TUE

7 | 5 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24





2023

WEEK 28

7 | 10 MON

7 | 11 TUE

7 | 12 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

7   13 THU	7   14 FRI	7   15 SAT	7   16 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 29

7 | 17 MON

7 | 18 TUE

7 | 19 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

7   20 THU	7   21 FRI	7   22 SAT	7   23 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 30

7 | 24 MON

7 | 25 TUE

7 | 26 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

7   27 THU	7   28 FRI	7   29 SAT	7   30 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 31

7 | 31 MON

8 | 1 TUE

8 | 2 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

8   3 THU	8   4 FRI	8   5 SAT	8   6 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24



2023

WEEK 32

8 | 7 MON

8 | 8 TUE

8 | 9 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

8   10 THU	8   11 FRI	8   12 SAT	8   13 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 33

8 | 14 MON

8 | 15 TUE

8 | 16 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

8   17 THU	8   18 FRI	8   19 SAT	8   20 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 34

8 | 21 MON

8 | 22 TUE

8 | 23 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

8   24 THU	8   25 FRI	8   26 SAT	8   27 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 35

8 | 28 MON

8 | 29 TUE

8 | 30 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

8   31 THU	9   1 FRI	9   2 SAT	9   3 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24



2023

WEEK 36

9 | 4 MON

9 | 5 TUE

9 | 6 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

9   7 THU	9   8 FRI	9   9 SAT	9   10 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 37

9 | 11 MON

9 | 12 TUE

9 | 13 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

9   14 THU	9   15 FRI	9   16 SAT	9   17 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 38

9 | 18 MON

9 | 19 TUE

9 | 20 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

9   21 THU	9   22 FRI	9   23 SAT	9   24 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 39

9 | 25 MON

9 | 26 TUE

9 | 27 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

9   28 THU	9   29 FRI	9   30 SAT	10   1 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24



2023

WEEK 40

10 | 2 MON

10 | 3 TUE

10 | 4 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

10   5 THU	10   6 FRI	10   7 SAT	10   8 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 41

10 | 9 MON

10 | 10 TUE

10 | 11 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

10   12 THU	10   13 FRI	10   14 SAT	10   15 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 42

10 | 16 MON

10 | 17 TUE

10 | 18 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

**10 | 19** THU

**10 | 20** FRI

**10 | 21** SAT

**10 | 22** SUN

6

6

6

6

7

7

7

7

8

8

8

8

9

9

9

9

10

10

10

10

11

11

11

11

12

12

12

12

13

13

13

13

14

14

14

14

15

15

15

15

16

16

16

16

17

17

17

17

18

18

18

18

19

19

19

19

20

20

20

20

21

21

21

21

22

22

22

22

23

23

23

23

24

24

24

24

2023

WEEK 43

10 | 23 MON

10 | 24 TUE

10 | 25 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

MEMO

16

16

16

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

10   26 THU	10   27 FRI	10   28 SAT	10   29 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24



2023

WEEK 44

10 | 30 MON

10 | 31 TUE

11 | 1 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

11   2 THU	11   3 FRI	11   4 SAT	11   5 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 45

11 | 6 MON

11 | 7 TUE

11 | 8 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

11   9 THU	11   10 FRI	11   11 SAT	11   12 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 46

11 | 13 MON

11 | 14 TUE

11 | 15 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

11   16 THU	11   17 FRI	11   18 SAT	11   19 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 47

11 | 20 MON

11 | 21 TUE

11 | 22 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

11   23 THU	11   24 FRI	11   25 SAT	11   26 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24



2023

WEEK 48

11 | 27 MON

11 | 28 TUE

11 | 29 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

11   30 THU	12   1 FRI	12   2 SAT	12   3 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 49

12 | 4 MON

12 | 5 TUE

12 | 6 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

12   7 THU	12   8 FRI	12   9 SAT	12   10 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 50

12 | 11 MON

12 | 12 TUE

12 | 13 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

12   14 THU	12   15 FRI	12   16 SAT	12   17 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2023

WEEK 51

12 | 18 MON

12 | 19 TUE

12 | 20 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

12   21 THU	12   22 FRI	12   23 SAT	12   24 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24



2023

WEEK 52

12 | 25 MON

12 | 26 TUE

12 | 27 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

**12 | 28** THU

**12 | 29** FRI

**12 | 30** SAT

**12 | 31** SUN

6

6

6

6

7

7

7

7

8

8

8

8

9

9

9

9

10

10

10

10

11

11

11

11

12

12

12

12

13

13

13

13

14

14

14

14

15

15

15

15

16

16

16

16

17

17

17

17

18

18

18

18

19

19

19

19

20

20

20

20

21

21

21

21

22

22

22

22

23

23

23

23

24

24

24

24

2024

WEEK 1

1 | 1 MON

1 | 2 TUE

1 | 3 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

1   4 THU	1   5 FRI	1   6 SAT	1   7 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2024

WEEK 2

1 | 8 MON

1 | 9 TUE

1 | 10 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

1   11 THU	1   12 FRI	1   13 SAT	1   14 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2024

WEEK 3

1 | 15 MON

1 | 16 TUE

1 | 17 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

1   18 THU	1   19 FRI	1   20 SAT	1   21 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24



2024

WEEK 4

1 | 22 MON

1 | 23 TUE

1 | 24 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

1   25 THU	1   26 FRI	1   27 SAT	1   28 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2024

WEEK 5

1 | 29 MON

1 | 30 TUE

1 | 31 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

2   1 THU	2   2 FRI	2   3 SAT	2   4 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2024

WEEK 6

2 | 5 MON

2 | 6 TUE

2 | 7 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

2   8 THU	2   9 FRI	2   10 SAT	2   11 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2024

WEEK 7

2 | 12 MON

2 | 13 TUE

2 | 14 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

2   15 THU	2   16 FRI	2   17 SAT	2   18 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24



2024

WEEK 8

2 | 19 MON

2 | 20 TUE

2 | 21 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

2 | **22** THU

2 | **23** FRI

2 | **24** SAT

2 | **25** SUN

6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2024

WEEK 9

2 | 26 MON

2 | 27 TUE

2 | 28 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24



2024

WEEK 10

3 | 4 MON

3 | 5 TUE

3 | 6 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

3   7 THU	3   8 FRI	3   9 SAT	3   10 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2024

WEEK 11

3 | 11 MON

3 | 12 TUE

3 | 13 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

3   14 THU	3   15 FRI	3   16 SAT	3   17 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24



2024

WEEK 12

3 | 18 MON

3 | 19 TUE

3 | 20 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

MEMO

16

16

16

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

3   21 THU	3   22 FRI	3   23 SAT	3   24 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2024

WEEK 13

3 | 25 MON

3 | 26 TUE

3 | 27 WED

6

6

6

7

7

7

WEEKLY TASK

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

3   28 THU	3   29 FRI	3   30 SAT	3   31 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2024

WEEK 14

4 | 1 MON

4 | 2 TUE

4 | 3 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

4   4 THU	4   5 FRI	4   6 SAT	4   7 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24

2024

WEEK 15

4 | 8 MON

4 | 9 TUE

4 | 10 WED

6

6

6

7

7

7

WEEKLY TASK

8

8

8

9

9

9

10

10

10

11

11

11

12

12

12

13

13

13

14

14

14

15

15

15

16

16

16

MEMO

17

17

17

18

18

18

19

19

19

20

20

20

21

21

21

22

22

22

23

23

23

24

24

24

4   11 THU	4   12 FRI	4   13 SAT	4   14 SUN
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24