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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week starting** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  | Time:  Effort: /10 | Time:  Effort: /10 | Time:  Effort: /10 | Time:  Effort: /10 | Time:  Effort: /10 | Time:  Effort: /10 | Time:  Effort: /10 |
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