



SUN

MON

TUES

WED

THURS

FRI

SAT

30	31	1	2	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	31	1	2

GOALS OF THE MONTH

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FAMILY HOUR IDEAS

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