



@mydogisaqueen

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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# NOS ÉCONOMIES 2024



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Nos projets



Semaine du ...

# WEEKLY Planner 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

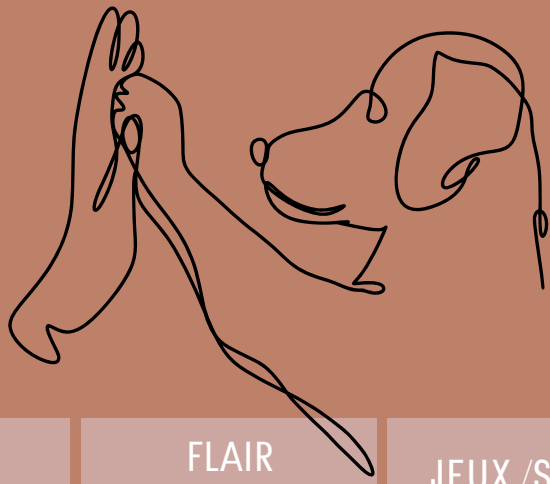
FRIDAY

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 <sup>2024</sup>

*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

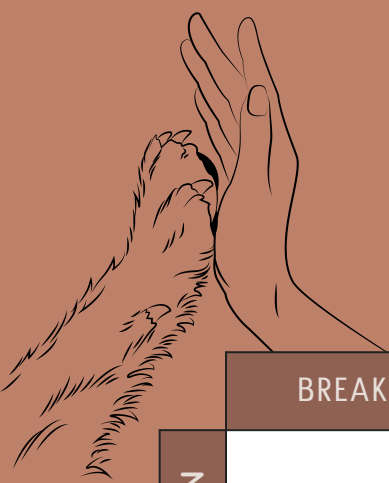


BEAUTÉ	L	M	M	J	V	S	D	MES RITUELS

SANTÉ	L	M	M	J	V	S	D	MES COMPLÉMENTS

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





# FOOD ORGANISER

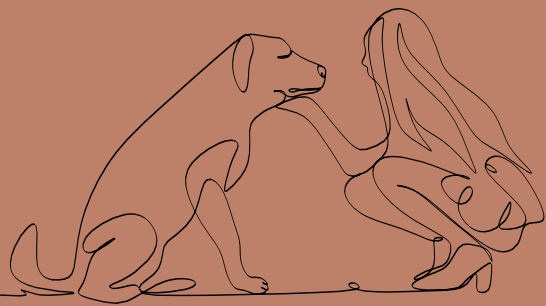
Food Time 



	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
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## Shopping list



# DAILY Planner

2024 

## PROGRAMME

## DATE

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## TOP 3 PRIORITIES

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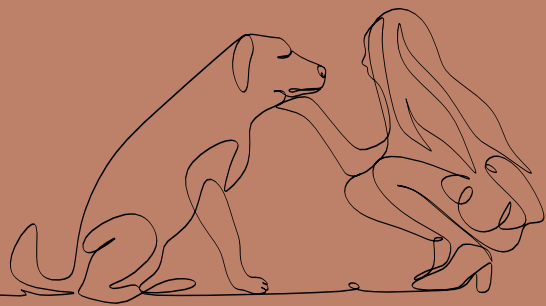
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## TO-DO LIST



## M É M O

## NOTES



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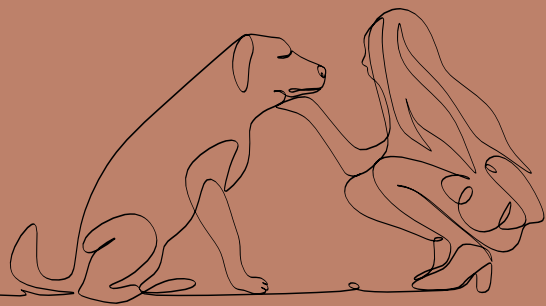
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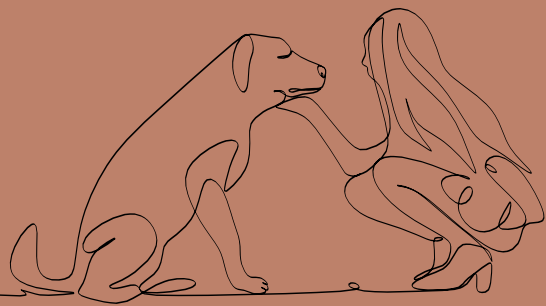
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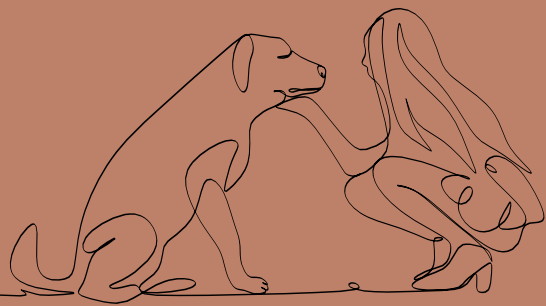
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## TOP 3 PRIORITIES

1

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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

- 1 \_\_\_\_\_  
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- 2 \_\_\_\_\_  
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## TO-DO LIST

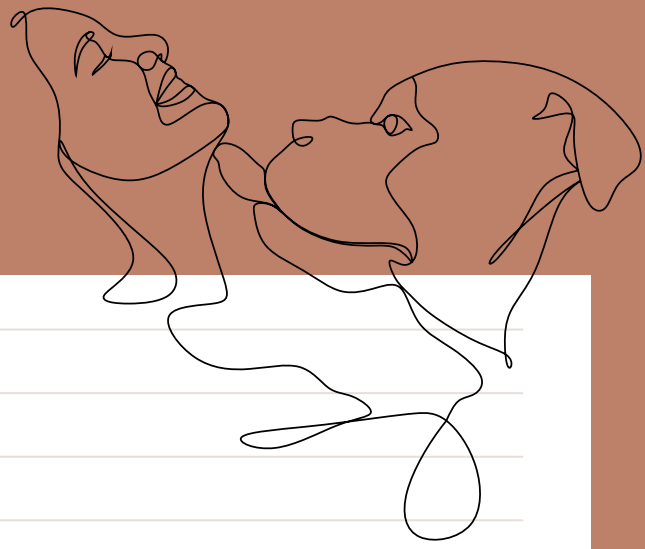
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NOTES PERSO  
My dog and me



Semaine du ...

# WEEKLY Planner 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

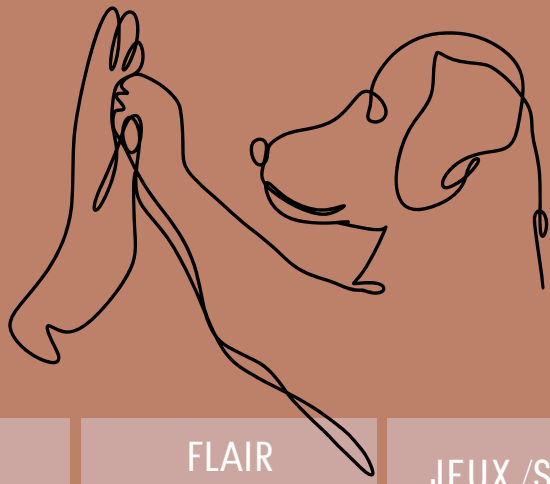
FRIDAY

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 <sup>2024</sup>

*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 

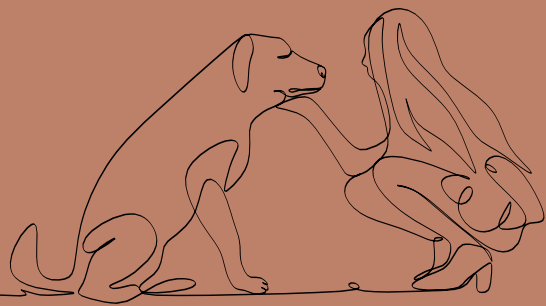


	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
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SUN				

## Shopping list

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# DAILY Planner

2024 

## PROGRAMME

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## TOP 3 PRIORITIES

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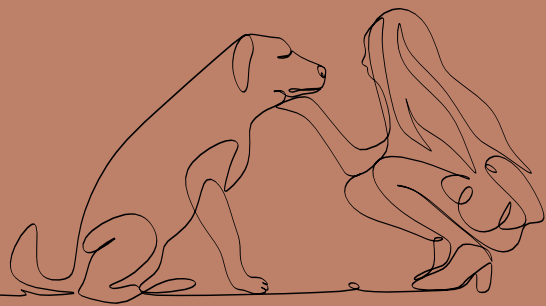
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## TO-DO LIST



## M É M O

## NOTES



# DAILY Planner

2024 

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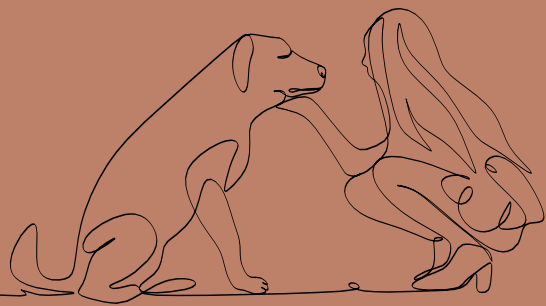
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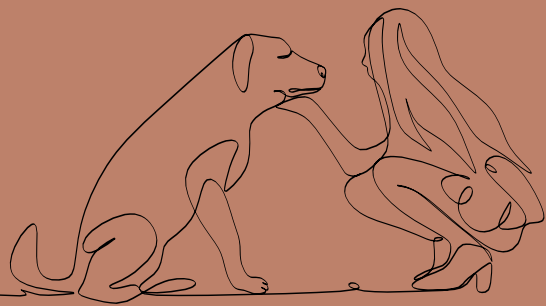
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## M É M O

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# DAILY Planner

2024 

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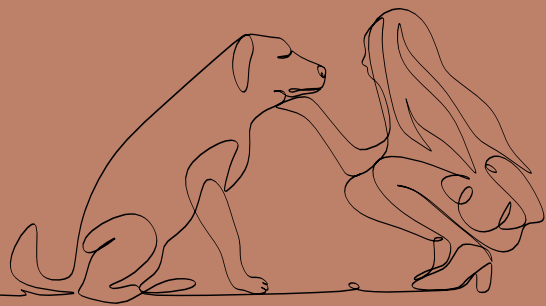
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# DAILY Planner

2024 

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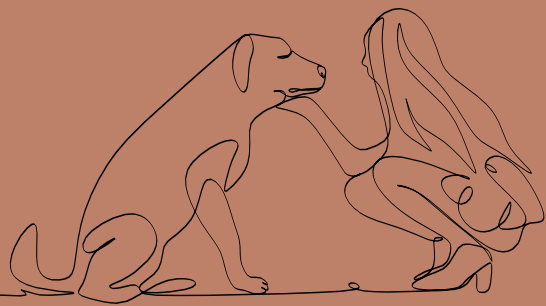
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## M É M O

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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

- 1 \_\_\_\_\_  
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# WEEK-END IS LIFE

Sunday



MOTIVATIONS DU JOUR ?

MÉTÉO



MOOD



## TOP 3 PRIORITES

- 1 \_\_\_\_\_  
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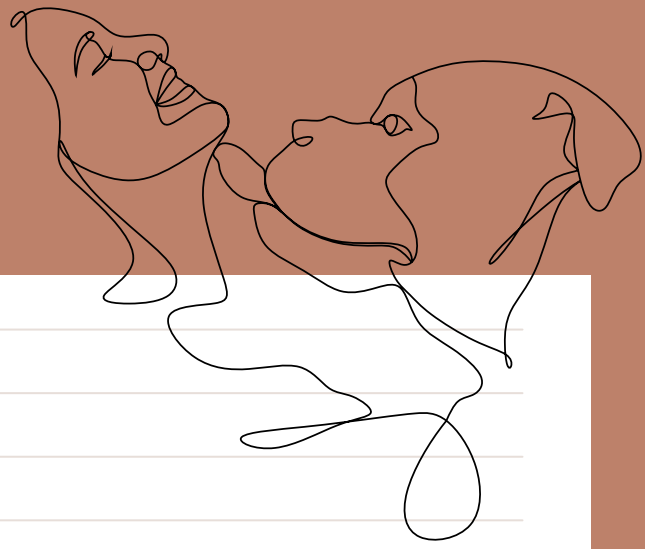
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NOTES PERSO  
My dog and me



Semaine du ...

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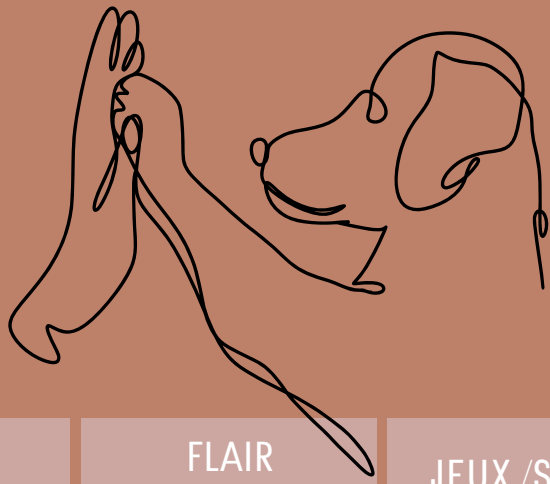
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*Me and my Dog*

*@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

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SANTÉ

L	M	M	J	V	S	D

MES COMPLÉMENTS

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BIEN-ÊTRE

L	M	M	J	V	S	D

BONUS ROUTINES

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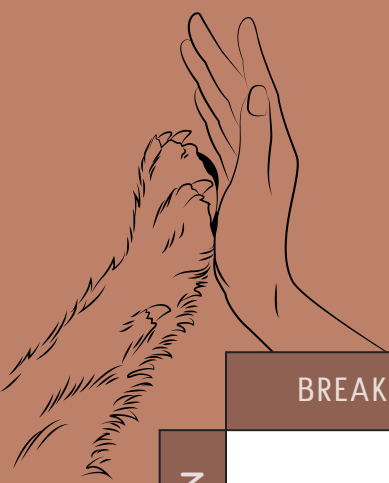
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# FOOD ORGANISER

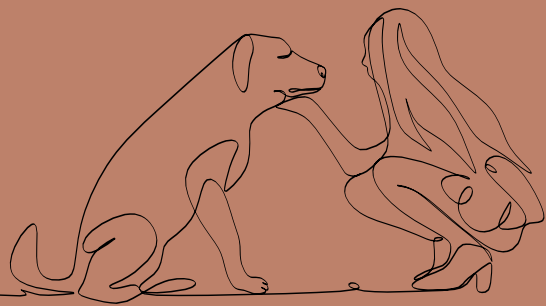
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## Shopping list



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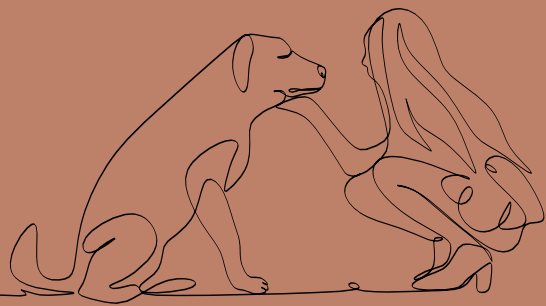
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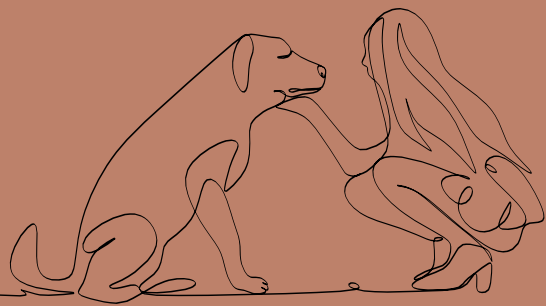
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## TOP 3 PRIORITIES

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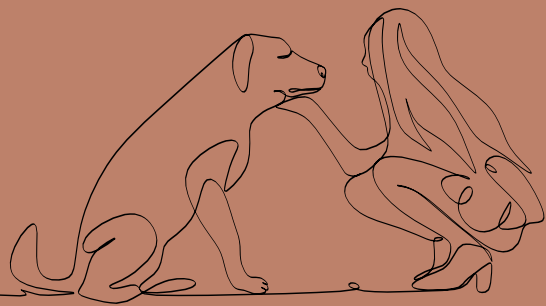
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## TO-DO LIST



## M É M O

## NOTES



# DAILY Planner

2024 

## PROGRAMME

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## TOP 3 PRIORITIES

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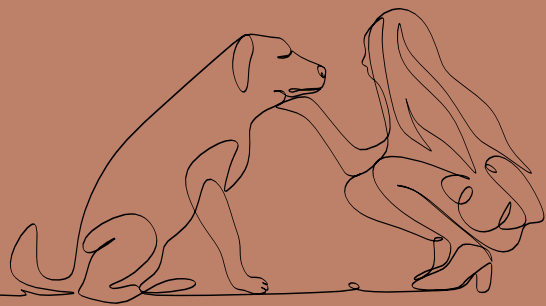
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## TO-DO LIST



## M É M O

## NOTES



# DAILY Planner

2024 

## PROGRAMME

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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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- 2 \_\_\_\_\_  
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# WEEK-END IS LIFE

Sunday



MOTIVATIONS DU JOUR ?

MÉTÉO



MOOD



## TOP 3 PRIORITES

- 1 \_\_\_\_\_  
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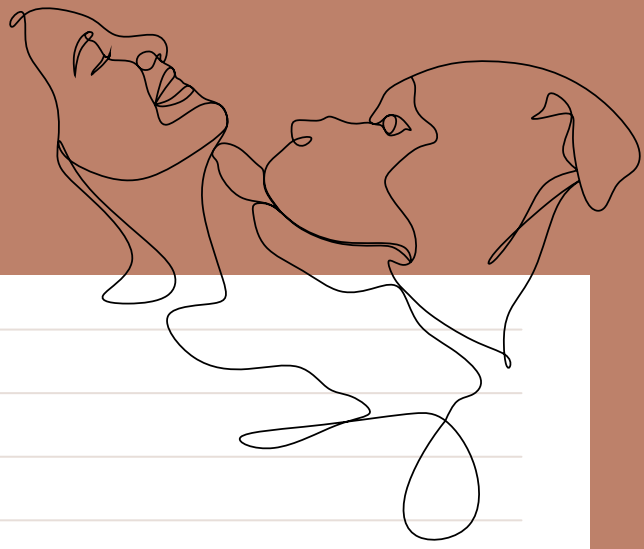
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NOTES PERSO  
My dog and me



Semaine du ...

# WEEKLY Planner 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

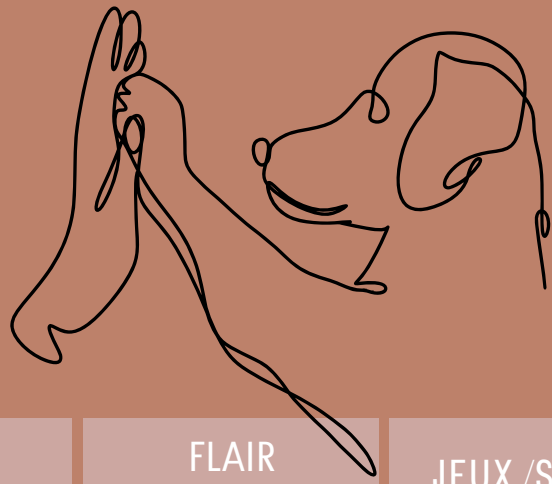
FRIDAY

SATURDAY

SUNDAY

NOTES

MOVE YOUR BODY  
Our plans



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



# TO DO LIST <sup>2024</sup>

*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

_____	_____	_____
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# NOS ROUTINES

Me

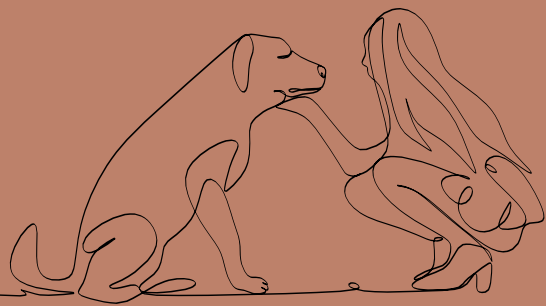


BEAUTÉ	L	M	M	J	V	S	D	MES RITUELS

SANTÉ	L	M	M	J	V	S	D	MES COMPLÉMENTS

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





# DAILY Planner

2024 

## PROGRAMME

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## TOP 3 PRIORITIES

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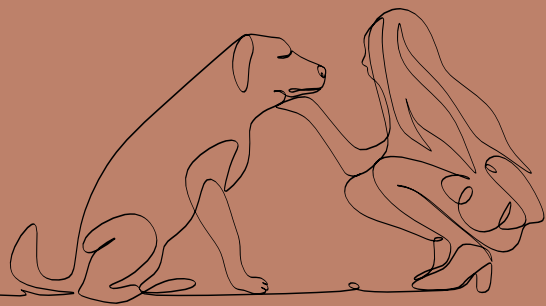
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## TO-DO LIST



## M É M O

## NOTES



# DAILY Planner

2024 

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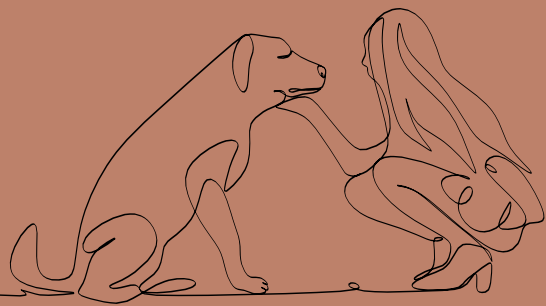
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## TO-DO LIST



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## NOTES



# DAILY Planner

2024 

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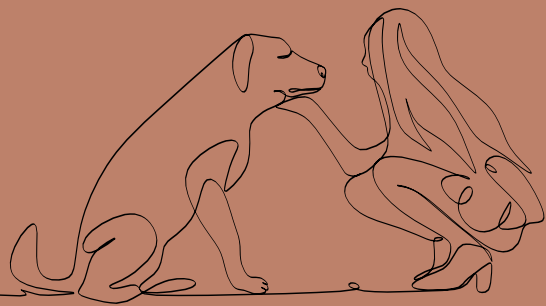
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## TO-DO LIST



## M É M O

## NOTES



# DAILY Planner

2024 

## PROGRAMME

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## TOP 3 PRIORITIES

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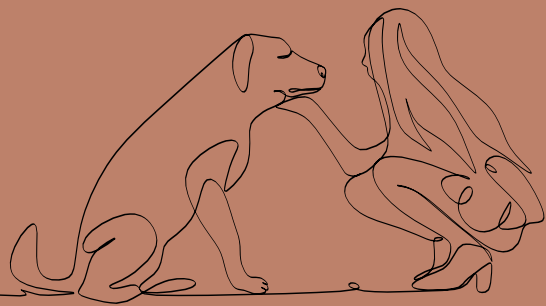
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## TO-DO LIST



## M É M O

## NOTES



# DAILY Planner

2024 

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## TOP 3 PRIORITIES

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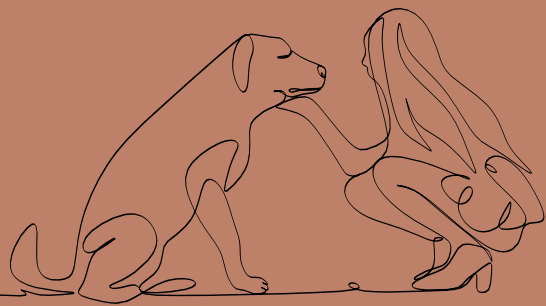
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## TO-DO LIST



## M É M O

## NOTES



# DAILY Planner

2024 

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## TOP 3 PRIORITIES

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## 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

- 1 \_\_\_\_\_  
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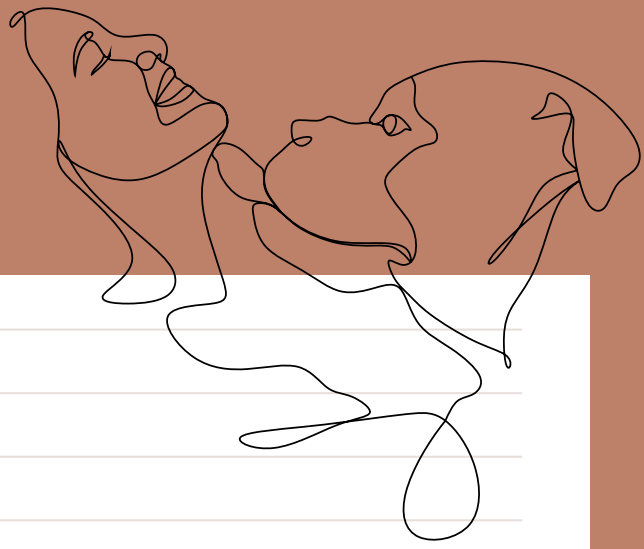
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NOTES PERSO  
My dog and me



Semaine du ...

# WEEKLY Planner 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

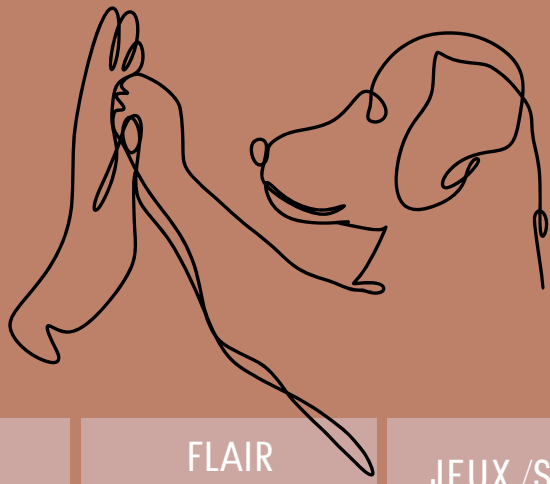
FRIDAY

SATURDAY

SUNDAY

NOTES

MOVE YOUR BODY  
Our plans



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



# TO DO LIST <sup>2024</sup>

*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

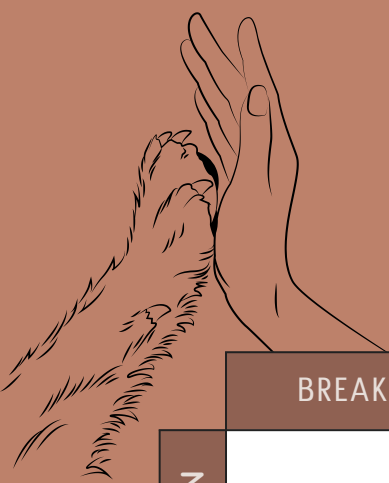
*Me*



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

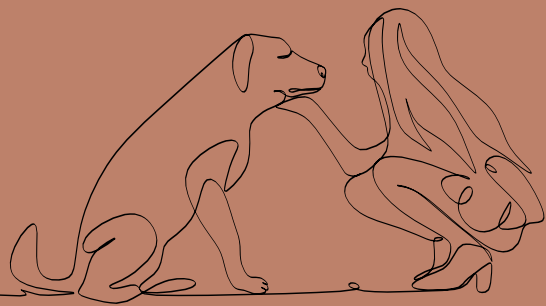
Food Time 



	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
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## Shopping list



# DAILY Planner

2024 

## PROGRAMME

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## TOP 3 PRIORITIES

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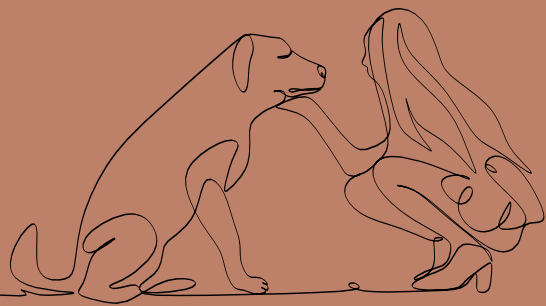
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## TO-DO LIST



## M É M O

## NOTES



# DAILY Planner

2024 

## PROGRAMME

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## TOP 3 PRIORITIES

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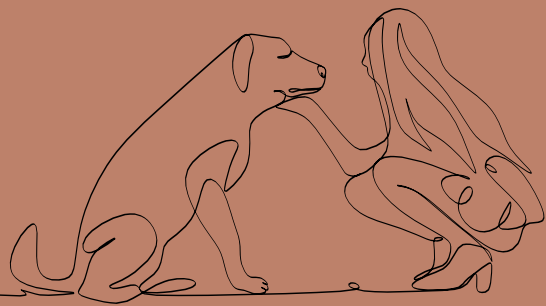
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## TO-DO LIST



## M É M O

## NOTES



# DAILY Planner

2024 

## PROGRAMME

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## TOP 3 PRIORITIES

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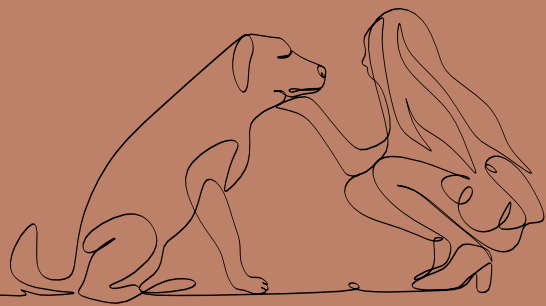
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## TO-DO LIST



## M É M O

## NOTES



# DAILY Planner

2024 

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## TOP 3 PRIORITIES

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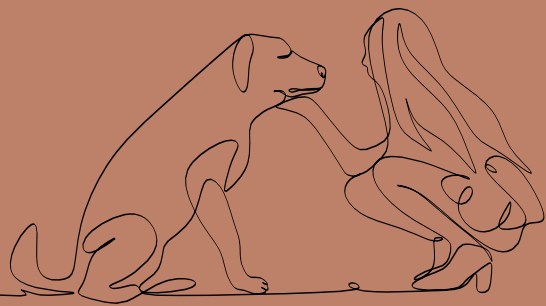
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## TO-DO LIST



## M É M O

## NOTES



# DAILY Planner

2024 

## PROGRAMME

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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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- 2 \_\_\_\_\_  
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# WEEK-END IS LIFE

Sunday



MOTIVATIONS DU JOUR ?

MÉTÉO



MOOD



## TOP 3 PRIORITES

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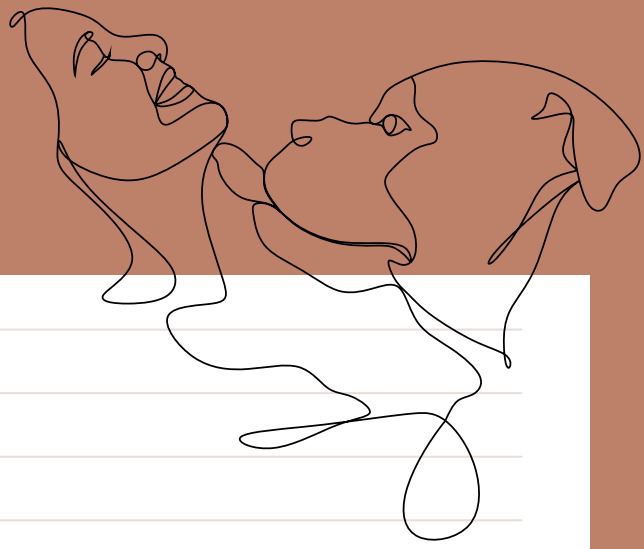
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NOTES PERSO  
My dog and me





# RENDEZ-VOUS VÉTÉ

Take care of us

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



BOBOS

VACCINATION

TRAITEMENTS

NOTES