



# Daily Routines and Rhythms

## MORNING

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## EVENING

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## WEEKLY

TRASH PICK-UP

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RECYCLABLE PICK-UP

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CHANGE BEDS

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GROCERY SHOPPING

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YESTERDAY IS HISTORY, TOMORROW IS A MYSTERY,  
BUT TODAY IS A GIFT. THAT'S WHY WE CALL IT  
THE PRESENT.  
- A.A. MILNE

## NOTES

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