

ROUTINES

MORNING

	S	M	T	W	R	F	S
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						

EVENING

	S	M	T	W	R	F	S
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						

ZONE _____

DAILY FOCUS

SUNDAY	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
MONDAY	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
TUESDAY	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
WEDNESDAY	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
THURSDAY	<input type="checkbox"/>
	<input type="checkbox"/>
FRIDAY	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
SATURDAY	<input type="checkbox"/>

