

# ***Flexi-Table***

A Flexi-Table is a way to tick off what happens when, without being tied down every second of the day! See what needs to be done below, tick as you go and feel good about each tick you make!

## Morning tasks... (up until 10am)

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## Late Morning tasks... (10am-1pm)

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## Afternoon tasks... (1pm-4pm)

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## Late Afternoon tasks... (5pm-8pm)

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## Evening tasks... (8pm on)

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