

*NAME:*

MY KKH SCHEDULE (MORNING)

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **TIME** | **MON** | **TUE** | **WED** | **THU** | **FRI** | **SAT** | **SUN** |
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*Helpful Tips:*

* *Complete active sessions like exercising in the day*
* *End the day with some quiet and relaxing activities*



MY KKH SCHEDULE (AFTERNOON)

*NAME:*

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| **TIME** | **MON** | **TUE** | **WED** | **THU** | **FRI** | **SAT** | **SUN** |
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