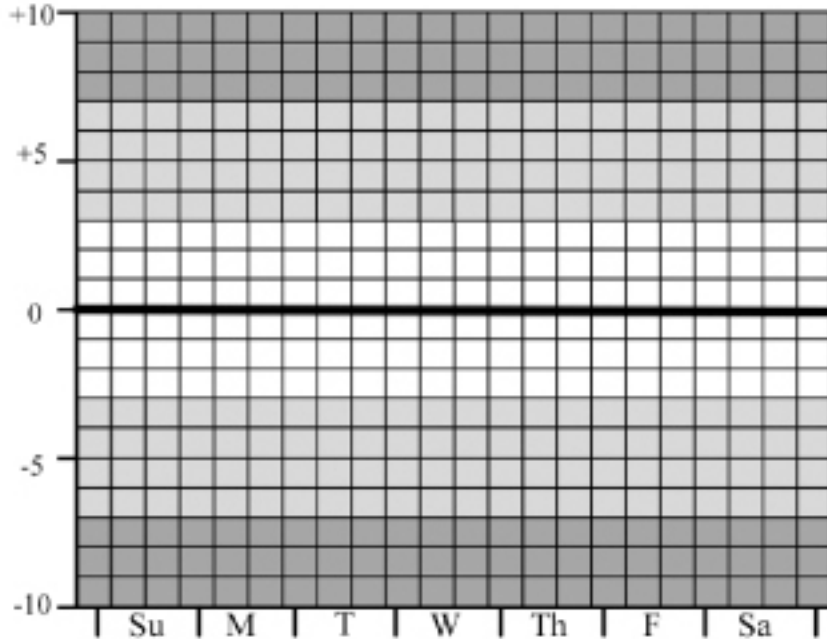




Weather of the Mind - Urbanmonks Thinkank

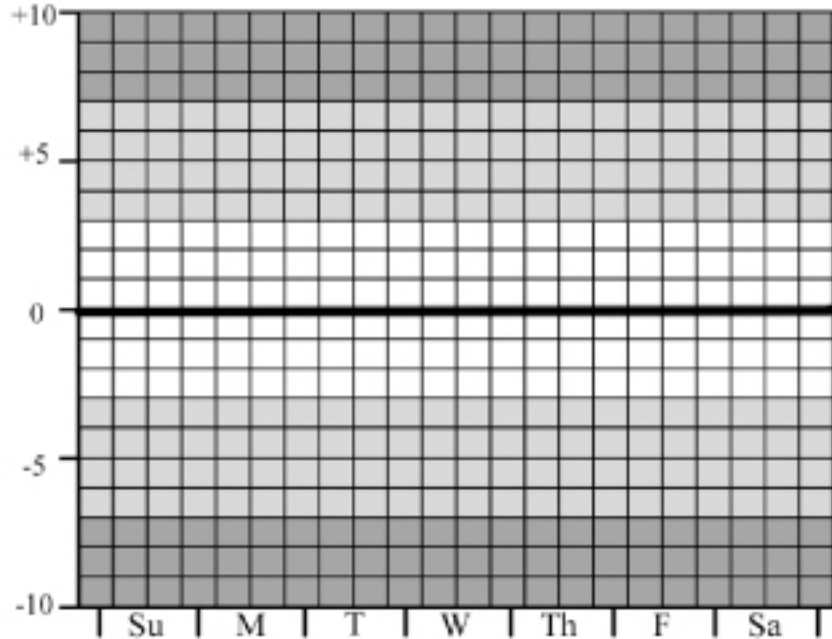
Week: _____ Dates: _____



Notes on sleep, food, exercise, etc.

Su _____
M _____
T _____
W _____
Th _____
F _____
Sa _____

Week: _____ Dates: _____



Notes on sleep, food, exercise, etc.

Su _____
M _____
T _____
W _____
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