

Week on two pages
2029

1-7

January 2029

This week

January						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	-	-	-	-
-	-	.	.	.	.	.

Mon 1	Tue 2	Wed 3	Thu 4
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

February						
M	T	W	T	F	S	S
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	-	-	-	-
-	-	.	.	.	.	.

1-7

January 2029

Fri 5	Sat 6	Sun 7	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

8-14

January 2029

This week

January						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	-	-	-	-
-	-	.	.	.	.	.

Mon 8	Tue 9	Wed 10	Thu 11
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

February						
M	T	W	T	F	S	S
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	-	-	-	-
-	-	.	.	.	.	.

8-14

January 2029

Fri 12	Sat 13	Sun 14	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

15-21

January 2029

This week

January						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	-	-	-	-
-	-	.	.	.	.	.

Mon 15	Tue 16	Wed 17	Thu 18
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

February						
M	T	W	T	F	S	S
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	-	-	-	-
-	-	.	.	.	.	.

15-21

January 2029

Fri 19	Sat 20	Sun 21	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

22-28

January 2029

This week

January						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	-	-	-	-
-	-	.	.	.	.	.

Mon 22	Tue 23	Wed 24	Thu 25
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

February						
M	T	W	T	F	S	S
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	-	-	-	-
-	-	.	.	.	.	.

22-28

January 2029

Fri 26	Sat 27	Sun 28	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

29-4

January 2029 /
February 2029

This week

January						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	-	-	-	-
-	-	.	.	.	.	.

Mon 29	Tue 30	Wed 31	Thu 1
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

February						
M	T	W	T	F	S	S
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	-	-	-	-
-	-	.	.	.	.	.

Fri 2	Sat 3	Sun 4	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

5-11

February 2029

This week

February						
M	T	W	T	F	S	S
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	-	-	-	-
-	-	.	.	.	.	.

Mon 5	Tue 6	Wed 7	Thu 8
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

March						
M	T	W	T	F	S	S
—	—	—	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	—
—	—	·	·	·	·	·

5-11

February 2029

Fri 9	Sat 10	Sun 11	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

12-18

February 2029

This week

February						
M	T	W	T	F	S	S
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	-	-	-	-
-	-	.	.	.	.	.

Mon 12	Tue 13	Wed 14	Thu 15
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

March						
M	T	W	T	F	S	S
—	—	—	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	—
—	—	·	·	·	·	·

12-18

February 2029

Fri 16	Sat 17	Sun 18	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

19-25

February 2029

This week

February						
M	T	W	T	F	S	S
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	-	-	-	-
-	-	.	.	.	.	.

Mon 19	Tue 20	Wed 21	Thu 22
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

March						
M	T	W	T	F	S	S
—	—	—	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	—
—	—	·	·	·	·	·

19-25

February 2029

Fri 23	Sat 24	Sun 25	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

26-4

February 2029 /
March 2029

This week

February						
M	T	W	T	F	S	S
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	-	-	-	-
-	-	.	.	.	.	.

Mon 26	Tue 27	Wed 28	Thu 1
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

March						
M	T	W	T	F	S	S
—	—	—	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	—
—	—	·	·	·	·	·

26-4

February 2029 /
March 2029

Fri 2	Sat 3	Sun 4	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

5-11

March 2029

This week

March						
M	T	W	T	F	S	S
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	-
-	-	.	.	.	.	.

Mon 5	Tue 6	Wed 7	Thu 8
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

April						
M	T	W	T	F	S	S
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	.	.	.	.	.

5-11

March 2029

Fri 9	Sat 10	Sun 11	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

12-18

March 2029

This week

March						
M	T	W	T	F	S	S
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	-
-	-	.	.	.	.	.

Mon 12	Tue 13	Wed 14	Thu 15
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

April						
M	T	W	T	F	S	S
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	.	.	.	.	.

12-18

March 2029

Fri 16	Sat 17	Sun 18	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

19-25

March 2029

This week

March

M	T	W	T	F	S	S
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	-
-	-	.	.	.	.	.

Mon 19	Tue 20	Wed 21	Thu 22
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

April						
M	T	W	T	F	S	S
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	.	.	.	.	.

19-25

March 2029

Fri 23	Sat 24	Sun 25	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

26-1

March 2029 /
April 2029

This week

March						
M	T	W	T	F	S	S
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	-
-	-	.	.	.	.	.

Mon 26	Tue 27	Wed 28	Thu 29
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

April						
M	T	W	T	F	S	S
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	.	.	.	.	.

26-1

March 2029 /
April 2029

Fri 30	Sat 31	Sun 1	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

2-8

April 2029

This week

April						
M	T	W	T	F	S	S
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	.	.	.	.	.

Mon 2	Tue 3	Wed 4	Thu 5
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

May						
M	T	W	T	F	S	S
—	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	—	—	—
—	—	·	·	·	·	·

2-8

April 2029

Fri 6	Sat 7	Sun 8	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

9-15

April 2029

This week

April						
M	T	W	T	F	S	S
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	.	.	.	.	.

Mon 9	Tue 10	Wed 11	Thu 12
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

May						
M	T	W	T	F	S	S
—	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	—	—	—
—	—	·	·	·	·	·

9-15

April 2029

Fri 13	Sat 14	Sun 15	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

16-22

April 2029

This week

April						
M	T	W	T	F	S	S
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	.	.	.	.	.

Mon 16	Tue 17	Wed 18	Thu 19
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

May						
M	T	W	T	F	S	S
—	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	—	—	—
—	—	·	·	·	·	·

16-22

April 2029

Fri 20	Sat 21	Sun 22	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

23-29

April 2029

This week

April						
M	T	W	T	F	S	S
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	.	.	.	.	.

Mon 23	Tue 24	Wed 25	Thu 26
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

May						
M	T	W	T	F	S	S
—	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	—	—	—
—	—	·	·	·	·	·

23-29

April 2029

Fri 27	Sat 28	Sun 29	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

30-6

April 2029 /
May 2029

This week

April						
M	T	W	T	F	S	S
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	-	.	.	.	.	.

Mon 30	Tue 1	Wed 2	Thu 3
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

May						
M	T	W	T	F	S	S
—	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	—	—	—
—	—	·	·	·	·	·

30-6

April 2029 / May 2029

Fri 4	Sat 5	Sun 6	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

7-13

May 2029

This week

May						
M	T	W	T	F	S	S
-	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	-	-	-
-	-	.	.	.	.	.

Mon 7	Tue 8	Wed 9	Thu 10
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

June						
M	T	W	T	F	S	S
—	—	—	—	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	—
—	—	.	.	.	.	.

7-13

May 2029

Fri 11	Sat 12	Sun 13	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

14-20

This week

May

M	T	W	T	F	S	S
-	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	-	-	-
-	-	.	.	.	.	.

May 2029

Mon 14	Tue 15	Wed 16	Thu 17
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

June						
M	T	W	T	F	S	S
—	—	—	—	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	—
—	—	·	·	·	·	·

14-20

May 2029

Fri 18	Sat 19	Sun 20	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

21-27

This week

May

M	T	W	T	F	S	S
-	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	-	-	-
-	-	.	.	.	.	.

May 2029

Mon 21	Tue 22	Wed 23	Thu 24
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

June						
M	T	W	T	F	S	S
—	—	—	—	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	—
—	—	·	·	·	·	·

21-27

May 2029

Fri 25	Sat 26	Sun 27	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

28-3

May 2029 /
June 2029

This week

May						
M	T	W	T	F	S	S
-	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	-	-	-
-	-	.	.	.	.	.

Mon 28	Tue 29	Wed 30	Thu 31
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

June						
M	T	W	T	F	S	S
—	—	—	—	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	—
—	—	.	.	.	.	.

28-3

May 2029 /
June 2029

Fri 1	Sat 2	Sun 3	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

4-10

June 2029

This week

June						
M	T	W	T	F	S	S
-	-	-	-	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	-
-	-	.	.	.	.	.

Mon 4	Tue 5	Wed 6	Thu 7
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

July						
M	T	W	T	F	S	S
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	.	.	.	.	.

4-10

June 2029

Fri 8	Sat 9	Sun 10	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

11-17

June 2029

This week

June						
M	T	W	T	F	S	S
-	-	-	-	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	-
-	-	.	.	.	.	.

Mon 11	Tue 12	Wed 13	Thu 14
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

July						
M	T	W	T	F	S	S
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	.	.	.	.	.

11-17

June 2029

Fri 15	Sat 16	Sun 17	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

18-24

June 2029

This week

June						
M	T	W	T	F	S	S
-	-	-	-	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	-
-	-	.	.	.	.	.

Mon 18	Tue 19	Wed 20	Thu 21
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

July						
M	T	W	T	F	S	S
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	.	.	.	.	.

18-24

June 2029

Fri 22	Sat 23	Sun 24	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

25-1

June 2029 /
July 2029

This week

June						
M	T	W	T	F	S	S
-	-	-	-	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	-
-	-	.	.	.	.	.

Mon 25	Tue 26	Wed 27	Thu 28
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

July						
M	T	W	T	F	S	S
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	.	.	.	.	.

25-1

June 2029 /
July 2029

Fri 29	Sat 30	Sun 1	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

2-8

July 2029

This week

July						
M	T	W	T	F	S	S
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	.	.	.	.	.

Mon 2	Tue 3	Wed 4	Thu 5
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

August						
M	T	W	T	F	S	S
—	—	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	—	—
—	—	·	·	·	·	·

2-8

July 2029

Fri 6	Sat 7	Sun 8	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

9-15

July 2029

This week

July						
M	T	W	T	F	S	S
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	.	.	.	.	.

Mon 9	Tue 10	Wed 11	Thu 12
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

August						
M	T	W	T	F	S	S
—	—	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	—	—
—	—	.	.	.	.	.

9-15

July 2029

Fri 13	Sat 14	Sun 15	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

16-22

July 2029

This week

July						
M	T	W	T	F	S	S
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	.	.	.	.	.

Mon 16	Tue 17	Wed 18	Thu 19
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

August						
M	T	W	T	F	S	S
—	—	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	—	—
—	—	.	.	.	.	.

16-22

July 2029

Fri 20	Sat 21	Sun 22	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

23-29

July 2029

This week

July						
M	T	W	T	F	S	S
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	.	.	.	.	.

Mon 23	Tue 24	Wed 25	Thu 26
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

August						
M	T	W	T	F	S	S
—	—	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	—	—
—	—	·	·	·	·	·

23-29

July 2029

Fri 27	Sat 28	Sun 29	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

30-5

July 2029 /
August 2029

This week

July						
M	T	W	T	F	S	S
-	-	-	-	-	-	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	.	.	.	.	.

Mon 30	Tue 31	Wed 1	Thu 2
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

August						
M	T	W	T	F	S	S
—	—	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	—	—
—	—	.	.	.	.	.

30-5

July 2029 /
 August 2029

Fri 3	Sat 4	Sun 5	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

6-12

August 2029

This week

August						
M	T	W	T	F	S	S
-	-	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	-	-
-	-	.	.	.	.	.

Mon 6	Tue 7	Wed 8	Thu 9
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

September						
M	T	W	T	F	S	S
-	-	-	-	-	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
-	-	.	.	.	.	.

6-12

August 2029

Fri 10	Sat 11	Sun 12	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

13-19

August 2029

This week

August						
M	T	W	T	F	S	S
-	-	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	-	-
-	-	.	.	.	.	.

Mon 13	Tue 14	Wed 15	Thu 16
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

September						
M	T	W	T	F	S	S
-	-	-	-	-	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
-	-	.	.	.	.	.

13-19

August 2029

Fri 17	Sat 18	Sun 19	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

20-26

August 2029

This week

August						
M	T	W	T	F	S	S
—	—	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	—	—
—	—	·	·	·	·	·

Mon 20	Tue 21	Wed 22	Thu 23
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

September						
M	T	W	T	F	S	S
-	-	-	-	-	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
-	-	.	.	.	.	.

20-26

August 2029

Fri 24	Sat 25	Sun 26	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

27-2

August 2029 /
September 2029

This week

August						
M	T	W	T	F	S	S
-	-	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	-	-
-	-	.	.	.	.	.

Mon 27	Tue 28	Wed 29	Thu 30
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

September						
M	T	W	T	F	S	S
-	-	-	-	-	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
-	-	.	.	.	.	.

27-2

August 2029 /
September 2029

Fri 31	Sat 1	Sun 2	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

3-9

September 2029

This week

September

M	T	W	T	F	S	S
-	-	-	-	-	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
-	-	.	.	.	.	.

Mon 3	Tue 4	Wed 5	Thu 6
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

October						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	—	—	—	—
—	—	—	—	—	—	—

3-9

September 2029

Fri 7	Sat 8	Sun 9	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

10-16

September 2029

This week

September						
M	T	W	T	F	S	S
-	-	-	-	-	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
-	-	.	.	.	.	.

Mon 10	Tue 11	Wed 12	Thu 13
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

October						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	—	—	—	—
—	—	—	—	—	—	—

10-16

September 2029

Fri 14	Sat 15	Sun 16	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

17-23

September 2029

This week

September						
M	T	W	T	F	S	S
-	-	-	-	-	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
-	-	.	.	.	.	.

Mon 17	Tue 18	Wed 19	Thu 20
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

October						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	—	—	—	—
—	—	—	—	—	—	—

17-23

September 2029

Fri 21	Sat 22	Sun 23	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

24-30

September 2029

This week

September

M	T	W	T	F	S	S
-	-	-	-	-	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
-	-	.	.	.	.	.

Mon 24	Tue 25	Wed 26	Thu 27
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

October						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	—	—	—	—
—	—	—	—	—	—	—

24-30

September 2029

Fri 28	Sat 29	Sun 30	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

1-7

October 2029

This week

October						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	-	-	-	-
-	-	.	.	.	.	.

Mon 1	Tue 2	Wed 3	Thu 4
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

November						
M	T	W	T	F	S	S
—	—	—	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	—	—
—	—	·	·	·	·	·

1-7

October 2029

Fri 5	Sat 6	Sun 7	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

8-14

October 2029

This week

October						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	-	-	-	-
-	-	.	.	.	.	.

Mon 8	Tue 9	Wed 10	Thu 11
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

November						
M	T	W	T	F	S	S
—	—	—	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	—	—
—	—	·	·	·	·	·

8-14

October 2029

Fri 12	Sat 13	Sun 14	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

15-21

October 2029

This week

October						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	-	-	-	-
-	-	.	.	.	.	.

Mon 15	Tue 16	Wed 17	Thu 18
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

November						
M	T	W	T	F	S	S
—	—	—	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	—	—
—	—	·	·	·	·	·

15-21

October 2029

Fri 19	Sat 20	Sun 21	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

22-28

October 2029

This week

October						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	-	-	-	-
-	-	.	.	.	.	.

Mon 22	Tue 23	Wed 24	Thu 25
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

November						
M	T	W	T	F	S	S
—	—	—	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	—	—
—	—	·	·	·	·	·

22-28

October 2029

Fri 26	Sat 27	Sun 28	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

29-4

October 2029 /
November 2029

This week

October						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	–	–	–	–
–	–	–	–	–	–	–

Mon 29	Tue 30	Wed 31	Thu 1
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

November						
M	T	W	T	F	S	S
—	—	—	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	—	—
—	—	·	·	·	·	·

29-4

October 2029 /
November 2029

Fri 2	Sat 3	Sun 4	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

5-11

November 2029

This week

November

M	T	W	T	F	S	S
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	-	-
-	-	.	.	.	.	.

Mon 5	Tue 6	Wed 7	Thu 8
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

December						
M	T	W	T	F	S	S
-	-	-	-	-	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	-	.	.	.	.	.

5-11

November 2029

Fri 9	Sat 10	Sun 11	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

12-18

November 2029

This week

November						
M	T	W	T	F	S	S
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	-	-
-	-	.	.	.	.	.

Mon 12	Tue 13	Wed 14	Thu 15
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

December						
M	T	W	T	F	S	S
-	-	-	-	-	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	-	.	.	.	.	.

12-18

November 2029

Fri 16	Sat 17	Sun 18	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

19-25

November 2029

This week

November						
M	T	W	T	F	S	S
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	-	-
-	-	.	.	.	.	.

Mon 19	Tue 20	Wed 21	Thu 22
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

December						
M	T	W	T	F	S	S
-	-	-	-	-	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	-	.	.	.	.	.

19-25

November 2029

Fri 23	Sat 24	Sun 25	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

26-2

November 2029 /
December 2029

This week

November						
M	T	W	T	F	S	S
-	-	-	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	-	-
-	-	.	.	.	.	.

Mon 26	Tue 27	Wed 28	Thu 29
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

December						
M	T	W	T	F	S	S
-	-	-	-	-	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	-	.	.	.	.	.

Fri 30	Sat 1	Sun 2	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

3-9

December 2029

This week

December

M	T	W	T	F	S	S
-	-	-	-	-	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	-	.	.	.	.	.

Mon 3	Tue 4	Wed 5	Thu 6
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

January						
M	T	W	T	F	S	S
—	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	—	—	—
—	—	·	·	·	·	·

3-9

December 2029

Fri 7	Sat 8	Sun 9	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

10-16

December 2029

This week

December						
M	T	W	T	F	S	S
-	-	-	-	-	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	-	.	.	.	.	.

Mon 10	Tue 11	Wed 12	Thu 13
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

January						
M	T	W	T	F	S	S
—	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	—	—	—
—	—	·	·	·	·	·

10-16

December 2029

Fri 14	Sat 15	Sun 16	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

17-23

December 2029

This week

December						
M	T	W	T	F	S	S
-	-	-	-	-	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	-	.	.	.	.	.

Mon 17	Tue 18	Wed 19	Thu 20
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

January						
M	T	W	T	F	S	S
—	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	—	—	—
—	—	·	·	·	·	·

17-23

December 2029

Fri 21	Sat 22	Sun 23	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

24-30

December 2029

This week

December						
M	T	W	T	F	S	S
-	-	-	-	-	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	-	.	.	.	.	.

Mon 24	Tue 25	Wed 26	Thu 27
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

January						
M	T	W	T	F	S	S
—	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	—	—	—
—	—	·	·	·	·	·

24-30

December 2029

Fri 28	Sat 29	Sun 30	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	

31-6

December 2029 /
January 2030

This week

December						
M	T	W	T	F	S	S
-	-	-	-	-	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	-	.	.	.	.	.

Mon 31	Tue 1	Wed 2	Thu 3
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

January						
M	T	W	T	F	S	S
—	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	—	—	—
—	—	·	·	·	·	·

31-6

December 2029 /
January 2030

Fri 4	Sat 5	Sun 6	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	



This week

M T W T F S S

.

Mon	Tue	Wed	Thu
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

.

Fri	Sat	Sun	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	



This week

M T W T F S S

.

Mon	Tue	Wed	Thu
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

.

Fri	Sat	Sun	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	



This week

M T W T F S S

.

Mon	Tue	Wed	Thu
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

.

Fri	Sat	Sun	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	



This week

M T W T F S S

.

Mon	Tue	Wed	Thu
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

.

Fri	Sat	Sun	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	



This week

M T W T F S S

.

Mon	Tue	Wed	Thu
Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening

.

Fri	Sat	Sun	Notes
Morning	Morning	Morning	
Afternoon	Afternoon	Afternoon	
Evening	Evening	Evening	