

|        | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|--------|---------|-----------|----------|--------|----------|
| A<br>M |        |        |         |           |          |        |          |
|        |        |        |         |           |          |        |          |
| P<br>M |        |        |         |           |          |        |          |
|        |        |        |         |           |          |        |          |
| A<br>M |        |        |         |           |          |        |          |
|        |        |        |         |           |          |        |          |
| P<br>M |        |        |         |           |          |        |          |
|        |        |        |         |           |          |        |          |
| A<br>M |        |        |         |           |          |        |          |
|        |        |        |         |           |          |        |          |
| P<br>M |        |        |         |           |          |        |          |
|        |        |        |         |           |          |        |          |
| A<br>M |        |        |         |           |          |        |          |
|        |        |        |         |           |          |        |          |
| P<br>M |        |        |         |           |          |        |          |
|        |        |        |         |           |          |        |          |
| A<br>M |        |        |         |           |          |        |          |
|        |        |        |         |           |          |        |          |
| P<br>M |        |        |         |           |          |        |          |
|        |        |        |         |           |          |        |          |

G=Gel D=Dil A=Active R=Regular AR=Arom