habits

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|-------------------|---|---|---|---|---|---|---|
| up by 6:45 | | | | | | | |
| water bonsai | | | | | | | |
| kenichi breakfast | | | | | | | |
| workout/shower | | | | | | | |
| dress | | | | | | | |
| makeup | | | | | | | |
| earrings | | | | | | | |
| trash | | | | | | | |
| walk kenichi | | | | | | | |
| at work by 8:30 | | | | | | | |
| daily planner | | | | | | | |
| kenichi lunch | | | | | | | |
| walk kenichi-1hr | | | | | | | |
| workout | | | | | | | |
| laundry | | | | | | | |
| kenichi dinner | | | | | | | |
| eating healthy | | | | | | | |
| dish free sink | | | | | | | |
| pick up-15mins | | | | | | | |
| kenichi walk | | | | | | | |
| bed by 10:00 | | | | | | | |
| no spending | | | | | | | |
| good posture | | | | | | | |
| no nail biting | | | | | | | |
| blog post | | | | | | | |
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to do this week

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| | meals / shopping |
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| | 69 | 69 | 09 | 69 | 09 | 09 | 09 | 09 | 69 | 69 | 69 | 69 | 69 | 69 | |

notes