LE CALENDRIER DE SEBIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie
WEEK	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie
WEEK	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie
WEEK	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie	☐ yoga ☐ sport ☐ meditation ☐ skin care ☐ book/movie