

# План на месяц

Месяц: \_\_\_\_\_ Год: \_\_\_\_\_

| Пн    | Вт    | Ср    | Чт    | Пт    | Сб    | Вс    |
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## Цели месяца

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
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- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Главная тема месяца

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## Заметки

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