September				
you	eat	drink	yes	
+	+	+	+	
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Date(s)	Date(s)	Date(s)	Date(s)	
Progress:	Progress:	Progress:	Progress:	
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Date(s)	Date(s)	Date(s)	Date(s)	
Progress:	Progress:	Progress:	Progress:	
like	on	off	finish	
+	+	+	+	
S	-	-	\$  -	
		·		
Date(s)	Date(s)	Date(s)	Date(s)	
Progress:	Progress:	Progress:	Progress:	
name	do	read	what	
+	+	+	+	
\$   -	-		-	
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Date(s)	Date(s)	Date(s)	Date(s)	
Progress:	Progress:	Progress:	Progress:	

Month: September	What was helpful?	What wasn't helpful?	What would've been helpful?
Strategies			
Supports			
Activities			