

**THIS IS YOUR DAY**

APPOINTMENTS & MEETINGS :

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FOLLOW UP :

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RING :

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TO DO LIST :

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DRINK 8 GLASSES OF WATER : 

HAVE A BREAK EVERY 90 MINUTES : 

If you need any help getting through your to do list, please give us a call : 0421 127 077 [www.j9etc.com.au](http://www.j9etc.com.au)

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