

SYMPTOM FREE CYCLES

BLUEPRINT



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WELCOME

Welcome to "Symptom Free Cycles Blueprint," a comprehensive journey into understanding and managing your hormonal health. In this guide, we explore the delicate balance of hormones and their profound impact on your overall well-being. From detailed insights into the nature and functions of hormones to practical advice on nutrition, lifestyle, and natural remedies, this guide is designed to empower you with knowledge and tools for a healthier, more balanced life.

Whether you're dealing with hormonal imbalances or seeking to maintain your hormonal health proactively, our aim is to educate, guide, and inspire you towards optimal hormonal balance and improved well-being.

xo taylor



CHAPTER 1:
UNDERSTANDING
HORMONES



WHAT ARE HORMONES?

Hormones, the body's chemical messengers, are integral components of the endocrine system. Produced by various glands, these substances travel through the bloodstream, orchestrating numerous physiological processes. They govern a wide range of functions, from hunger and metabolism to growth, reproduction, and even emotional responses. The delicate equilibrium of hormones is essential for maintaining health, as they influence almost every cell, organ, and function in our bodies..



TYPES OF HORMONES & THEIR FUNCTION

The human body synthesizes a variety of hormones, each serving distinct purposes:

ESTROGEN

This hormone, primarily associated with female reproductive health, plays a critical role in menstrual cycle regulation, pregnancy, and menopause, as well as non-reproductive functions like bone health and skin integrity.

TESTOSTERONE

Central to male reproductive development, testosterone governs features like muscle mass, voice deepening, and facial hair growth. It also contributes to sexual desire and mood regulation in both men and women.

CORTISOL

Often termed the 'stress hormone,' cortisol manages how your body uses carbohydrates, fats, and proteins. It also regulates inflammation, blood pressure, and sleep/wake cycles, becoming particularly active during stress.

INSULIN

A key regulator of blood sugar levels, insulin facilitates the transportation of glucose from the blood into cells, ensuring the body's energy needs are met and preventing excessively high blood sugar levels.

HORMONE IMBALANCES

An imbalance in hormone levels can significantly impact the body's normal functioning. This disruption can result from various factors, such as chronic stress, an unhealthy lifestyle, environmental toxins, or underlying health conditions. Symptoms of hormonal imbalances are diverse, reflecting the affected hormone's role in the body. For example, an imbalance in thyroid hormones can lead to weight changes, fatigue, and mood disturbances, while imbalances in reproductive hormones might affect fertility, menstrual cycles, or sexual function.

HORMONES & LIFESTYLE

Lifestyle choices are profoundly influential in maintaining hormonal balance. Nutrition plays a vital role; certain foods can promote or hinder hormone production. Physical activity, too, directly affects hormonal health, with different types of exercise having varying impacts. Stress management is another critical factor, as chronic stress can lead to elevated cortisol levels, disrupting other hormonal systems. Lastly, sleep quality and quantity significantly affect hormonal regulation, particularly hormones related to stress, metabolism, and mood.



CHAPTER 2:
NUTRITION &
HORMONE HEALTH






ROLE OF NUTRITION IN HORMONAL HEALTH

Your diet is a cornerstone in the intricate balance of your hormonal health. The nutrients you consume directly influence the production, secretion, and function of hormones in your body. A balanced diet not only ensures the efficient production of hormones but also aids in maintaining their optimal levels, thus affecting diverse aspects of your health such as metabolism, energy levels, mood, and even reproductive functions. Incorporating a variety of nutrient-rich foods helps in stabilizing hormones, while poor dietary choices can lead to imbalances, manifesting in various health issues. Understanding this interplay between diet and hormonal health is fundamental for maintaining your body's homeostasis and overall well-being.

FOODS FOR HORMONAL HEALTH

Identifying foods that promote hormonal health while avoiding those that disrupt it is key:

- **Beneficial Foods:** Whole, unprocessed foods are the best choices for hormonal health. Include a variety of fruits and vegetables, whole grains, lean proteins (like chicken, fish, and plant-based proteins), and healthy fats (such as avocados and olive oil).
 - **Limit Foods:** Processed and sugary foods can lead to hormonal imbalances. Trans fats, found in many fried and baked goods, are particularly detrimental. Excessive caffeine and alcohol can also negatively impact your hormonal balance, affecting sleep and stress hormones.
- 

ESSENTIAL NUTRIENTS FOR HORMONAL BALANCE

Certain nutrients are particularly vital for maintaining hormonal balance:

- **Omega-3 Fatty Acids:** These essential fats, found in fish like salmon, flaxseeds, and walnuts, play a key role in reducing inflammation and can help balance hormones.
- **Vitamins:** Vitamin D, crucial for bone health, is also essential for hormone function. B vitamins, particularly B6, B12, and folate, aid in hormone production and regulation.
- **Minerals:** Minerals like magnesium, found in leafy greens and nuts, and zinc, found in meat and legumes, are critical for thyroid function and overall hormone production.
- **Protein:** Adequate protein intake is necessary for hormone health, as it provides essential amino acids that aid in hormone synthesis and regulation.

Ensuring a diet rich in these nutrients is a proactive step towards maintaining hormonal harmony.



MEAL PLANNING STRATEGIES FOR HORMONAL HEALTH

Strategic meal planning can greatly support your hormonal balance:

- **Diversify Your Plate:** Aim for a colorful plate with a variety of food groups in each meal. This ensures a wide range of nutrients essential for hormone health.
- **Consistent Meal Times:** Eating at regular intervals can help regulate hunger hormones and maintain stable blood sugar levels.
- **Mindful Portion Sizes:** Eating portions that align with your body's needs can prevent overeating and help maintain a healthy weight, which is crucial for hormonal balance.
- **Preparation is Key:** Preparing meals in advance can prevent reliance on processed foods. Try batch cooking and use healthy cooking methods like steaming or grilling.
- **Hydration:** Adequate water intake is essential for all bodily functions, including hormonal balance. Aim to drink sufficient water throughout the day.

By embracing these nutritional guidelines, you set a strong foundation for your hormonal health, leading to improved energy, mood, and overall vitality.



CHAPTER 3:
RECIPES FOR
HORMONE HEALTH





Rainbow Veggie Power Bowl

Serves 1

1 cup chopped sweet potatoes
1 cup chopped broccoli florets
1/2 cup chopped red bell pepper
1/2 cup chopped Brussels sprouts
1 tablespoon olive oil
Salt and pepper to taste
1/4 cup cooked quinoa
1/4 cup tahini
2 tablespoons lemon juice
1 tablespoon water
1 tablespoon hemp seeds
1 tablespoon sunflower seeds

Instructions:

1. Preheat oven to 400 degrees F (200 degrees C).
2. Toss chopped vegetables with olive oil, salt, and pepper. Spread on a baking sheet.
3. Roast vegetables for 20-25 minutes, or until tender.
4. To make the tahini dressing, whisk together tahini, lemon juice, and water.
5. Assemble the bowl: Start with quinoa, add roasted vegetables, drizzle with tahini dressing, and sprinkle with hemp and sunflower seeds.

GF	LC	HP	V
----	----	----	---

Prep	Cook
10 mins	20 mins



Salmon with Roasted Asparagus & Quinoa

Serves 1

1 (6-ounce) salmon fillet
1 bunch asparagus, trimmed
1 tablespoon olive oil
Salt and pepper to taste
1 tablespoon lemon juice
1 teaspoon dried herbs.
1/2 cup cooked quinoa

Instructions:

1. Preheat the oven to 425 degrees F (220 degrees C).
2. Toss asparagus with olive oil, salt, and pepper, and place on a baking sheet.
3. Place salmon fillet on the baking sheet. Drizzle with lemon juice and sprinkle with herbs.
4. Bake for 12-15 minutes, or until salmon is cooked through and asparagus is tender-crisp.
5. Serve salmon and asparagus with cooked quinoa.

GF	LC	HP
Prep		Cook
10 mins		20 mins



Lentil and Sweet Potato Curry

Serves 2

1 tablespoon olive oil
1/2 cup chopped onion
2 cloves garlic, minced
1 tablespoon curry powder
1 cup chopped sweet potato
1 cup dried lentils
3 cups vegetable broth
1/2 cup chopped fresh parsley
Cooked basmati rice
(for serving)

Instructions:

1. Heat oil in a large pot. Add onion and garlic, cook until softened.
2. Stir in curry powder and cook for 1 minute more.
3. Add sweet potato, lentils, vegetable broth. Bring to a boil, then reduce heat and simmer until lentils are tender (about 20 minutes).
4. Stir in parsley and serve over rice.

GF	LC	HP	V
Prep		Cook	
15 min		20 mins	



Raspberry Chia Overnight Oats

Serves 1

1/2 cup rolled oats
1/2 cup milk of choice
(almond milk, soy milk, etc.)
1/4 cup chia seeds
1/4 cup fresh raspberries
(or frozen, slightly thawed)
1 teaspoon maple syrup (or
sweetener of choice)
Pinch of cinnamon

Instructions:

1. In a jar or bowl, combine rolled oats, milk, chia seeds, raspberries, maple syrup, and cinnamon. Stir well.
2. Cover and refrigerate overnight, or at least 4 hours.
3. In the morning, stir again and top with additional fresh raspberries or desired toppings like nuts, coconut flakes, or a drizzle of honey.

GF	LC	HP	V
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Prep	Refrigerate
10 mins	4hrs+



Berry Bliss Protein Smoothie

Serves 1

1 cup frozen mixed berries
1 cup fresh spinach
1/2 banana
1 cup unsweetened almond milk
(or milk of your choice)
1 tablespoon chia seeds
1 scoop protein powder

Instructions:

1. Combine all ingredients in a blender and blend until smooth.
2. Add more milk if necessary to achieve desired consistency.

GF	LC	HP	V
----	----	----	---

Prep	Cook
10 mins	5 mins



Cacao Coconut Energy Balls

Serves 1

1 cup pitted Medjool dates
1/2 cup gluten-free rolled oats
1/2 cup unsweetened shredded coconut
1/4 cup unsweetened cocoa powder
2 tablespoons almond butter (or nut butter of choice)
1 tablespoon chia seeds
1/2 teaspoon vanilla extract
Pinch of salt

Instructions:

1. Instructions:
2. In a food processor, blend the dates until they form a paste.
3. Add oats, coconut, cocoa powder, almond butter, chia seeds, vanilla, and salt and pulse until the mixture comes together into a sticky dough.
4. Roll the dough into tablespoon-sized balls.
5. Optionally, roll energy balls in additional shredded coconut or cacao powder.
6. Store in the refrigerator for up to a week.

GF	V
Prep	Refrigerate
10 mins	30min+

COOKING TIPS FOR HORMONE-BOOSTING FOODS

The way you cook your foods can significantly impact their nutritional value. Here are some tips to maximize the benefits of hormone-boosting foods:

- **Steaming Over Boiling:** Steaming vegetables preserves more nutrients than boiling. This is particularly important for water-soluble vitamins like vitamin C and B vitamins.
- **Low-Heat Cooking:** Cooking proteins like chicken and fish at lower temperatures helps preserve their essential amino acids.
- **Use Healthy Oils:** Opt for oils with a high smoke point like avocado oil for cooking, as they maintain their nutritional value even when heated.
- **Avoid Overcooking:** Overcooking can deplete the nutritional content of foods. Aim for 'al dente' vegetables to ensure they retain their beneficial properties.
- **Incorporate Raw Foods:** Eating raw fruits and vegetables ensures you get the full range of nutrients they offer. Consider salads or smoothies as a way to include these in your diet.

By incorporating these recipes and cooking tips into your routine, you can significantly support your hormonal health through your diet. These meals and snacks are designed not only to be nutritious but also to be enjoyable and satisfying, making it easier for you to maintain a hormone-friendly lifestyle.



CHAPTER 4:
LIFESTYLE &
HORMONE HEALTH



EXERCISE TYPES FOR HORMONAL BALANCE

Exercise is a powerful tool for maintaining hormonal health, with different types of activities offering unique benefits:

- **Yoga:** This ancient practice combines physical postures, breathing exercises, and meditation to create a harmonious balance in your body. Regular yoga practice can significantly lower cortisol levels, enhancing stress resilience. It also boosts endorphins, improving mood and overall well-being. Incorporate styles like Vinyasa yoga into your weekly routine to experience these benefits.
- **Strength Training:** Engaging in resistance training, such as lifting weights or bodyweight exercises, can increase muscle mass and strength. This type of exercise stimulates the production of growth hormones and testosterone, which are vital for muscle development, bone density, and overall metabolic health. Aim to include strength training in your routine 2-3 times a week, ensuring you target all major muscle groups for balanced development.
- **Cardiovascular Exercise:** Activities like brisk walking, jogging, swimming, or cycling are excellent for your heart and can significantly improve insulin sensitivity. Regular cardiovascular exercise also helps regulate stress hormones and enhances the production of serotonin and endorphins, contributing to a happier, more balanced mood. Aim for at least 150 minutes of moderate-intensity or 75 minutes of high-intensity cardio exercise spread throughout the week.



STRESS MANAGEMENT TECHNIQUES

Managing stress is essential for hormonal equilibrium, as chronic stress can lead to imbalances in cortisol and adrenaline:

- **Meditation:** This practice involves focusing your mind and eliminating the stream of jumbled thoughts that may be crowding your mind and causing stress. Meditation can be done in many forms, including guided sessions or silent mindfulness practices. Regular meditation helps lower cortisol levels, improves concentration, and promotes a sense of calm.
- **Deep Breathing Exercises:** Techniques like the 4-7-8 method, diaphragmatic breathing, or box breathing are simple yet effective ways to activate your parasympathetic nervous system, reducing stress and anxiety. These exercises can be performed anywhere and provide an immediate sense of relaxation.
- **Mindfulness:** Incorporating mindfulness into your daily life involves being fully present and engaged in the moment, whether you're eating, walking, or conversing. It helps in reducing stress by preventing overthinking and anxiety about the past or future.



SLEEP & HORMONES

Quality sleep is a cornerstone of hormonal balance, influencing everything from your stress response to your appetite:

- **Consistency is Key:** Try to maintain a regular sleep schedule by going to bed and waking up at the same time each day. This regularity helps to regulate your body's internal clock and improve the quality of your sleep.
- **Optimize Your Sleep Environment:** Ensure your bedroom is conducive to sleep - cool, dark, and quiet. Invest in a comfortable mattress and pillows, use blackout curtains, and consider earplugs or a white noise machine if needed.
- **Limit Blue Light Exposure:** The blue light emitted by phones, tablets, and computers can interfere with melatonin production, a hormone that regulates sleep. Try to limit screen time for at least an hour before bedtime and consider using blue light filters on your devices.
- **Relaxation Techniques:** Develop a pre-sleep routine that helps your body wind down. This might include reading, taking a warm bath, or doing some gentle yoga or stretching exercises.



ENVIRONMENTAL TOXINS & HORMONAL HEALTH

Adopting these lifestyle practices can profoundly influence your hormonal health, leading to improved physical, mental, and emotional well-being. Reducing exposure to environmental toxins is key to maintaining a healthy hormonal balance. Environmental toxins can have a profound impact on hormonal balance:

- **Reduce Plastic Use:** Bisphenol A (BPA) and other chemicals in plastics can act as hormone disruptors. Opt for glass, stainless steel, or BPA-free plastics, especially for food storage and water bottles.
- **Choose Organic Produce:** Pesticides on fruits and vegetables can mimic hormones in the body, leading to imbalances. When possible, choose organic produce or wash conventional produce thoroughly to reduce pesticide residues.
- **Natural Cleaning Products:** Conventional cleaning products often contain harsh chemicals that can disrupt hormones. Opt for natural, eco-friendly cleaning products or make your own using ingredients like vinegar, baking soda, and essential oils.
- **Careful Selection of Personal Care Products:** Many skincare and hair care products contain parabens, phthalates, and other chemicals that can interfere with hormonal functions. Look for products labeled as paraben-free and phthalate-free, and consider using simpler, more natural products.



CHAPTER 5: SUPPLEMENTS & HERBAL REMEDIES



SUPPLEMENTS FOR HORMONE BALANCE

Supplements can be a valuable addition to your diet for maintaining hormonal balance. However, it's important to remember they should complement, not replace, a healthy diet and lifestyle.

- **Omega-3 Fatty Acids:** These essential fats, found in fish oil or flaxseed oil supplements, are crucial for reducing inflammation and can support hormonal health, particularly in regulating mood and stress hormones.
- **Vitamin D:** Often dubbed the 'sunshine vitamin', Vitamin D is vital for bone health and has been linked to improved mood and hormone balance. It's particularly important in regions with limited sunlight.
- **Magnesium:** This mineral plays a role in over 300 enzymatic reactions in the body, including hormone regulation. Magnesium supplements can support sleep and stress management.
- **B Vitamins:** Specifically, Vitamin B6 and B12 can aid in hormone production and balance, contributing to energy levels and overall well-being.
- **Probiotics:** These supplements support gut health, which is crucial for hormone balance and overall health.



HERBAL REMEDIES FOR HORMONAL HEALTH

Certain herbs have been traditionally used for balancing hormones and can be a natural way to support your endocrine system:

- **Ashwagandha:** Known as an adaptogen, it helps in balancing cortisol levels, thereby improving stress response and potentially boosting thyroid function.
- **Maca Root:** Often used to enhance fertility and sex drive, maca root is also believed to help balance estrogen levels in women.
- **Chasteberry (Vitex):** This herb is particularly beneficial for women, as it can help regulate menstrual cycles and relieve symptoms of PMS and menopause.
- **Rhodiola Rosea:** Another adaptogen, it's known for enhancing energy and reducing fatigue, which can be helpful for adrenal health.



CHOOSING & USING SUPPLEMENTS & HERBS

Incorporating supplements and herbal remedies can be an effective way to support your hormonal health. However, it's crucial to approach this with an informed and cautious mindset, ensuring that what you're adding to your regimen is safe and beneficial for your specific health needs.

- **Quality over Quantity:** Look for supplements that have been third-party tested for purity and potency. Reputable brands often provide this information on their labels or websites.
- **Correct Dosage:** Follow the recommended dosage on the label or as advised by a healthcare professional. More is not always better, and some supplements can have adverse effects at high doses.
- **Interactions and Side Effects:** Be aware of potential interactions with other medications you may be taking. Consult with a healthcare provider, especially if you have existing health conditions.
- **Start Slowly:** When trying a new supplement or herb, start with a lower dose to see how your body reacts and gradually increase as needed.



CHAPTER 6:
WORKSHEETS &
SELF-ASSESSMENT TOOLS



Hormone Health Checklist

DATE ____ / ____ / ____

This checklist is designed to help you identify potential signs of hormonal imbalances. Check off any symptoms that you have experienced regularly over the past few months:

ENERGY LEVELS

- PERSISTENT FATIGUE OR TIREDNESS
- SUDDEN ENERGY CRASHES

SLEEP PATTERNS

- DIFFICULTY FALLING ASLEEP
- DIFFICULTY STAYING ASLEEP
- FEELING TIRED AFTER A FULL NIGHT'S SLEEP

MOOD AND MENTAL HEALTH

- FREQUENT MOOD SWINGS
- INCREASED ANXIETY OR DEPRESSION
- DIFFICULTY CONCENTRATING
- DIFFICULTY REMEMBERING THINGS

WEIGHT AND METABOLISM

- UNEXPLAINED WEIGHT GAIN OR LOSS
- DIFFICULTY LOSING WEIGHT DESPITE HEALTHY HABITS
- INCREASED HUNGER OR CHANGES IN APPETITE

PHYSICAL SENSATIONS

- PERSISTENT MUSCLE OR JOINT PAINS
- FREQUENT HEADACHES OR MIGRAINES

DIGESTIVE HEALTH

- FREQUENT BLOATING
- FREQUENT INDIGESTION
- CHANGES IN BOWEL HABITS

SKIN, HAIR, AND NAILS

- DRY OR ITCHY SKIN
- ACNE BREAKOUTS
- THINNING HAIR OR HAIR LOSS
- BRITTLE NAILS

REPRODUCTIVE HEALTH (IF APPLICABLE)

- IRREGULAR MENSTRUAL CYCLES
- SEVERE PMS OR MENOPAUSAL SYMPTOMS
- DECREASED LIBIDO

Note: If you've checked multiple items, it might indicate a hormonal imbalance. It's recommended to consult a healthcare professional for a thorough evaluation.

NOTES:

Symptom Tracker

DATE ____ / ____ / ____

Use this tracker to monitor your symptoms over time. This can help you understand the effects of lifestyle changes, stress, diet, and other factors on your hormonal health.

ENERGY LEVELS

- MORNING: (LOW / MODERATE / HIGH)
- AFTERNOON: (LOW / MODERATE / HIGH)
- EVENING: (LOW / MODERATE / HIGH)

SLEEP QUALITY

- HOURS OF SLEEP: _____
- SLEEP SATISFACTION: (POOR / FAIR / GOOD / EXCELLENT)

MOOD AND MENTAL HEALTH

- MOOD (HAPPY / SAD / ANXIOUS / IRRITABLE / OTHER: _____)
- MENTAL CLARITY (FOGGY / AVERAGE / CLEAR)

PHYSICAL SYMPTOMS

- WEIGHT CHANGES: _____ LBS/KG
- APPETITE (LOW / MODERATE / HIGH)
- DIGESTIVE SYMPTOMS (NONE / MILD / MODERATE / SEVERE)
- PAIN OR DISCOMFORT (LOCATION: _____, INTENSITY: LOW / MODERATE / HIGH)

REPRODUCTIVE HEALTH SYMPTOMS (IF APPLICABLE)

- MENSTRUAL CYCLE REGULARITY (REGULAR / IRREGULAR)
- MENSTRUAL SYMPTOMS (NONE / MILD / MODERATE / SEVERE)

OTHER OBSERVATIONS

- NOTABLE CHANGES THIS WEEK: _____

- LIFESTYLE FACTORS THAT MIGHT HAVE INFLUENCED MY SYMPTOMS: _____

Self-Care Practices

PHYSICAL SELF-CARE

-
-
-

EMOTIONAL SELF-CARE

-
-
-

SPIRITUAL SELF-CARE

-
-
-

INTELLECTUAL SELF-CARE

-
-
-

SOCIAL SELF-CARE

-
-
-

FINANCIAL SELF-CARE

-
-
-

MONTHLY REFLECTION:

Self-Care Assessment Wheel

COLOR IN THE WHEEL BASED ON YOUR PROGRESS FROM 1-10.
EVALUATE THIS WEEKLY, MONTHLY OR QUARTELY.



Daily Food Journal

DATE: _____

BREAKFAST

TIME: _____

HUNGER SCALE

① ② ③ ④ ⑤

HOW I FELT

Before _____

:

After: _____

LUNCH

TIME: _____

HUNGER SCALE

① ② ③ ④ ⑤

HOW I FELT

Before _____

:

After: _____

DINNER

TIME: _____

HUNGER SCALE

① ② ③ ④ ⑤

HOW I FELT

Before _____

:

After: _____

SNACK

TIME: _____

HUNGER SCALE

① ② ③ ④ ⑤

HOW I FELT

Before _____

:

After: _____

Vitamins & Supplements

MONTH:

WEEK:

VITAMINS	ITEM	DOSAGE	TIME	M	T	W	T	F	S	S

SUPPLEMENT	ITEM	DOSAGE	TIME	M	T	W	T	F	S	S

OTHERS	ITEM	DOSAGE	TIME	M	T	W	T	F	S	S

NOTES

Exercise Tracker

DATE: _____ S M T W T F S

GOALS OF THE DAY

- _____
- _____

	WARMUP	TIME	SETS
● <input type="checkbox"/>			
● <input type="checkbox"/>			
● <input type="checkbox"/>			

	EXERCISE	WEIGHT	REPS
● <input type="checkbox"/>			
● <input type="checkbox"/>			
● <input type="checkbox"/>			
● <input type="checkbox"/>			
● <input type="checkbox"/>			

	CARDIO	TIME	INTENSITY
● <input type="checkbox"/>			
● <input type="checkbox"/>			
● <input type="checkbox"/>			

	COOLDOWN	TIME	SETS
● <input type="checkbox"/>			
● <input type="checkbox"/>			
● <input type="checkbox"/>			

Cycle Tracker

MONTH:

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				

KEY SYMPTOMS	
	SPOTTING
	LIGHT
	MEDIUM
	HEAVY
	CRAMPS
	TIRED
	DEPRESSED
	CRAVINGS
	HEADACHE
	ANXIOUS

CYCLE LENGTH	
	JANUARY
	FEBRUARY
	MARCH
	APRIL
	MAY
	JUNE
	JULY
	AUGUST
	SEPTEMBER
	OCTOBER
	NOVEMBER
	DECEMBER

NOTES



THANK YOU FOR JOINING ME

Questions?

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