



Agenda

20
24



WITH MY DOG

@mydogisqueen

ABOUT US



My Dog

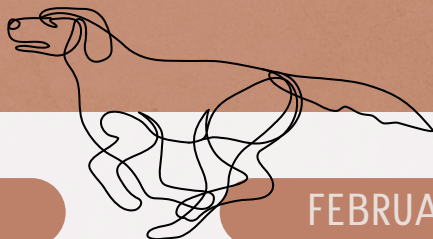


And Me



= Us





2024

JANUARY

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

FEBRUARY

S	M	T	W	T	F	S
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	1	2

MARCH

S	M	T	W	T	F	S
25	26	27	28	29	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

APRIL

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

MAY

S	M	T	W	T	F	S
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

JUNE

S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

JULY

S	M	T	W	T	F	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

AUGUST

S	M	T	W	T	F	S
28	29	30	31	1	2	3
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER

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1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

OCTOBER

S	M	T	W	T	F	S
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

NOVEMBER

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17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

HELLO 2024

PROJECTION



LIEUX À VISITER



Projets



Objectifs pour moi

Objectifs pour nous



JANVIER 2024



@mydogisaqueen

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
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29	30	31				



NOS ÉCONOMIES 2024

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Nos projets

Semaine du ...

WEEKLY Planner 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

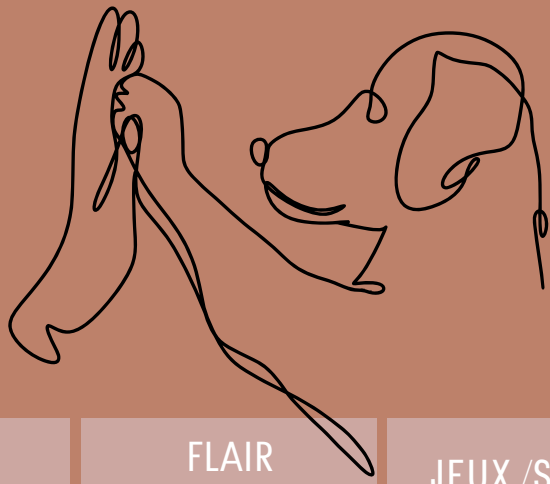
FRIDAY

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

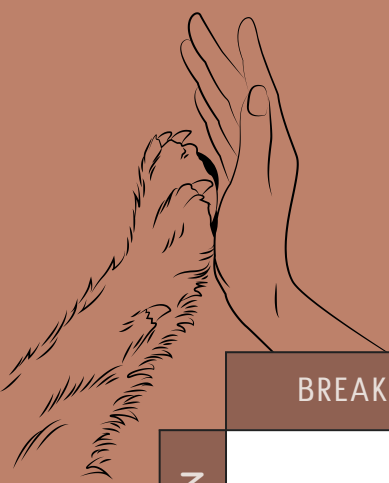


BEAUTÉ	L	M	M	J	V	S	D	MES RITUELS

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 

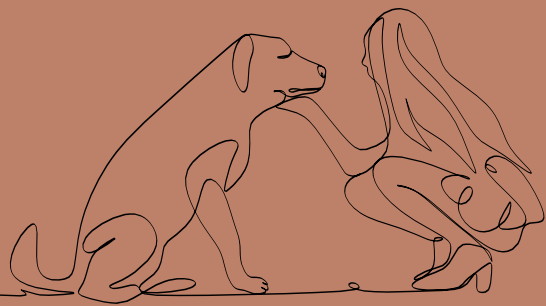


	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
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SUN				

Shopping list

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DAILY Planner

2024 

PROGRAMME

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TOP 3 PRIORITIES

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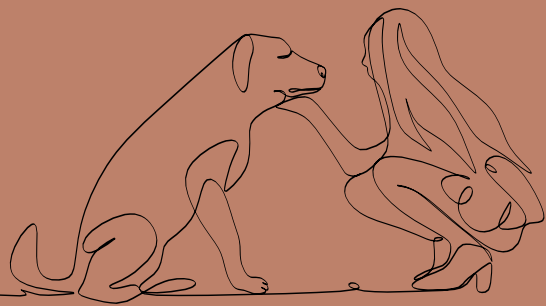
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TO-DO LIST



M É M O

NOTES



DAILY Planner

2024 

PROGRAMME

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TOP 3 PRIORITIES

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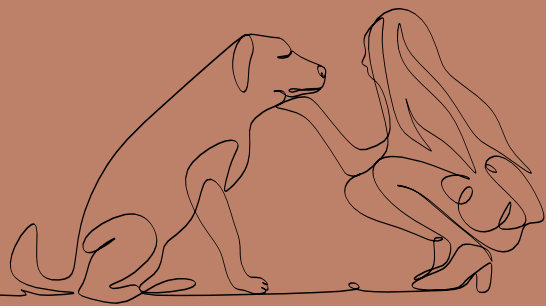
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TO-DO LIST



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NOTES



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TOP 3 PRIORITIES

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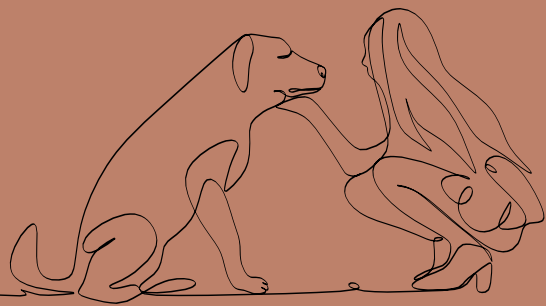
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TO-DO LIST



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NOTES



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2024 

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TOP 3 PRIORITIES

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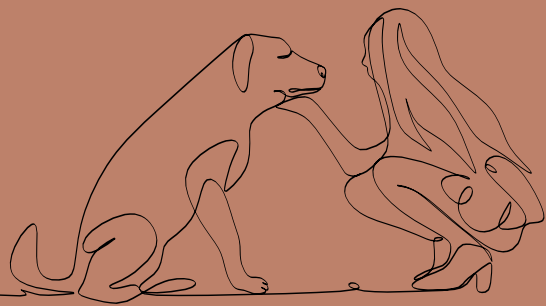
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TO-DO LIST



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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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NOTES



WEEK-END IS LIFE

Saturday

MOTIVATIONS DU JOUR ?

MÉTÉO



MOOD



TOP 3 PRIORITES

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TO-DO LIST

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WEEK-END IS LIFE

Sunday



MOTIVATIONS DU JOUR ?

MÉTÉO



MOOD



TOP 3 PRIORITES

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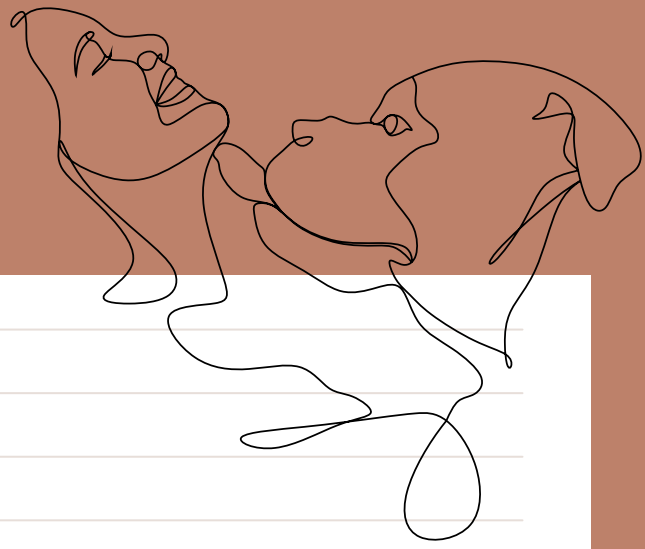
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NOTES PERSO
My dog ans me



Semaine du ...

WEEKLY Planner 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

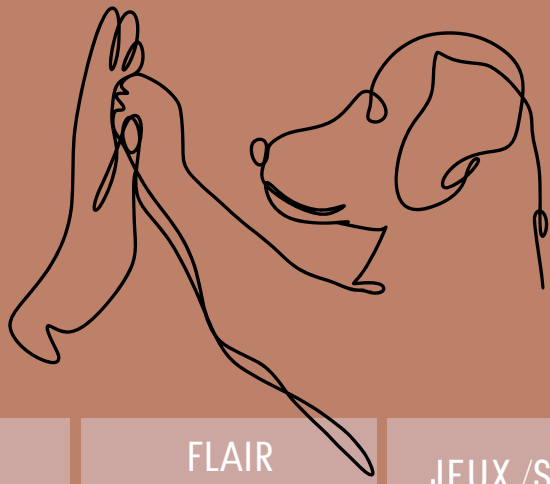
FRIDAY

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





NOS ROUTINES

Me



BEAUTÉ

L	M	M	J	V	S	D

MES RITUELS

SANTÉ

L	M	M	J	V	S	D

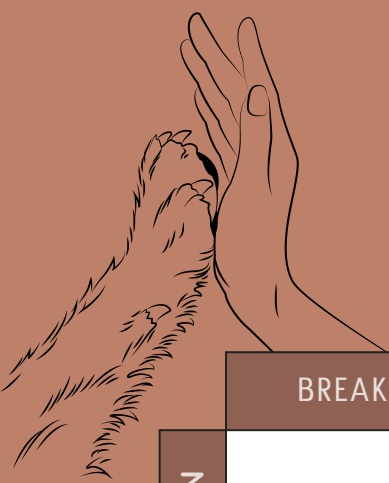
MES COMPLÉMENTS

BIEN-ÊTRE

L	M	M	J	V	S	D

BONUS ROUTINES





FOOD ORGANISER

Food Time 

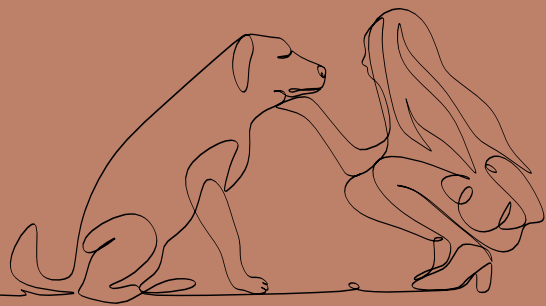


	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
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Shopping list

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DAILY Planner 2024



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TOP 3 PRIORITIES

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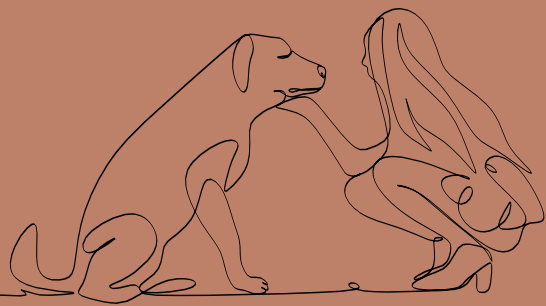
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TO-DO LIST



M É M O

NOTES



DAILY Planner

2024 

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TOP 3 PRIORITIES

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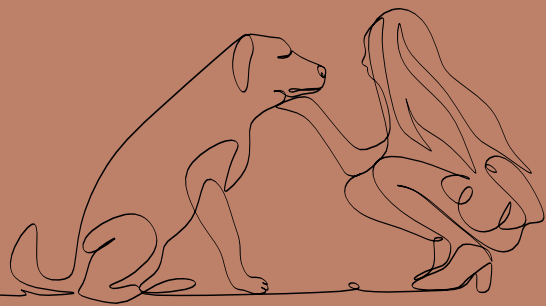
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TO-DO LIST



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NOTES



DAILY Planner

2024 

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TOP 3 PRIORITIES

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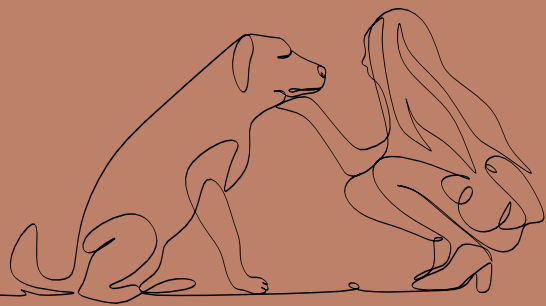
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TO-DO LIST



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NOTES



DAILY Planner

2024 

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TOP 3 PRIORITIES

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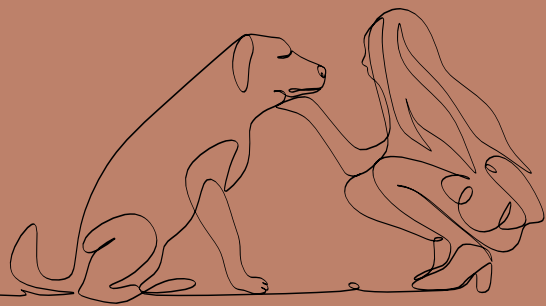
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TO-DO LIST



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NOTES



DAILY Planner

2024 

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TOP 3 PRIORITIES

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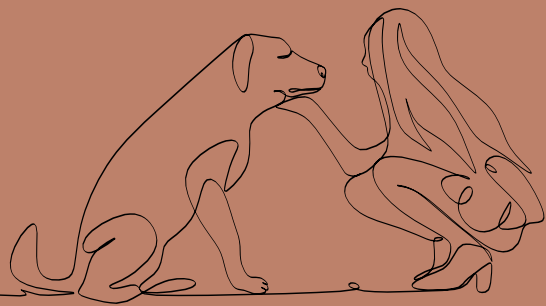
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TO-DO LIST



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NOTES



DAILY Planner 2024



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TOP 3 PRIORITIES

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TO-DO LIST



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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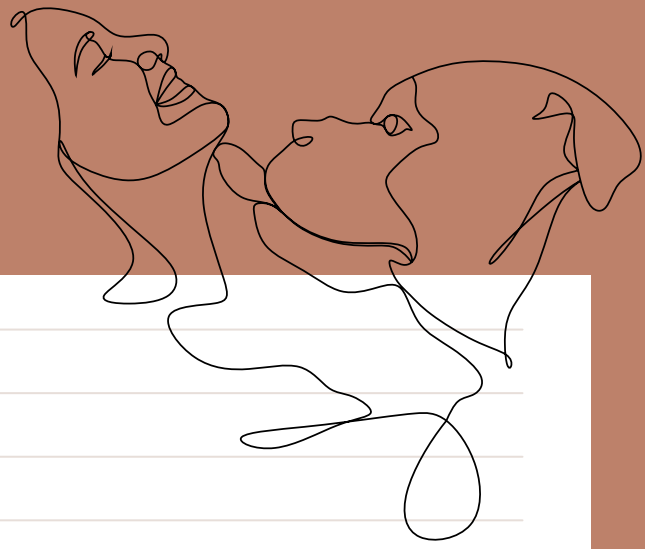
INFO BONUS

TIME

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NOTES PERSO
My dog and me



Semaine du ...

WEEKLY Planner 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

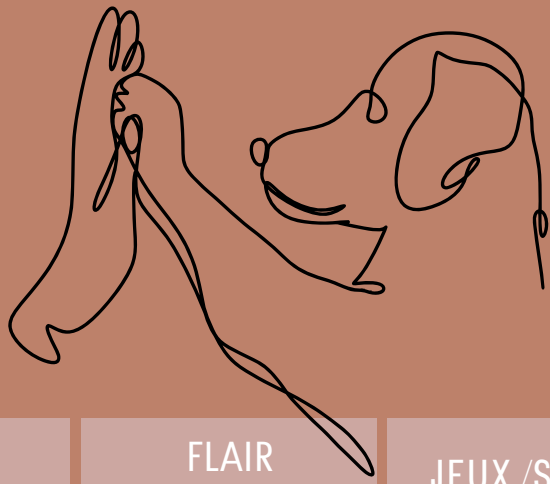
FRIDAY

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NOTES

MOVE YOUR BODY
Our plans



	RANDO / PROMENADE	SPORTS / ACTIVITES	FLAIR /STIMULATION	JEUX /SOCIA
MON				
TUE				
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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

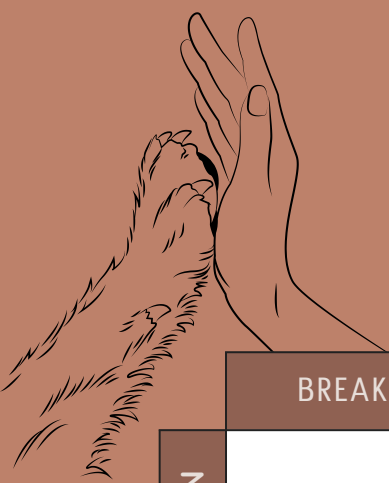


BEAUTÉ	L	M	M	J	V	S	D	MES RITUELS

SANTÉ	L	M	M	J	V	S	D	MES COMPLÉMENTS

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





FOOD ORGANISER

Food Time 

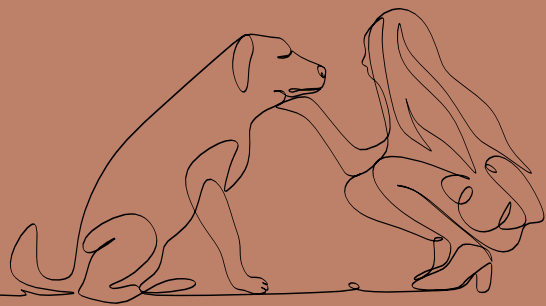


	BREAKFAST	LUNCH	DINNER	SNACKS
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Shopping list

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DAILY Planner

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TOP 3 PRIORITIES

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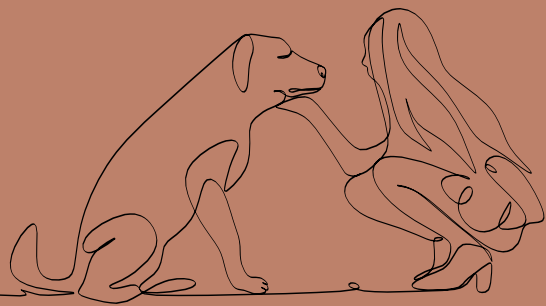
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TO-DO LIST



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NOTES



DAILY Planner

2024 

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TOP 3 PRIORITIES

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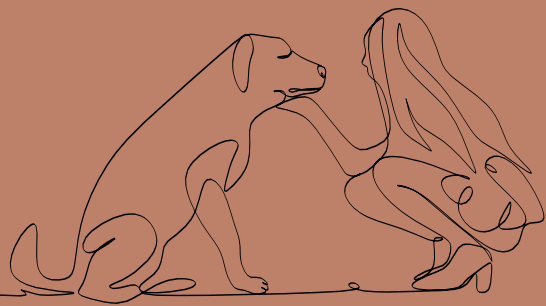
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NOTES



DAILY Planner

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TOP 3 PRIORITIES

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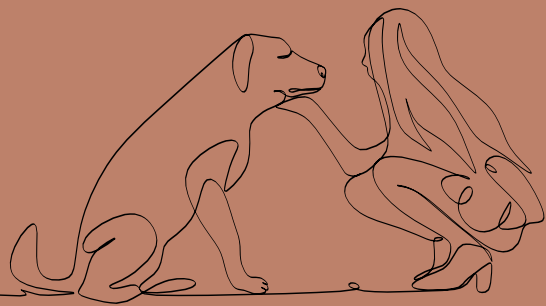
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DAILY Planner

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TOP 3 PRIORITIES

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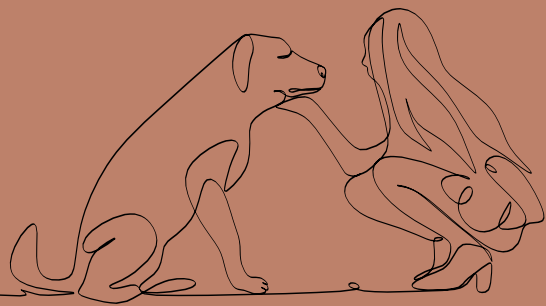
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DAILY Planner

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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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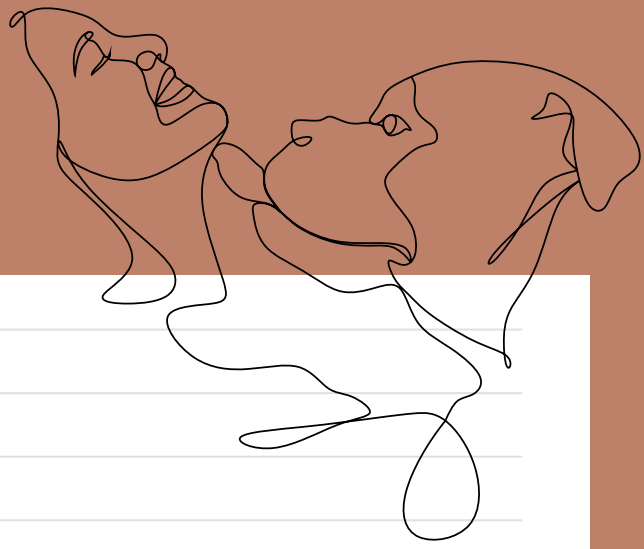
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NOTES PERSO
My dog and me



Semaine du ...

WEEKLY Planner 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

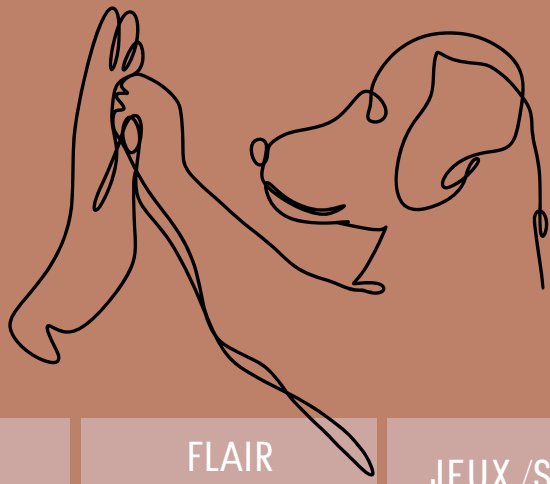
FRIDAY

SATURDAY

SUNDAY

NOTES

MOVE YOUR BODY
Our plans



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

Me and my Dog

@mydogisaqueen

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MÉMO:



NOS ROUTINES

My dog

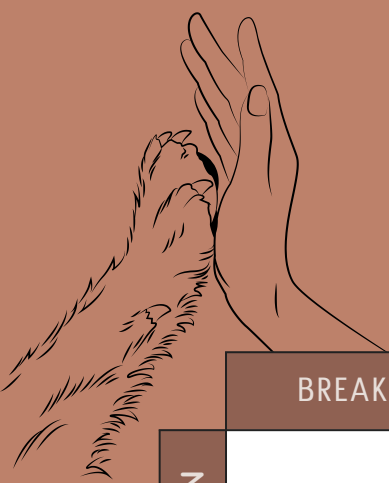


BEAUTÉ	L	M	M	J	V	S	D	SES SOINS

SANTÉ	L	M	M	J	V	S	D	SES COMPLÉMENTS

BIEN-ÊTRE	L	M	M	J	V	S	D	BONUS RITUELS





FOOD ORGANISER

Food Time 



	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
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FRI				
SAT				
SUN				

Shopping list

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NOS ROUTINES

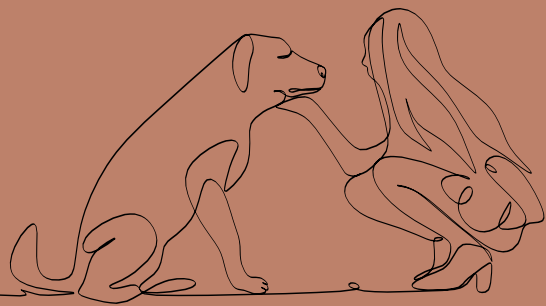
Me



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 

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TOP 3 PRIORITIES

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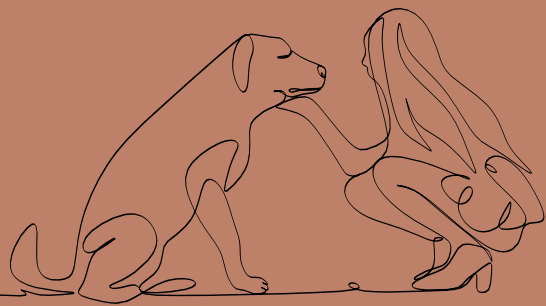
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TO-DO LIST



M É M O

NOTES



DAILY Planner 2024



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TOP 3 PRIORITIES

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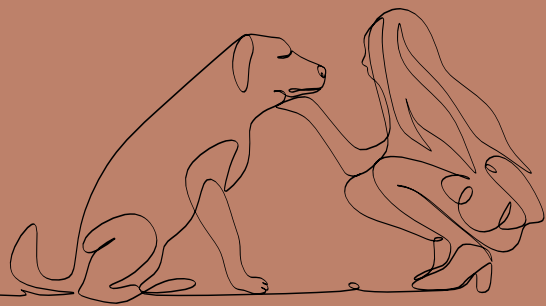
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TO-DO LIST



M É M O

NOTES



DAILY Planner

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TOP 3 PRIORITIES

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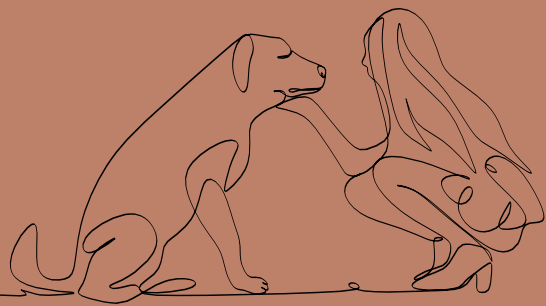
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TO-DO LIST



M É M O

NOTES



DAILY Planner

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TOP 3 PRIORITIES

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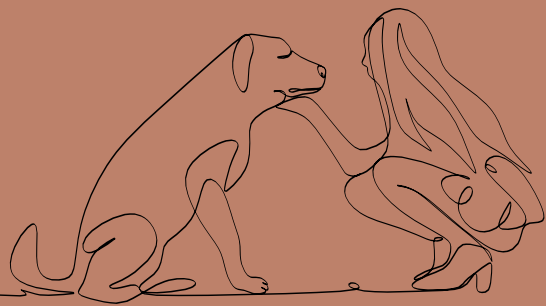
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TO-DO LIST



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NOTES



DAILY Planner 2024



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TOP 3 PRIORITIES

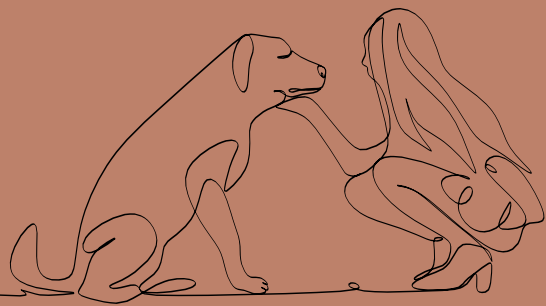
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DAILY Planner

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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

- 1 _____

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WEEK-END IS LIFE

Sunday



MOTIVATIONS DU JOUR ?

MÉTÉO



MOOD



TOP 3 PRIORITES

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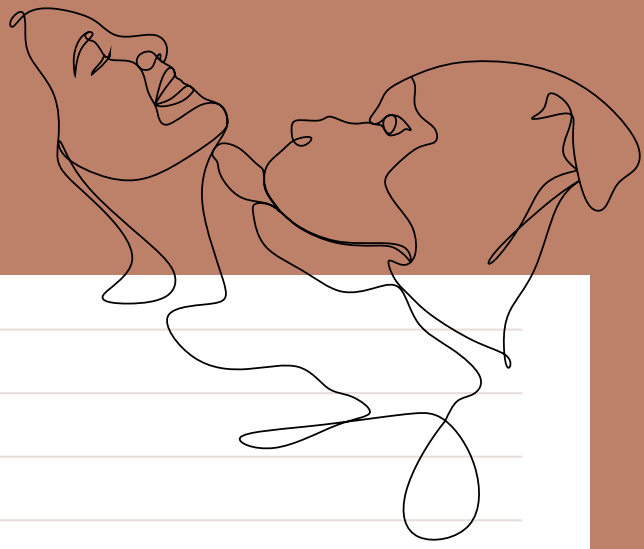
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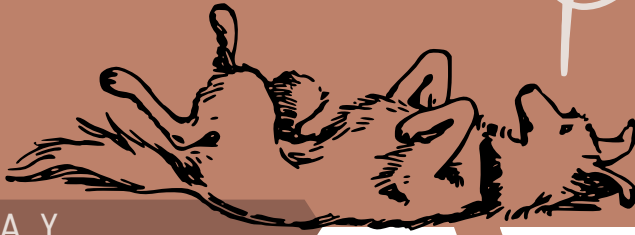
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NOTES PERSO
My dog and me



Semaine du ...

WEEKLY Planner 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

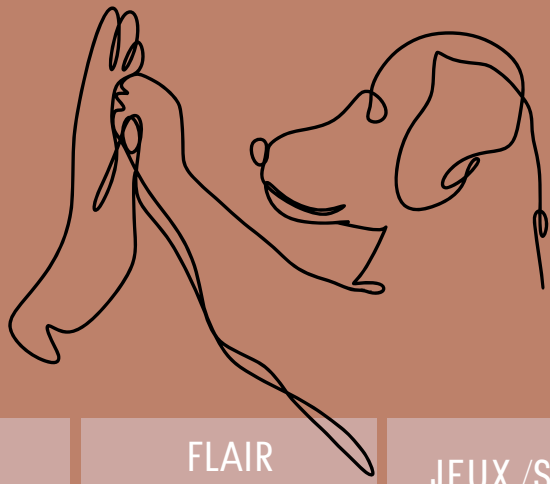
FRIDAY

SATURDAY

SUNDAY

NOTES

MOVE YOUR BODY
Our plans



	RANDO / PROMENADE	SPORTS / ACTIVITES	FLAIR /STIMULATION	JEUX /SOCIA
MON				
TUE				
WED				
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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

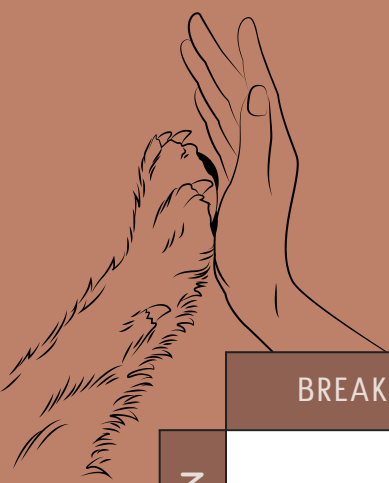
MES COMPLÉMENTS

BIEN-ÊTRE

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BONUS ROUTINES





FOOD ORGANISER

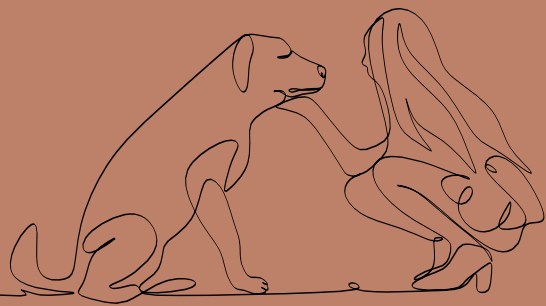
Food Time 



	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
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Shopping list





DAILY Planner

2024 

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TOP 3 PRIORITIES

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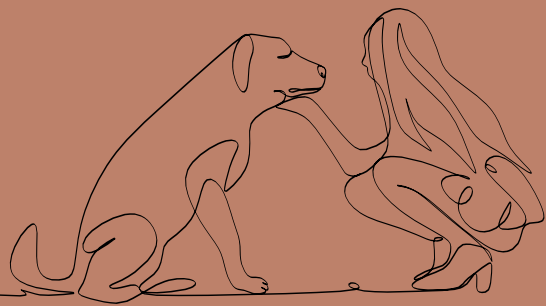
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TO-DO LIST



M É M O

NOTES



DAILY Planner

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TOP 3 PRIORITIES

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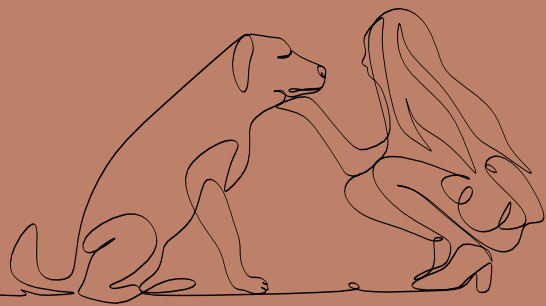
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TO-DO LIST



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DAILY Planner

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TOP 3 PRIORITIES

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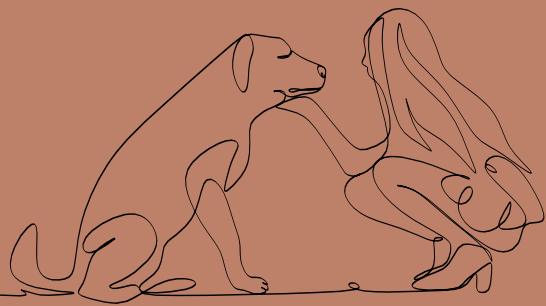
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TO-DO LIST



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DAILY Planner

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TOP 3 PRIORITIES

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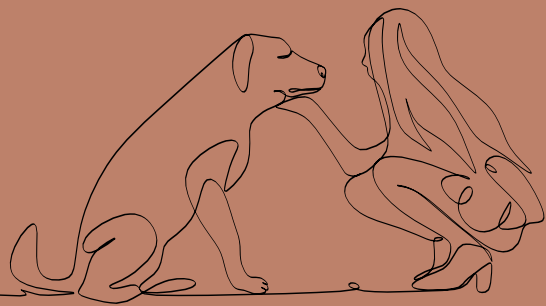
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TO-DO LIST



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DAILY Planner 2024



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TOP 3 PRIORITIES

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TO-DO LIST

MÉMO

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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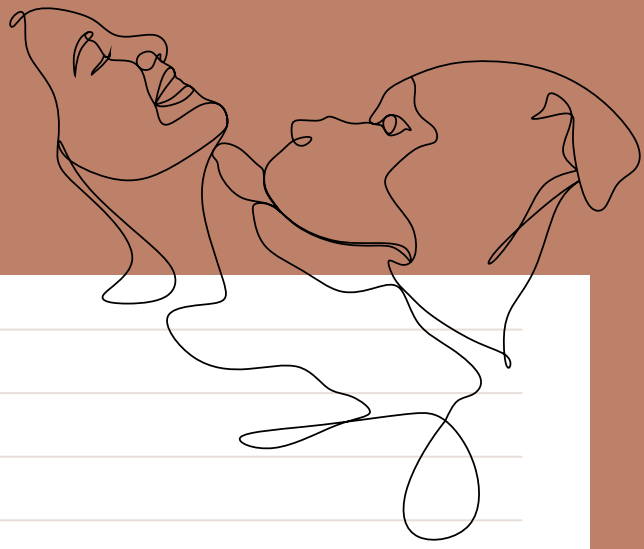
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NOTES PERSO
My dog and me





RENDEZ-VOUS VÉTÉ

Take care of us

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



BOBOS


VACCINATION


TRAITEMENTS


NOTES


CONTACT LIST





Name
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
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
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
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CONTACT LIST





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
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
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
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CONTACT LIST





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
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
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
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
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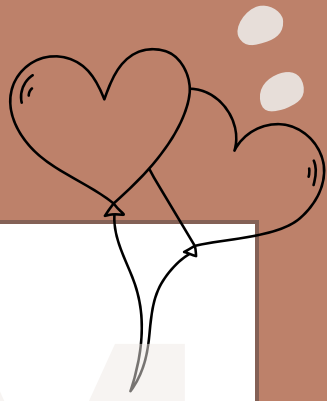
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LES ANNIVERSAIRES



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YOU ARE PAWFECT



@mydogisaqueen