LIFE TRACKER FORM

- Asleep
- Awake
- Not Tracked

START DATE 3/19/17

WM = Walmart
LB = Litter Box
RC = Recycling
TT = Take Out Trash

PO = PO Box
RB = RedBox
SW = Step Work
CR = CR Meeting

- ✓ Yes
- / No
- ? Unknown

AM 12	1	2	3	4	5	6	7	8	9	10	11	PM 12	1	2	3	4	5	6	7	8	9	10	11	# HRS zzz	☺	DATE DAY	DATE	MEDS ☼	☽	MEALS B	L	D	MINUTES	CHORES Dinner	NOTES Outings, Social, etc.	HYGIENE	MOOD ☺
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12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	zzz	☺	DAY	DATE	☼	☽	B	L	D	ψ	CHORES	NOTES	HYGIENE	MOOD