**WEEKLY ROUTINE PLANNER** (with activity categories)

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| **TIME** | **MONDAY** | **\*** | **TUESDAY** | **\*** | **WEDNESDAY** | **\*** | **THURSDAY** | **\*** | **FRIDAY** | **\*** | **SATURDAY** | **\*** | **SUNDAY** | **\*** |
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\* H = High Activity (energy use) M = Medium Activity L = Low Activity

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