



Yoga Tracker

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January						February							\setminus	March								April							
М	Т	w/	Т	F	S	S	М	Т	W	Т	F	S	S		M	Т	W	Т	F	S	S		М	Т	w	Т	F	S	S
			31	1	2	3	1	2	3	4	5	6	7/	/	1	/2	3	4	5	6	7			30	31	1	2	3	4
4	5	6	7	8	9	10	8	9	10	11	12	13	14		8	9	10	11	12	13	14		5	6	7	8	9	10	11
11	12/	13	14	15	16	17	15	16	17	18	19	20	21	\	15	16	17	18	19	20	21		12	13	14	15	16	17	18
18	19	20	21	22	23	24	22	23	24	25	26	27	28		22	23/	24	25	26	27	28		19	20	21	22	23	24	25
25	26	27	28	29	30	31			3	4	\$	6	7		29	30	31		2/		4		26	27	28	29	30	1	2
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X										1																			
May						June							Λ	July /						August									
M	_T	W	T	F	S	S	М	T	W	I	F	S	S	$\bigvee \bigvee$	M	/T	W	T	F	s	Ś		М	/	W	Т	F	S	s
26/	27		29	30	1	2		1	2	3	4	-5	6	\bigotimes	28	29	30	1	2	3	4		26			20		31 X	\1
3	4	5	6	7	8	9	7	8	9	10	11	12	13	pro-	5	6	7	8	9	10	11	/	2	3	4	5	6	7	8
10	11	12	13	14	15	16	14	15	16	17	18	19×	20		12	13	14	15	16	17	18		9	10<	11	12	13	14	15
17	18	19	20	21	22	23	21	22	23	24	25	26	27		19	20	21	22	23	24	25		16	17	18	19	20	21	22
24	25	26	27	28	29	30	28	29	30		2/	3/	14		26	27	28	29	30	31			23	24	25	26	27	28	29
31	1		3	4	5	6	5	8	7	8	9	10	17	XY	1	3/	4	5	6	7	8		30	31	7	2	3	4/	5
September						/	October								November								December						X
М	T	W	Т	F	_S_	S	М	4	W	/T	F	S	s		М	Т	W	Т	F	S	S		М	I	W	Т	F	S	S
30	31	1	2	3	4	5	27/	28		30/	1	2 /	3		1	2	3	4	5	6	X		29		1	2	3	4	5
6	7	8	9	10	11	12	4	5	6	7	8	9	10		8	9	10	11	12	13	14		6	7	8	9	10	11 /	12
13	14	15	16	17	18_	19	11	12	13	14	15	16	17/	/	15	16	17	18	19	20	21		13	14	15	16	17	18	19
20	21	22	23	24	25	26	18	19	20	21	22	23	2/4		22	23	24	25	26	27	28		20	21	22	23	24	25	26
27	28	29	30	1			25	26	27	28	29	30	31	\	29	30			3	4			27	28	29	30	31	1	
		6	7	8	9-	10	1	2			5	6			6	7	B			11	12			4	5	6	<i>*</i>		

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