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-1 -1	Daily To-Do List
1	1. Exercise
	2. Take My Vitamins
3	3. Drink 6-8 Glasses of Water
3	4. Make Healthy Food Choices
-3	5. Get 8 Hours of Sleep
3	6.
1	7.
-3	8.
1	9.
-1	10
3	11
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