



Human  
Practice

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# Scheduling Sheets

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## Aims for the week

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

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Hours slept  
previous night

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Get up time  
& breakfast time

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Morning activities

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Lunch time

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Afternoon

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Evening meal time

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Evening

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Mood rating summary  
for the day

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Bed time