









A series of seven horizontal rows for writing a schedule. Each row consists of a red arrow-shaped box on the left pointing right, a red dashed line extending across the middle, and a green arrow-shaped box on the right pointing left. The red arrow boxes are on the left side of the page, and the green arrow boxes are on the right side. The dashed lines connect the two arrow boxes.

A series of seven rows for scheduling. Each row consists of a red arrow-shaped box on the left, a red dashed line in the middle, and a green arrow-shaped box on the right. The red boxes point to the right, and the green boxes point to the left.



A series of seven horizontal rows for a schedule. Each row consists of a red arrow-shaped box on the left pointing right, followed by a red dashed line extending across the width of the page. Below the red dashed line is a green dashed line. To the right of the green dashed line is a green arrow-shaped box pointing left, which is the reverse of the red arrow on the left. This layout is repeated seven times down the page.



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to Remember

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