

# Weekly platter

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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# Weekly platter

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<p>11am Doctor appt</p> <p>2pm Hair appt</p>	<p>10.30am - Daughter's play date (need to keep it to an hour! - LARGE)</p> <p>2pm - Session with Pamela</p> <p>7pm - Call with friend (30 mins)</p>			<p>12.30pm Family Meal at restaurant (LARGE)</p>
		Remember to keep must do's as mainly smalls today	Remember to keep must do's as mainly smalls today	When scheduling the day, make this a low level gentle day in order to reduce chance of previous two days triggering symptoms.		When planning the day keep rest of it nice and light as meal will be tiring!