

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 INTRODUCTION	8 Ch 1 Sec 2,3 11-21	9 Ch 1 Sec 2,3 11-21	10 BUILDING HEALTHY HABITS	11
12	13 BUILDING HEALTHY HABITS	14 THE PROCESS	15 THE PROCESS	16 Chapter 1 Quiz Ch 2 Section 1 25-33	17 Chapter 1 Quiz Ch 2 Section 1 25-33	18
19	20 NO SCHOOL	21 Ch 3 Sections 1,2 51-63	22 Ch 3 Sections 1,2 51-63	23 Ch 3 Section 3 64-67	24 Ch 3 Section 3 64-67	25
26	27 Chapter 2/3 Quiz	28 Chapter 2/3 Quiz	29 Ch 4 Sections1,2 79-89	30 Ch 4 Sections1,2 79-89	31 Ch 4 Sections 3,4 90-103	