



2024 DECEMBER

@mydogisaqueen

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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NOS ÉCONOMIES 2024



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Nos projets



Semaine du ...

WEEKLY Planner 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

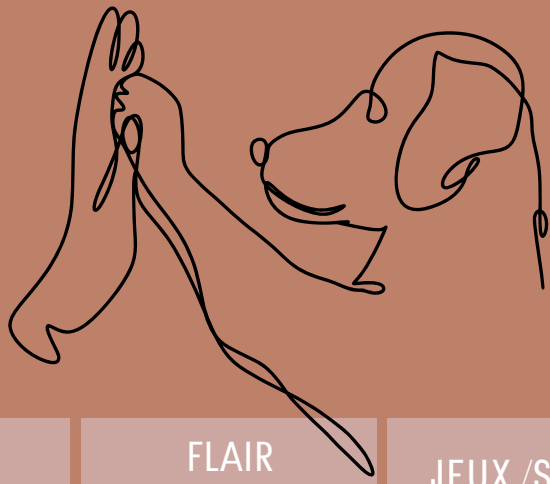
FRIDAY

SATURDAY

SUNDAY

NOTES

MOVE YOUR BODY
Our plans



	RANDO / PROMENADE	SPORTS / ACTIVITES	FLAIR /STIMULATION	JEUX /SOCIA
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				



TO DO LIST ²⁰²⁴

Me and my Dog

@mydogisaqueen

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MÉMO:



NOS ROUTINES

My dog



BEAUTÉ	L	M	M	J	V	S	D	SES SOINS

SANTÉ	L	M	M	J	V	S	D	SES COMPLÉMENTS

BIEN-ÊTRE	L	M	M	J	V	S	D	BONUS RITUELS





NOS ROUTINES

Me



BEAUTÉ

L	M	M	J	V	S	D

MES RITUELS

SANTÉ

L	M	M	J	V	S	D

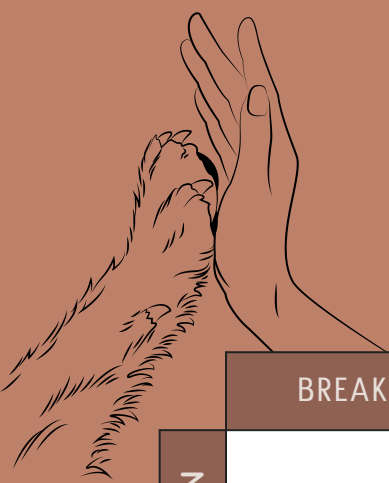
MES COMPLÉMENTS

BIEN-ÊTRE

L	M	M	J	V	S	D

BONUS ROUTINES





FOOD ORGANISER

Food Time 

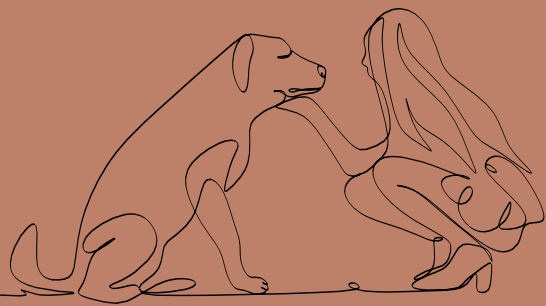


	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
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Shopping list

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DAILY Planner

2024 

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TOP 3 PRIORITIES

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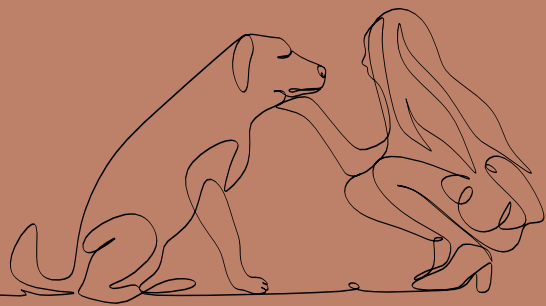
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TO-DO LIST



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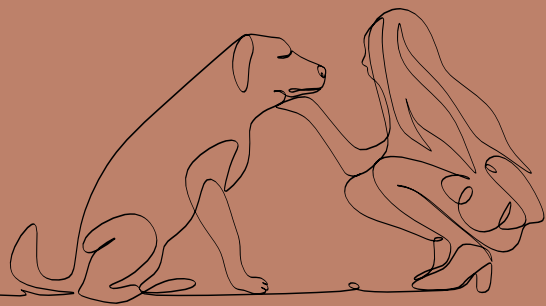
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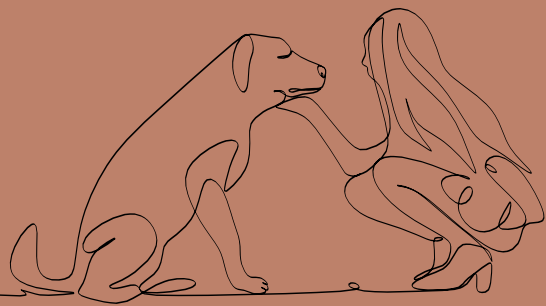
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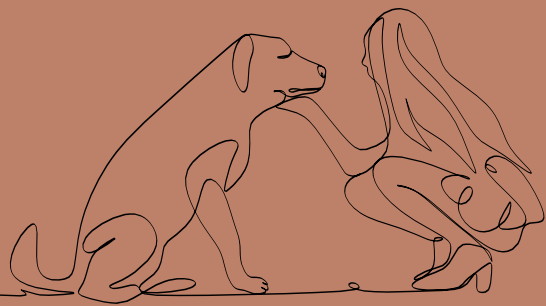
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TOP 3 PRIORITIES

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TO-DO LIST



M É M O

NOTES



WEEK-END IS LIFE

Saturday

MOTIVATIONS DU JOUR ?

MÉTÉO



MOOD



TOP 3 PRIORITES

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WEEK-END IS LIFE

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MOTIVATIONS DU JOUR ?

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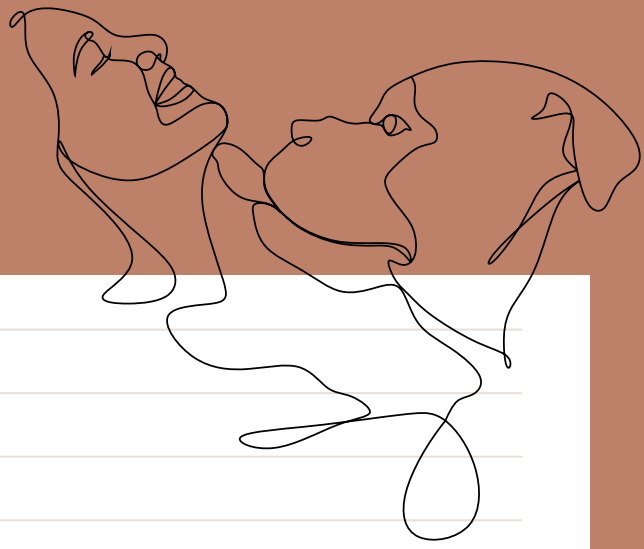
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NOTES PERSO
My dog and me



Semaine du ...

WEEKLY Planner 2024



MONDAY

TUESDAY

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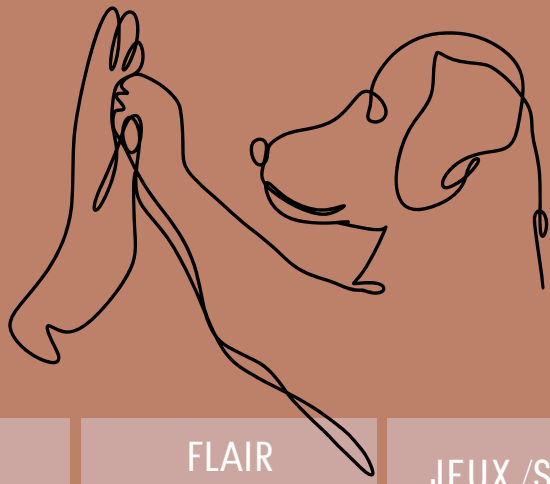
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THU				
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Me and my Dog

@mydogisaqueen

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MÉMO:



NOS ROUTINES

My dog



BEAUTÉ	L	M	M	J	V	S	D	SES SOINS

SANTÉ	L	M	M	J	V	S	D	SES COMPLÉMENTS

BIEN-ÊTRE	L	M	M	J	V	S	D	BONUS RITUELS





NOS ROUTINES

Me



BEAUTÉ	L	M	M	J	V	S	D	MES RITUELS

SANTÉ	L	M	M	J	V	S	D	MES COMPLÉMENTS

BIEN-ÊTRE	L	M	M	J	V	S	D	BONUS ROUTINES



FOOD ORGANISER

Food Time 

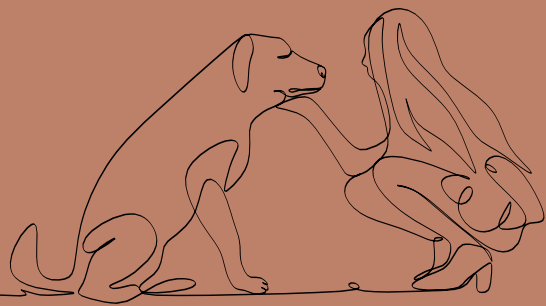


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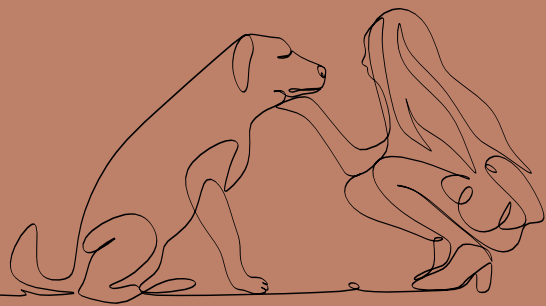
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TO-DO LIST



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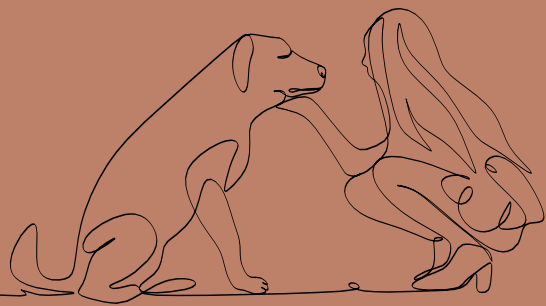
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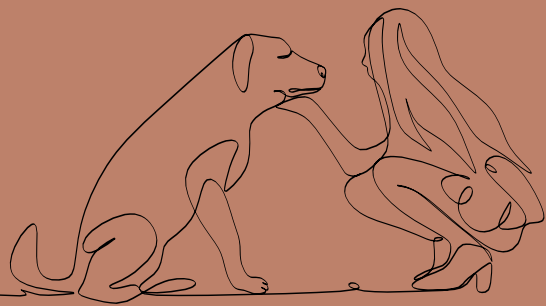
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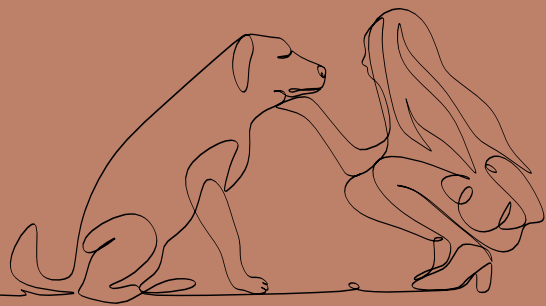
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TOP 3 PRIORITIES

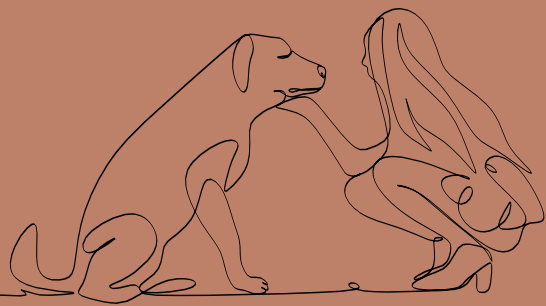
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DAILY Planner

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TOP 3 PRIORITIES

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TO-DO LIST



M É M O

NOTES



WEEK-END IS LIFE

Saturday

MOTIVATIONS DU JOUR ?

MÉTÉO



MOOD



TOP 3 PRIORITES

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WEEK-END IS LIFE

Sunday



MOTIVATIONS DU JOUR ?

MÉTÉO



MOOD



TOP 3 PRIORITES

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TO-DO LIST

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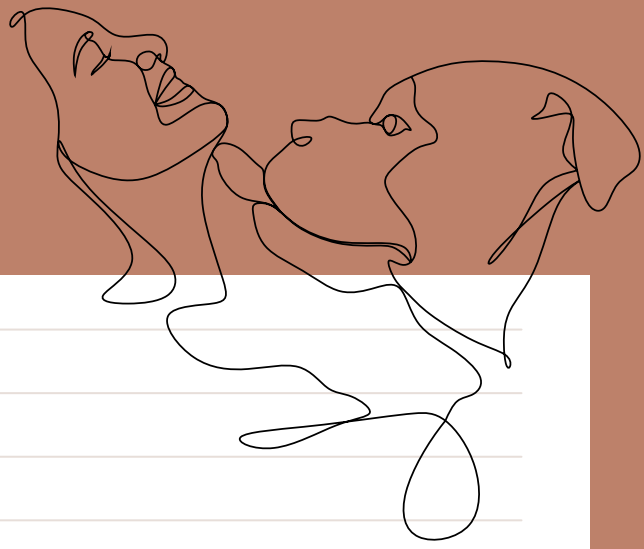
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TIME

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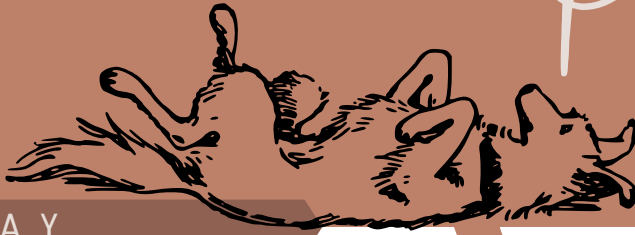
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My dog and me



Semaine du ...

WEEKLY Planner 2024



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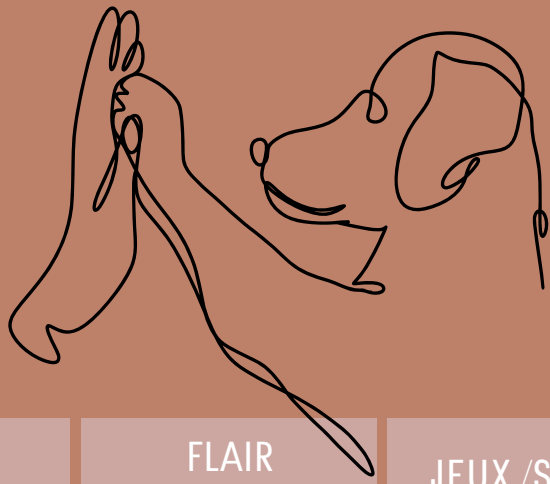
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TO DO LIST ²⁰²⁴

Me and my Dog

@mydogisaqueen

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MÉMO:



NOS ROUTINES

My dog



BEAUTÉ	L	M	M	J	V	S	D	SES SOINS

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BIEN-ÊTRE	L	M	M	J	V	S	D	BONUS RITUELS





NOS ROUTINES

Me

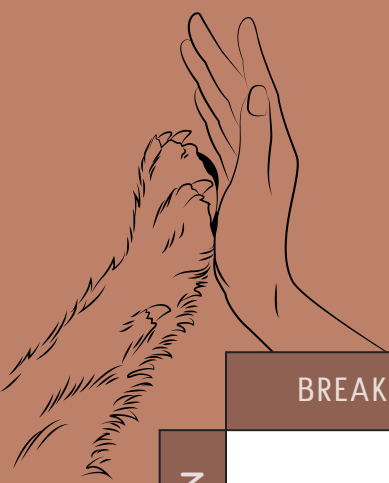


BEAUTÉ	L	M	M	J	V	S	D	MES RITUELS

SANTÉ	L	M	M	J	V	S	D	MES COMPLÉMENTS

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FOOD ORGANISER

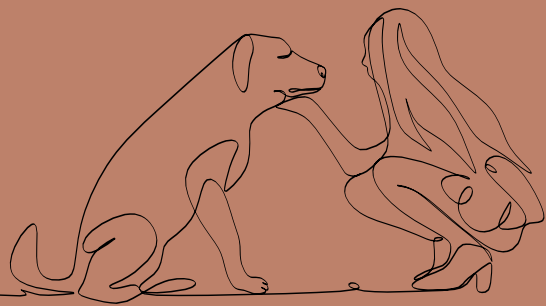
Food Time 



	BREAKFAST	LUNCH	DINNER	SNACKS
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Shopping list

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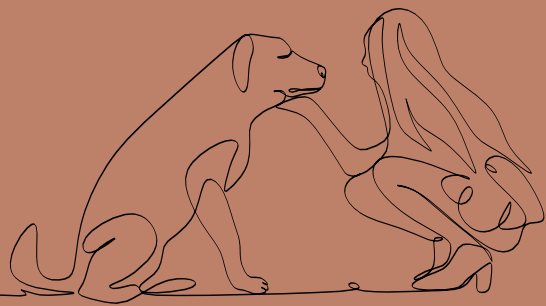
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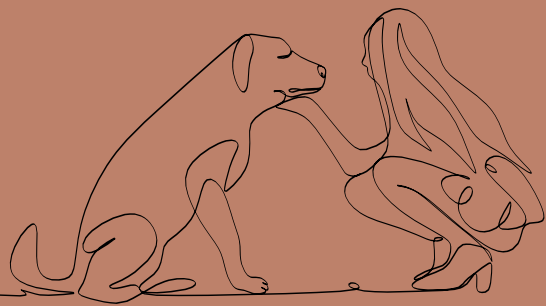
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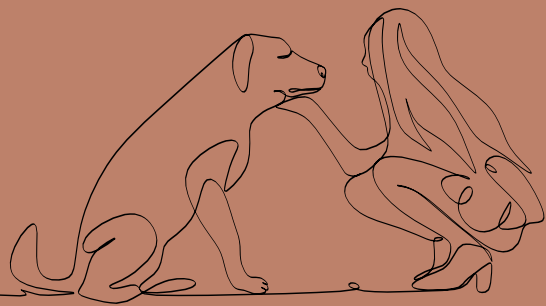
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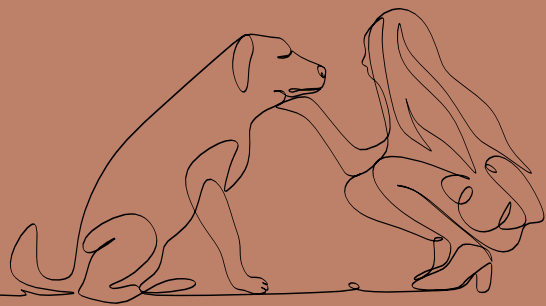
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TOP 3 PRIORITIES

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TO-DO LIST



M É M O

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WEEK-END IS LIFE

Saturday

MOTIVATIONS DU JOUR ?

MÉTÉO



MOOD



TOP 3 PRIORITES

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WEEK-END IS LIFE

Sunday



MOTIVATIONS DU JOUR ?

MÉTÉO



MOOD



TOP 3 PRIORITES

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- 2 _____

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TO-DO LIST

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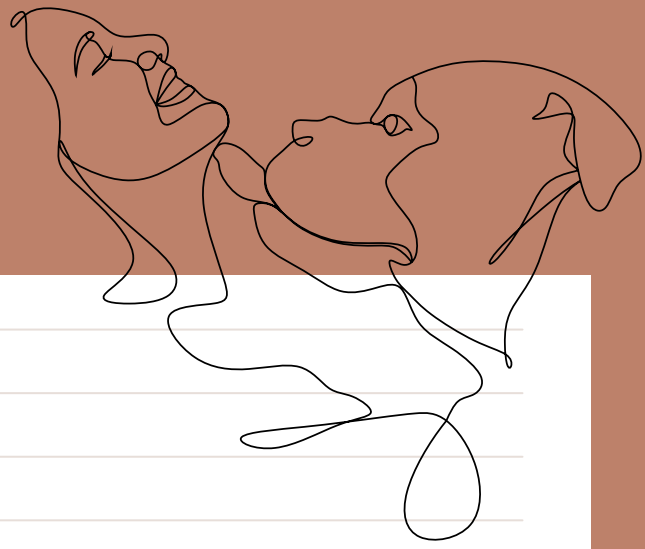
INFO BONUS

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NOTES PERSO
My dog and me



Semaine du ...

WEEKLY Planner 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

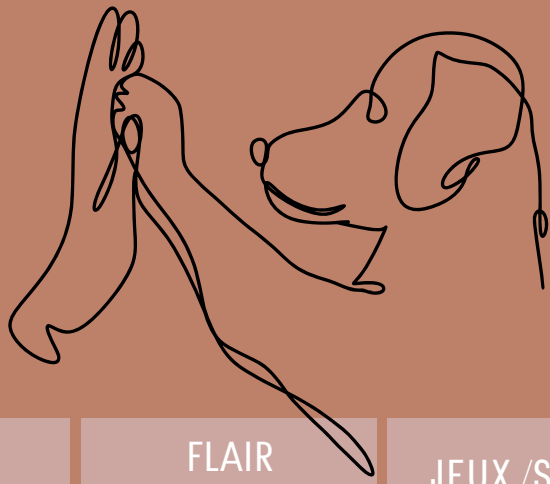
FRIDAY

SATURDAY

SUNDAY

NOTES

MOVE YOUR BODY
Our plans



	RANDO / PROMENADE	SPORTS / ACTIVITES	FLAIR /STIMULATION	JEUX /SOCIA
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				



TO DO LIST ²⁰²⁴

Me and my Dog

@mydogisaqueen

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MÉMO:



NOS ROUTINES

My dog



BEAUTÉ

L	M	M	J	V	S	D

SES SOINS

SANTÉ

L	M	M	J	V	S	D

SES COMPLÉMENTS

BIEN-ÊTRE

L	M	M	J	V	S	D

BONUS RITUELS





FOOD ORGANISER

Food Time 



	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

Shopping list





NOS ROUTINES

Me

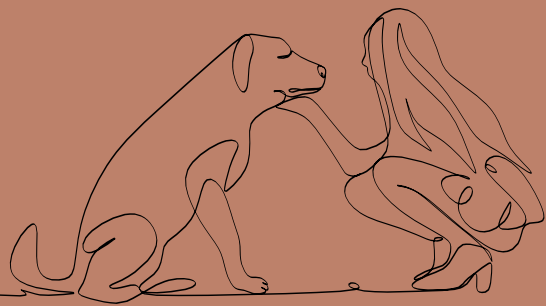


BEAUTÉ	L	M	M	J	V	S	D	MES RITUELS

SANTÉ	L	M	M	J	V	S	D	MES COMPLÉMENTS

BIEN-ÊTRE	L	M	M	J	V	S	D	BONUS ROUTINES





DAILY Planner 2024



PROGRAMME

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TOP 3 PRIORITIES

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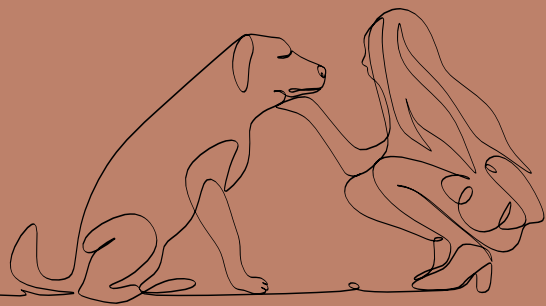
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TO-DO LIST



M É M O

NOTES



DAILY Planner

2024 

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TOP 3 PRIORITIES

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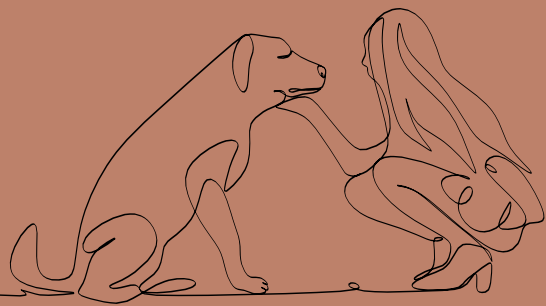
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TO-DO LIST



M É M O

NOTES



DAILY Planner

2024 

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TOP 3 PRIORITIES

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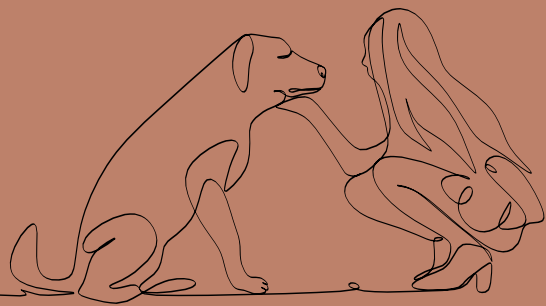
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TO-DO LIST



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NOTES



DAILY Planner 2024



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TOP 3 PRIORITIES

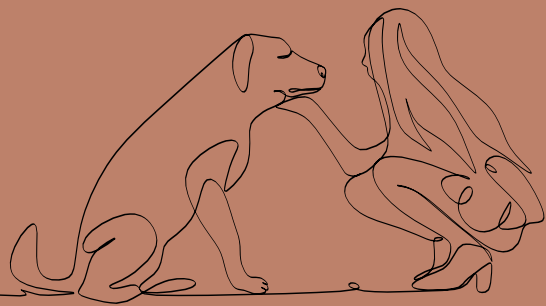
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TO-DO LIST

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DAILY Planner

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TOP 3 PRIORITIES

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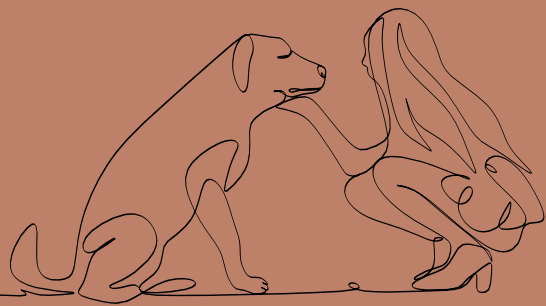
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TO-DO LIST



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DAILY Planner 2024



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TOP 3 PRIORITIES

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TO-DO LIST



M É M O

NOTES



WEEK-END IS LIFE

Saturday

MOTIVATIONS DU JOUR ?

MÉTÉO



MOOD



TOP 3 PRIORITES

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WEEK-END IS LIFE

Sunday



MOTIVATIONS DU JOUR ?

MÉTÉO



MOOD



TOP 3 PRIORITES

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TO-DO LIST

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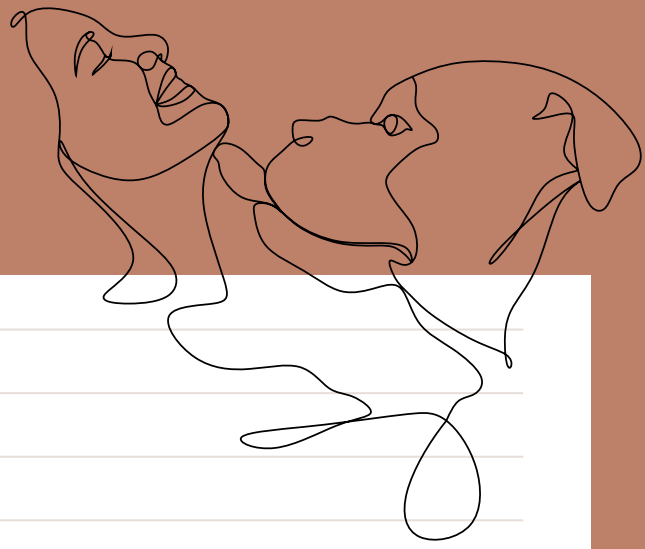
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NOTES PERSO
My dog ans me



Semaine du ...

WEEKLY Planner 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

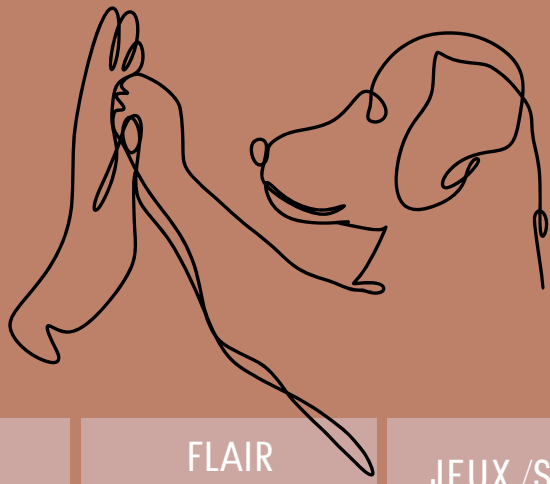
FRIDAY

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MOVE YOUR BODY
Our plans



	RANDO / PROMENADE	SPORTS / ACTIVITES	FLAIR /STIMULATION	JEUX /SOCIA
MON				
TUE				
WED				
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TO DO LIST ²⁰²⁴

Me and my Dog

@mydogisaqueen

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MÉMO:



NOS ROUTINES

My dog



BEAUTÉ	L	M	M	J	V	S	D	SES SOINS	

SANTÉ	L	M	M	J	V	S	D	SES COMPLÉMENTS	

BIEN-ÊTRE	L	M	M	J	V	S	D	BONUS RITUELS	





NOS ROUTINES

Me



BEAUTÉ

L	M	M	J	V	S	D

MES RITUELS

SANTÉ

L	M	M	J	V	S	D

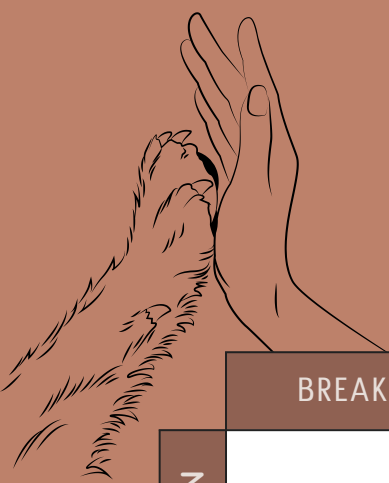
MES COMPLÉMENTS

BIEN-ÊTRE

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BONUS ROUTINES





FOOD ORGANISER

Food Time 

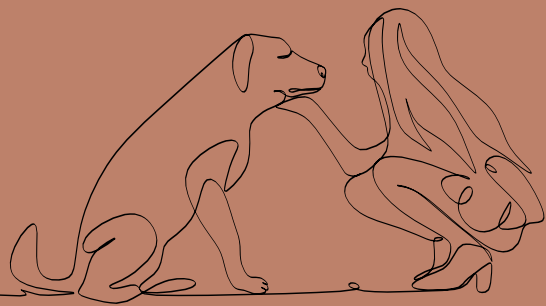


	BREAKFAST	LUNCH	DINNER	SNACKS
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Shopping list

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DAILY Planner

2024 

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TOP 3 PRIORITIES

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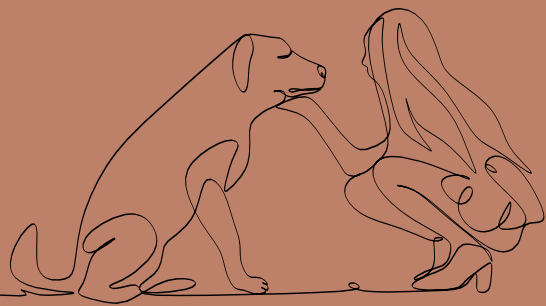
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TO-DO LIST



M É M O

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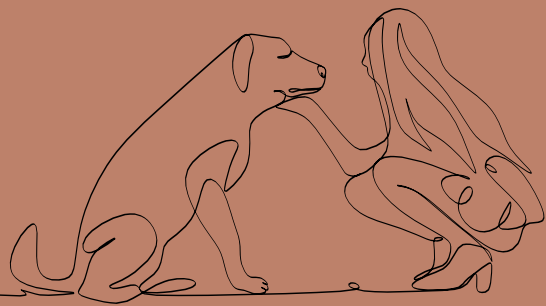
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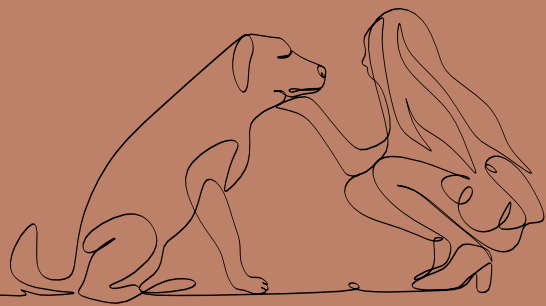
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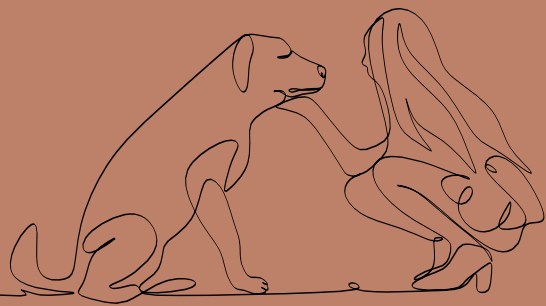
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TOP 3 PRIORITIES

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TO-DO LIST



M É M O

NOTES



WEEK-END IS LIFE

Saturday

MOTIVATIONS DU JOUR ?

MÉTÉO



MOOD



TOP 3 PRIORITES

- 1 _____

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WEEK-END IS LIFE

Sunday



MOTIVATIONS DU JOUR ?

MÉTÉO



MOOD



TOP 3 PRIORITES

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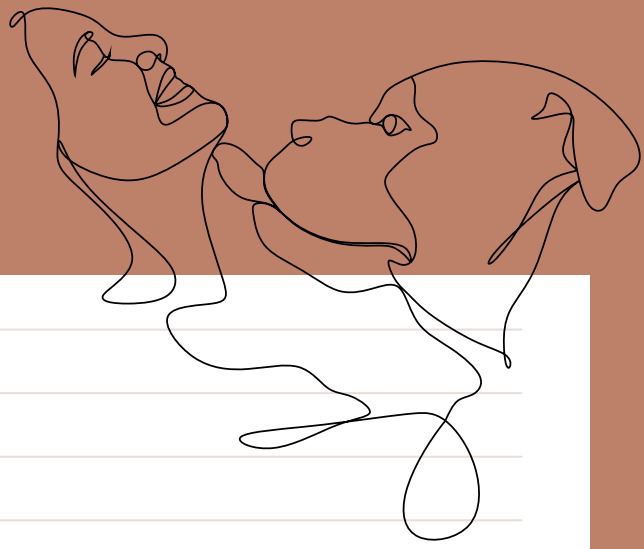
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NOTES PERSO
My dog and me





RENDEZ-VOUS VÉTÉ

Take care of us

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC



BOBOS

VACCINATION

TRAITEMENTS

NOTES