

# Week of Jan 19 - Jan 25, 2026

7:00-22:00 · 30-min slots

## THIS WEEK'S FOCUS

## GOOD THINGS THAT HAPPENED

Time	Mon 19	Tue 20	Wed 21	Thu 22	Fri 23	Sat 24	Sun 25
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							

## Sport to-do

TOP  
PRIORITY  
ERRAND

## Health to-do

TOP  
PRIORITY  
ERRAND