



CLINICAL  
PRACTICE





## CPT CODES

CPT CODE	DESCRIPTION & DURATION
90791	PSYCHIATRIC DIAGNOSTIC EVALUATION W.OUT MEDICAL SERVICES
90832	PSYCHOTHERAPY, 30 MINUTES WITH PATIENT
90834	PSYCHOTHERAPY, 45 MINUTES WITH PATIENT
90837	PSYCHOTHERAPY, 60 MINUTES WITH PATIENT
90845	PSYCHOANALYSIS
90846	FAMILY THERAPY (W.OUT PATIENT PRESENT), 50 MINUTES
90847	FAMILY THERAPY (CONJOINT THERAPY) (W. PATIENT PRESENT) 50 MIN.
90849	MULTIPLE-FAMILY GROUP PSYCHOTHERAPY
90853	GROUP PSYCHOTHERAPY (OTHER THAN OF A MULTIPLE-FAMILY GROUP)
90839	PSYCHOTHERAPY FOR CRISIS; FIRST 60 MINUTES
90840	PSYCHOTHERAPY FOR CRISIS; EACH ADDITIONAL 30 MINUTES
90863	PHARMACOLOGIC MANAGEMENT WITH PSYCHOTHERAPY SERVICES
99404	PREVENTIVE MEDICINE COUNSELING/RISK REDUCTION INTERVENTION(S)
90867	THERAPEUTIC REPETITIVE TRANSCRANIAL MAGNETIC STIMULATION
90880	45 MINUTE INDV. PSYCHOPHYSIOLOGICAL THERAPY + BIOFEEDBACK
90899	UNLISTED PSYCHIATRIC PROCEDURE OR SERVICE
CPT CODE	DURATION FLEXIBILITY
90832	16-37 MINUTES
90834	38-52 MINUTES
90837	53 OR MORE MINUTES
90846	53 OR MORE MINUTES
90847	26 OR MORE MINUTES
90839	CRISIS SERVICES   FIRST 60 MINUTES
90840	EACH ADDITIONAL 30 MINUTES OF CRISIS SERVICE
99050	ADD ON CODE FOR SERVICES PROVIDED OUTSIDE OF BUSINESS HOURS
99051	ADD ON CODE FOR SERVICES PROVIDED ON WEEKENDS, HOLIDAYS, AND EVENINGS
95	MODIFIER, MODIFER GT (THIS INDICATES SERVICE IS TELEHEALTH)
02	DESCRIBES PLACE OF SERVICE; 02 INDICATES TELEHEALTH SERVICE
	RESOURCE: AMERICAN PSYCHOLOGICAL ASSOCIATION, 2021

## ICD 10 CODES

CODE	DIAGNOSIS DESCRIPTION
F32.4	MAJOR DEPRESSIVE DISORDER, SINGLE EPISODE, IN PARTIAL REMISSION
F32.5	MAJOR DEPRESSIVE DISORDER, SINGLE EPISODE, IN FULL REMISSION
F32.8	OTHER DEPRESSIVE EPISODES
F32.81	PREMENSTRUAL DYSPHORIC DISORDER
F32.89	OTHER SPECIFIED DEPRESSIVE EPISODES
F32.9	MAJOR DEPRESSIVE DISORDER, SINGLE EPISODE, UNSPECIFIED
F33.0	MAJOR DEPRESSIVE DISORDER, RECURRENT, MILD
F33.1	MAJOR DEPRESSIVE DISORDER, RECURRENT, MODERATE
F33.2	MAJOR DEPRESSIVE DISORDER, RECURRENT SEVERE WITHOUT PSYCHOTIC FEATURES
F33.3	MAJOR DEPRESSIVE DISORDER, RECURRENT, SEVERE WITH PSYCHOTIC SYMPTOMS
F33.40	MAJOR DEPRESSIVE DISORDER, RECURRENT, IN REMISSION, UNSPECIFIED
F33.41	MAJOR DEPRESSIVE DISORDER, RECURRENT, IN PARTIAL REMISSION
F33.42	MAJOR DEPRESSIVE DISORDER, RECURRENT, IN FULL REMISSION
F33.8	OTHER RECURRENT DEPRESSIVE DISORDERS
F33.9	MAJOR DEPRESSIVE DISORDER, RECURRENT, UNSPECIFIED
F34.0	CYCLOTHYMIC DISORDER
F34.1	DYSTHYMIC DISORDER
F34.8	OTHER PERSISTENT MOOD OAAFFECTIVE» DISORDERS
F34.81	DISRUPTIVE MOOD DYSREGULATION DISORDER
F34.89	OTHER SPECIFIED PERSISTENT MOOD DISORDERS
F34.9	PERSISTENT MOOD OAAFFECTIVE» DISORDER, UNSPECIFIED
F39	UNSPECIFIED MOOD OAAFFECTIVE» DISORDER
F40.00	AGORAPHOBIA, UNSPECIFIED
F40.01	AGORAPHOBIA WITH PANIC DISORDER
F40.02	AGORAPHOBIA WITHOUT PANIC DISORDER
F40.10	SOCIAL PHOBIA, UNSPECIFIED
F40.11	SOCIAL PHOBIA, GENERALIZED
F40.210	ARACHNOPHOBIA
F40.218	OTHER ANIMAL TYPE PHOBIA
F40.220	FEAR OF THUNDERSTORMS
F40.228	OTHER NATURAL ENVIRONMENT TYPE PHOBIA
F40.230	FEAR OF BLOOD
F40.231	FEAR OF INJECTIONS AND TRANSFUSIONS
F40.232	FEAR OF OTHER MEDICAL CARE
F40.233	FEAR OF INJURY
F40.240	CLAUSTROPHOBIA
F40.241	ACROPHOBIA
F40.242	FEAR OF BRIDGES
F40.243	FEAR OF FLYING
F40.248	OTHER SITUATIONAL TYPE PHOBIA
F40.290	ANDROPHOBIA
F40.291	GYNEPHOBIA
F40.298	OTHER SPECIFIED PHOBIA
F40.8	OTHER PHOBIC ANXIETY DISORDERS
F40.9	PHOBIC ANXIETY DISORDER, UNSPECIFIED
F41.0	PANIC DISORDER (EPISODIC PAROXYSMAL ANXIETY)
F41.1	GENERALIZED ANXIETY DISORDER

## ICD 10 CODES

CODE	DIAGNOSIS DESCRIPTION
F60.3	BORDERLINE PERSONALITY DISORDER
F60.4	HISTRIONIC PERSONALITY DISORDER
F60.5	OBSESSIVE-COMPULSIVE PERSONALITY DISORDER
F60.6	AVOIDANT PERSONALITY DISORDER
F60.7	DEPENDENT PERSONALITY DISORDER
F60.81	NARCISSISTIC PERSONALITY DISORDER
F60.89	OTHER SPECIFIC PERSONALITY DISORDERS
F60.9	PERSONALITY DISORDER, UNSPECIFIED
F63.0	PATHOLOGICAL GAMBLING
F63.1	PYROMANIA
F63.2	KLEPTOMANIA
F63.3	TRICHOTILLOMANIA
F63.81	INTERMITTENT EXPLOSIVE DISORDER
F63.9	IMPULSE DISORDER, UNSPECIFIED
F64.0	TRANSSEXUALISM
F64.1	GENDER IDENTITY DISORDER IN ADOLESCENCE AND ADULTHOOD
F64.2	GENDER IDENTITY DISORDER OF CHILDHOOD
F64.8	OTHER GENDER IDENTITY DISORDERS
F64.9	GENDER IDENTITY DISORDER, UNSPECIFIED
F65.0	FETISHISM
F65.1	TRANSVESTIC FETISHISM
F65.2	EXHIBITIONISM
F65.3	VOYEURISM
F65.4	PEDOPHILIA
F65.50	SADOMASOCHISM
F65.51	UNSPECIFIED SEXUAL MASOCHISM
F65.52	SEXUAL SADISM
F65.81	FROTTEURISM
F65.89	OTHER PARAPHILIAS
F65.9	PARAPHILIA, UNSPECIFIED
F66	OTHER SEXUAL DISORDERS
F68.10	FACTITIOUS DISORDER, UNSPECIFIED
F68.11	FACTITIOUS DISORDER W. PREDOMINANTLY PSYCHOLOGICAL SIGNS & SYMPTOMS
F68.12	FACTITIOUS DISORDER W. PREDOMINANTLY PHYSICAL SIGNS & SYMPTOMS
F68.13	FACTITIOUS DISORDER WITH COMBINED PSYCHOLOGICAL +PHYSICAL SIGNS+SYMPTOMS
F68.8	OTHER SPECIFIED DISORDERS OF ADULT PERSONALITY AND BEHAVIOR
F80.81	CHILDHOOD ONSET FLUENCY DISORDER
F80.82	SOCIAL PRAGMATIC COMMUNICATION DISORDER
F80.89	OTHER DEVELOPMENTAL DISORDERS OF SPEECH AND LANGUAGE
F84.0	AUTISTIC DISORDER
F84.3	OTHER CHILDHOOD DISINTEGRATIVE DISORDER
F84.5	ASPERGER'S SYNDROME
F84.8	OTHER PERVASIVE DEVELOPMENTAL DISORDERS
F84.9	PERVASIVE DEVELOPMENTAL DISORDER, UNSPECIFIED
F88	OTHER DISORDERS OF PSYCHOLOGICAL DEVELOPMENT
F89	UNSPECIFIED DISORDER OF PSYCHOLOGICAL DEVELOPMENT
F90.0	ATTENTION-DEFICIT HYPERACTIVITY DISORDER, PREDOMINANTLY INATTENTIVE TYPE

## ICD 10 CODES

CODE	DIAGNOSIS DESCRIPTION
F45.1	UNDIFFERENTIATED SOMATOFORM DISORDER
F45.20	HYPOCHONDRIACAL DISORDER, UNSPECIFIED
F45.21	HYPOCHONDRIASIS
F45.22	BODY DYSMORPHIC DISORDER
F45.29	OTHER HYPOCHONDRIACAL DISORDERS
F45.41	PAIN DISORDER EXCLUSIVELY RELATED TO PSYCHOLOGICAL FACTORS
F45.42	PAIN DISORDER WITH RELATED PSYCHOLOGICAL FACTORS
F45.8	OTHER SOMATOFORM DISORDERS
F45.9	SOMATOFORM DISORDER, UNSPECIFIED
F48.1	DEPERSONALIZATION-DEREALIZATION SYNDROME
F48.2	PSEUDOBULBAR AFFECT
F48.9	NONPSYCHOTIC MENTAL DISORDER, UNSPECIFIED
F50.00	ANOREXIA NERVOSA, UNSPECIFIED
F50.01	ANOREXIA NERVOSA, RESTRICTING TYPE
F50.02	ANOREXIA NERVOSA, BINGE EATING/PURGING TYPE
F50.2	BULIMIA NERVOSA
F50.8	OTHER EATING DISORDERS
F50.81	BINGE EATING DISORDER
F50.82	AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER
F50.89	OTHER SPECIFIED EATING DISORDER
F50.9	EATING DISORDER, UNSPECIFIED
F51.01	PRIMARY INSOMNIA
F51.02	ADJUSTMENT INSOMNIA
F51.03	PARADOXICAL INSOMNIA
F51.05	INSOMNIA DUE TO OTHER MENTAL DISORDER
F51.09	OTHER INSOMNIA NOT DUE TO A SUBSTANCE OR KNOWN PHYSIOLOGICAL CONDITION
F51.11	PRIMARY HYPERSOMNIA
F51.12	INSUFFICIENT SLEEP SYNDROME
F51.3 F51.4	SLEEPWALKING [SOMNAMBULISM]
F51.5	SLEEP TERRORS [NIGHT TERRORS]
F52.0	NIGHTMARE DISORDER
F52.1	HYPOACTIVE SEXUAL DESIRE DISORDER
F52.21	SEXUAL AVERSION DISORDER
F52.22	MALE ERECTILE DISORDER
F52.31	FEMALE SEXUAL AROUSAL DISORDER
F52.32	FEMALE ORGASMIC DISORDER
F52.4	MALE ORGASMIC DISORDER
F52.5	PREMATURE EJACULATION
F52.6	VAGINISMUS NOT DUE TO A SUBSTANCE OR KNOWN PHYSIOLOGICAL CONDITION
F52.8	DYSPAREUNIA NOT DUE TO A SUBSTANCE OR KNOWN PHYSIOLOGICAL CONDITION
F52.9	OTHER SEXUAL DYSFUNCTION NOT DUE TO A SUBSTANCE OR KNOWN PHYSIOLOGICAL CONDITION
F53	UNSPECIFIED SEXUAL DYSFUNCTION [NOT DUE TO SUBSTANCE USE...]
F60.0	PUERPERAL PSYCHOSIS
F60.1	PARANOID PERSONALITY DISORDER
F60.2	SCHIZOID PERSONALITY DISORDER
F60.2	ANTISOCIAL PERSONALITY DISORDER

## ICD 10 CODES

CODE	DIAGNOSIS DESCRIPTION
F90.1	ATTENTION-DEFICIT HYPERACTIVITY DISORDER, PREDOMINANTLY HYPERACTIVE
F90.2	TYPE ATTENTION-DEFICIT HYPERACTIVITY DISORDER, COMBINED TYPE
F90.8	ATTENTION-DEFICIT HYPERACTIVITY DISORDER, OTHER TYPE
F90.9	ATTENTION-DEFICIT HYPERACTIVITY DISORDER, UNSPECIFIED TYPE
F91.0	F91.1 CONDUCT DISORDER CONFINED TO FAMILY CONTEXT
F91.2	F91.3 CONDUCT DISORDER, CHILDHOOD-ONSET TYPE
F91.8	CONDUCT DISORDER, ADOLESCENT-ONSET TYPE
F91.9	OPPOSITIONAL DEFIANT DISORDER
F93.0	OTHER CONDUCT DISORDERS
F93.8	CONDUCT DISORDER, UNSPECIFIED
F93.9	SEPARATION ANXIETY DISORDER OF CHILDHOOD
F94.0	OTHER CHILDHOOD EMOTIONAL DISORDERS
F94.1	CHILDHOOD EMOTIONAL DISORDER, UNSPECIFIED
F94.2	SELECTIVE MUTISM
F94.8	REACTIVE ATTACHMENT DISORDER OF CHILDHOOD
F95.0	DISINHIBITED ATTACHMENT DISORDER OF CHILDHOOD
F95.1	OTHER CHILDHOOD DISORDERS OF SOCIAL FUNCTIONING
F95.2	TRANSIENT TIC DISORDER
F30.12	CHRONIC MOTOR OR VOCAL TIC DISORDER
F30.13	TOURETTE'S DISORDER
F30.2	MANIC EPISODE WITHOUT PSYCHOTIC SYMPTOMS, MODERATE
F30.3	MANIC EPISODE, SEVERE, WITHOUT PSYCHOTIC SYMPTOMS
F30.4	MANIC EPISODE, SEVERE WITH PSYCHOTIC SYMPTOMS
F30.8	MANIC EPISODE IN PARTIAL REMISSION
F30.9	MANIC EPISODE IN FULL REMISSION
F31.0	OTHER MANIC EPISODES
F31.10	MANIC EPISODE, UNSPECIFIED
F31.81	BIPOLAR DISORDER, CURRENT EPISODE HYPOMANIC
F31.89	BIPOLAR DISORDER, CURRENT EPISODE MANIC WITHOUT PSYCHOTIC FEATURES, UNSPECIFIED
F31.9	BIPOLAR II DISORDER
F32.0	OTHER BIPOLAR DISORDER
F32.1	BIPOLAR DISORDER, UNSPECIFIED
F20.0	MAJOR DEPRESSIVE DISORDER, SINGLE EPISODE, MILD
F20.1	MAJOR DEPRESSIVE DISORDER, SINGLE EPISODE, MODERATE
F20.2	PARANOID SCHIZOPHRENIA
F20.3	DISORGANIZED SCHIZOPHRENIA
F20.5	CATATONIC SCHIZOPHRENIA
F20.81	UNDIFFERENTIATED SCHIZOPHRENIA
F20.89	RESIDUAL SCHIZOPHRENIA
F20.9	SCHIZOPHRENIFORM DISORDER
F21	OTHER SCHIZOPHRENIA
F22	SCHIZOPHRENIA, UNSPECIFIED
F23	SCHIZOTYPAL DISORDER
F24	DELUSIONAL DISORDERS
F25.0	BRIEF PSYCHOTIC DISORDER
	SHARED PSYCHOTIC DISORDER
	SCHIZOAFFECTIVE DISORDER, BIPOLAR TYPE





YOUR CLINICAL SERVICES ELEVATOR

*Pitch*

HELLO! I'M

I HELP

I DO

SO THEY CAN

WHAT IS  
YOUR WHY?

*Note: Keep It Brief and Easy to Understand*



SOCIAL  
MEDIA















# DEBT SNOWBALL TRACKER

MONTH OF

CREDITOR

ACCOUNT #

AMOUNT

DUE DATE

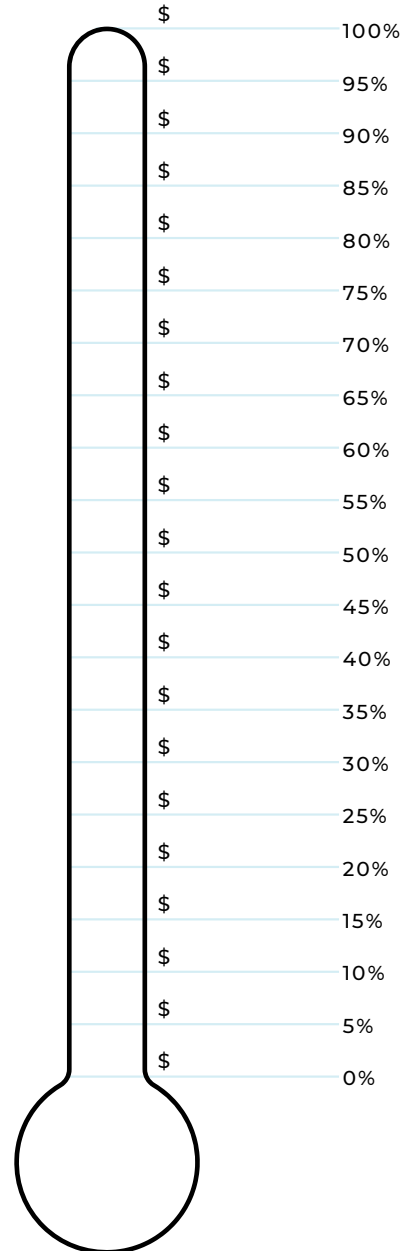
INTEREST RATE

GOAL PAYOFF DATE

MINIMUM PAYMENT

DATE	ACCOUNT	BALANCE	NOTES

VISUAL PAYOFF PROGRESS





# EMAIL NEWSLETTER RESULTS

EMAIL	DATE SENT	OPEN RATE	CLICK RATE	UNSUBSCRIBES

## NOTES

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## KEYWORD TRACKER

KEYWORD -

COMPETITION -

MONTHLY SEARCHES -

RELATED SEARCHES -

KEYWORD -

COMPETITION -

MONTHLY SEARCHES -

RELATED SEARCHES -

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Date:

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# Life Balance Vision

CAREER

FINANCES

RELATIONSHIP

FAMILY

PERSONAL GROWTH

HEALTH

LEISURE

KNOWLEDGE

*Career*

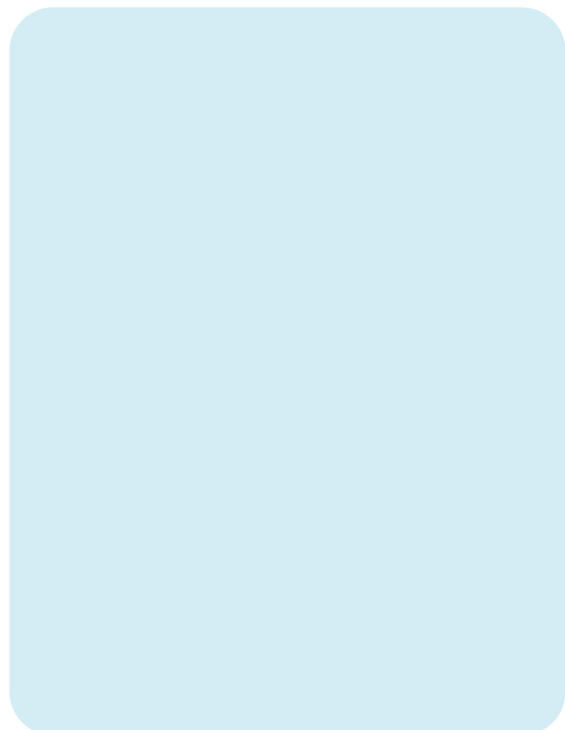
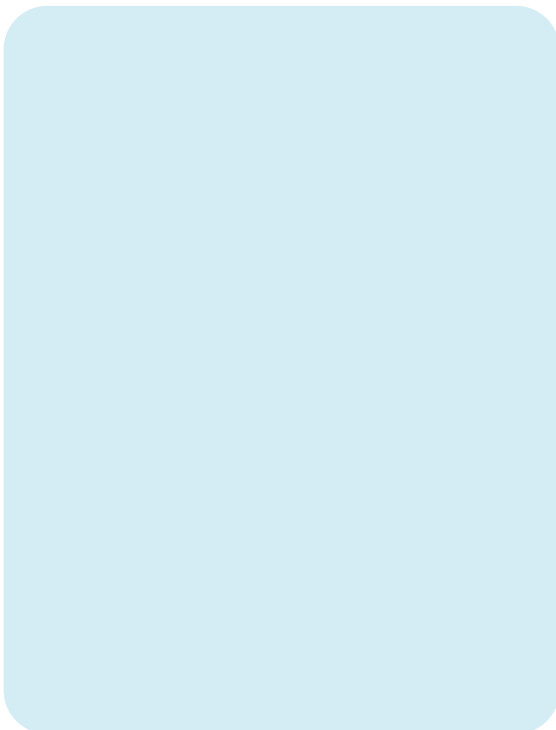
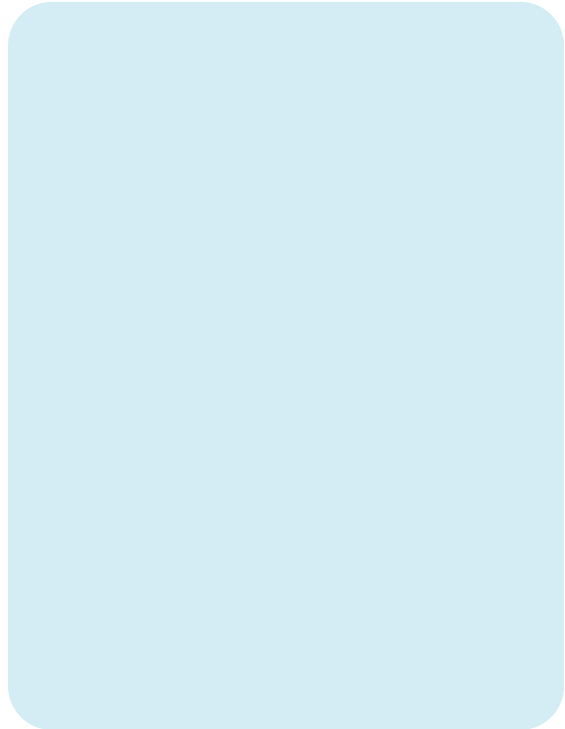
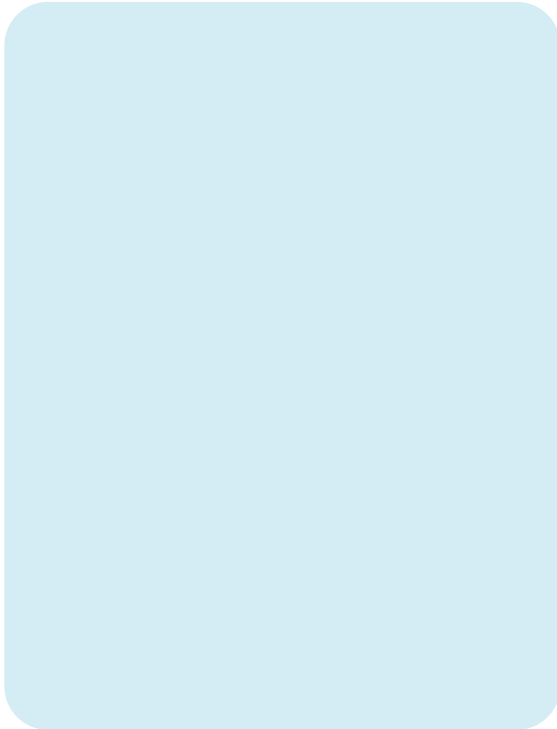
BUCKET LIST



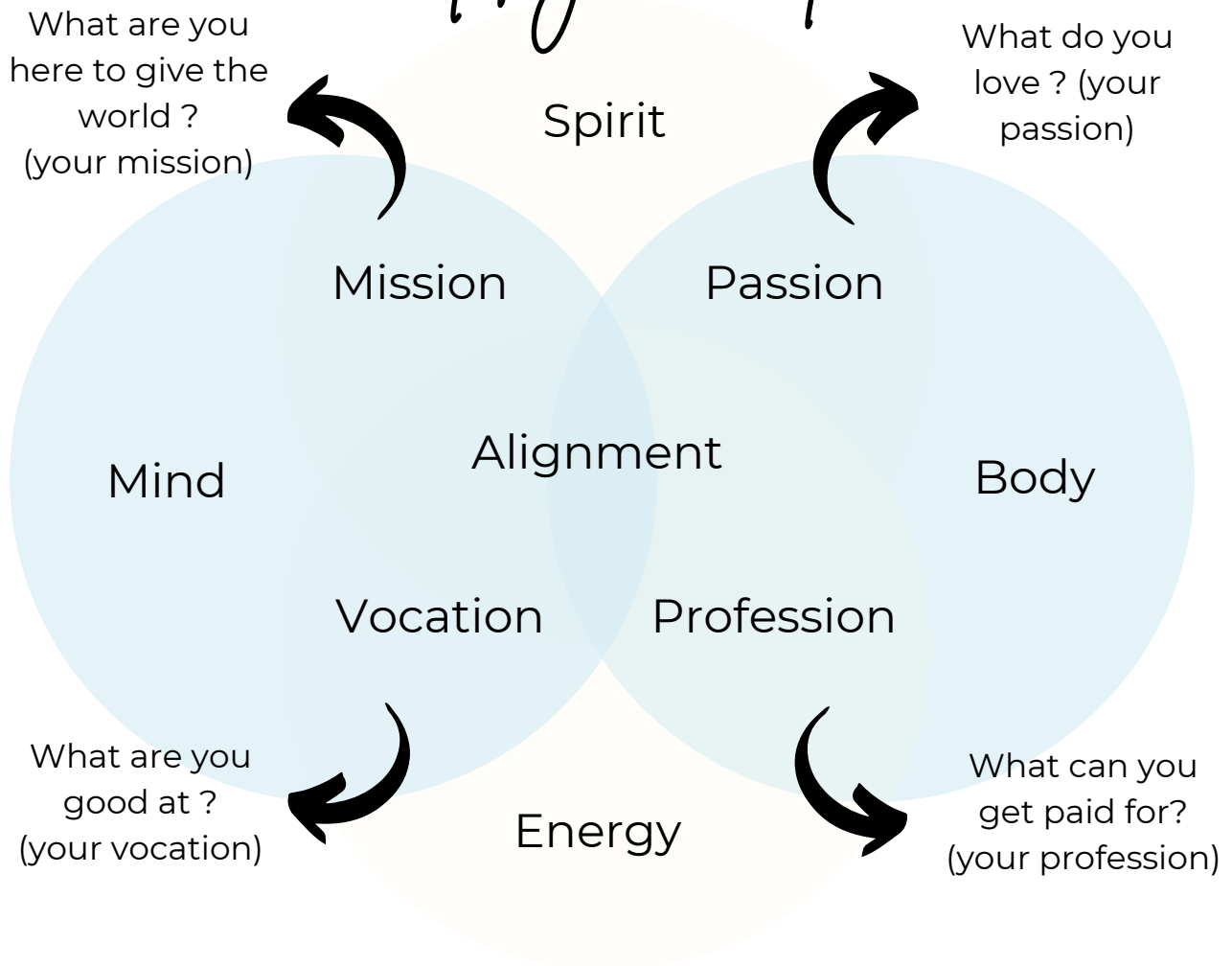


# KINDNESS IS CONTAGIOUS

It feels so good when someone says something nice to you.. But often, we forget to tell someone when we think they have done a great job, or when we admire a quality in them. Choose four people in your class to write a kind, specific message to. Try to write one for someone who isn't in your immediate friendship group.



# THE INTEGRATION OF *Wellbeing And Alignment*





STRESS LESS,  
THERAPY MORE

THE NEXT TWELVE MONTHS

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THE PLANNER THERAPY COMPANY



THURSDAY

FRIDAY

SATURDAY

SUNDAY

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THURSDAY

FRIDAY

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MONTH OF \_\_\_\_\_

"AS A PSYCHOTHERAPIST I'VE TAUGHT THIS SKILL MANY TIMES: LEARN HOW TO PAY ATTENTION AND EXPERIENCE LIFE RATHER THAN HURRY THROUGH IT."

-DEBRA WHITING ALEXANDER

NOTES

MONDAY

TUESDAY

WEDNESDAY

Horizontal lines for notes, aligned with the 'NOTES' header.

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MONTH OF \_\_\_\_\_

"PEOPLE NEED PEOPLE - FOR INITIAL  
AND FOR CONTINUED SURVIVAL, FOR  
SOCIALIZATION, FOR THE PURSUIT OF  
SATISFACTION. NO ONE - NOT THE  
DYING, NOT THE OUTCAST, NOT THE  
MIGHTY - TRANSCENDS THE NEED FOR  
HUMAN CONTACT."

NOTES

MONDAY

TUESDAY

WEDNESDAY

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THURSDAY

FRIDAY

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STRESS LESS,  
THERAPY MORE

ONE WEEK AT A TIME

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THE PLANNER THERAPY COMPANY

# WEEKLY PLANNER

DATES OF \_\_\_\_\_  
\_\_\_\_\_

WEEKLY FOCUS

SUNDAY

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MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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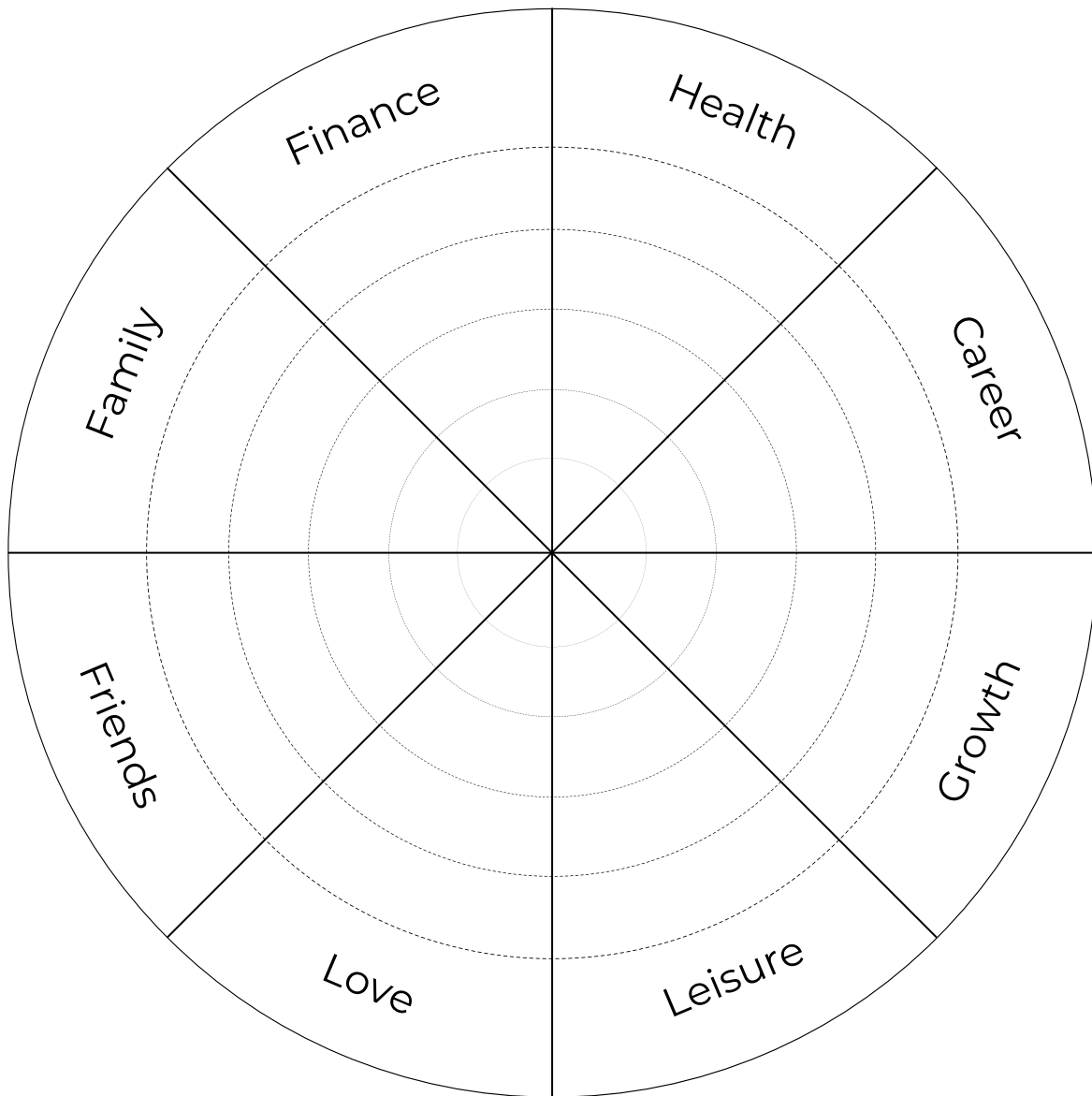
SATURDAY

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# Wheel of Life

Assess your level of fulfillment for each of these areas on a scale from 1 to 10 and shade the wheel accordingly.



# mindset

Fixed:

It's not ...

I give up!

It's too hard.

I can't do this.

I can't do any  
better.

growth:

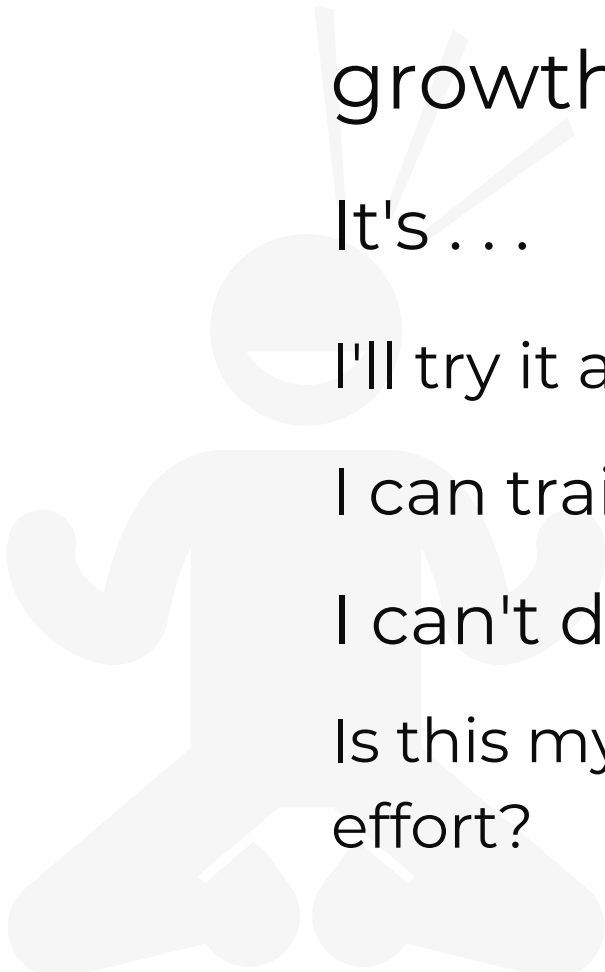
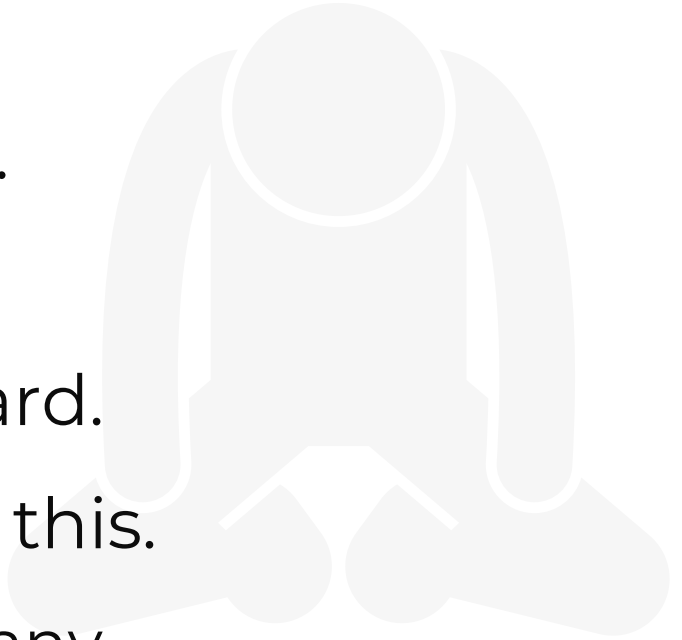
It's ...

I'll try it another way.

I can train my brain.

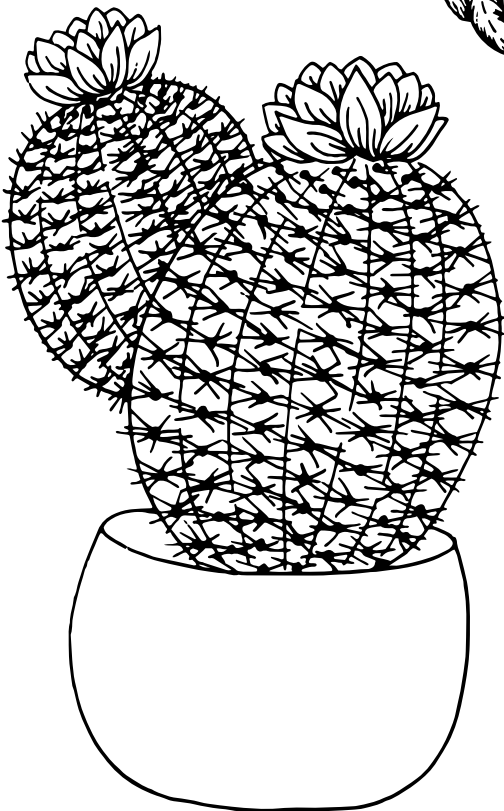
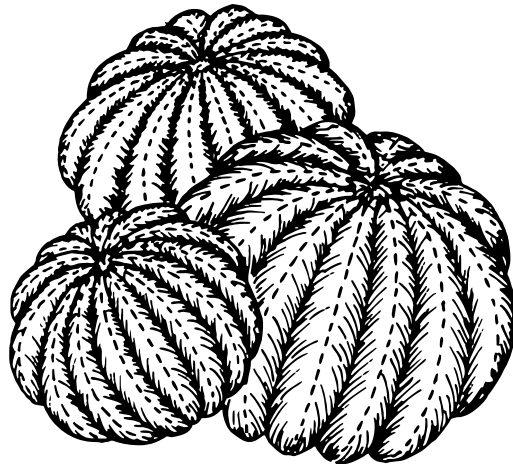
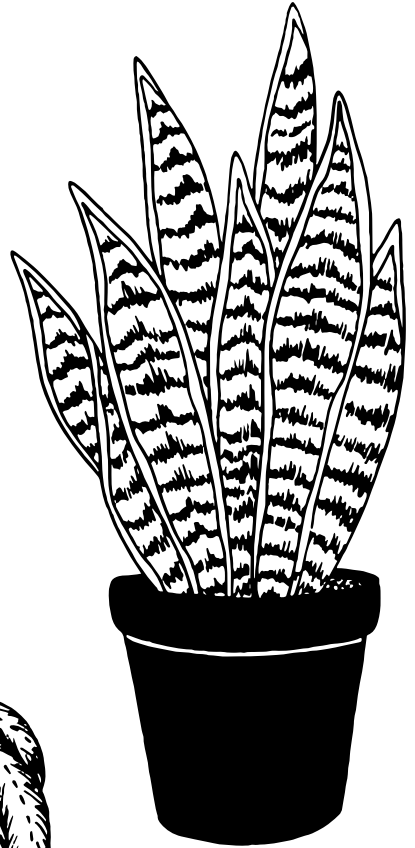
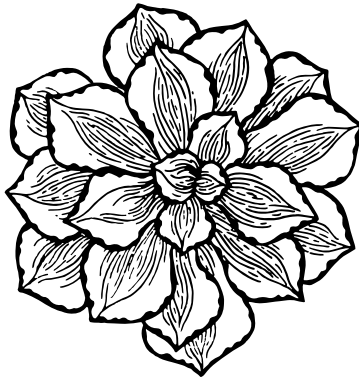
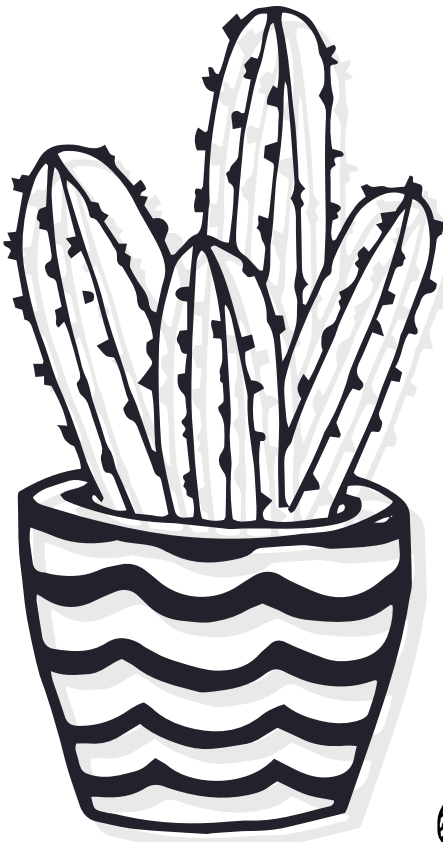
I can't do this - yet!

Is this my best  
effort?





# Coloring



# Hierarchy of Needs

Instructions: Describe an example of a need you have for each of the categories below:

SELF ACTUALIZATION

ESTEEM

LOVE & BELONGING

SAFETY FEELING


PHYSIOLOGICAL NEEDS

What makes me feel...

F u l l e d

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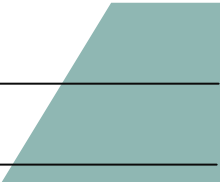
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C o n f i d e n t

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L o v e d

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S a f e

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G o o d i n m y b o d y

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# Daily Planner

DATE

TIME	DAILY APPOINTMENT LOG	BILLED	NOTE
6 AM			
7 AM			
8 AM			
9 AM			
10 AM			
11 AM			
12 AM			
1 PM			
2 PM			
3 PM			
4 PM			
5 PM			
6 PM			
7 PM			
8 PM			
<u>9 PM</u>			

# Weekly Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							
12 am							

# 2022 CALENDAR

## JANUARY

S	M	T	W	T	F	S
26	27	28	29	30	31	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	1	2	3	4	5

## FEBRUARY

S	M	T	W	T	F	S
30	31	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	2	3	4	5

## MARCH

S	M	T	W	T	F	S
27	28	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	1	2

## APRIL

S	M	T	W	T	F	S
27	28	29	30	31	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

## MAY

S	M	T	W	T	F	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	1	2	3	4

## JUNE

S	M	T	W	T	F	S
29	30	31	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	2

## JULY

S	M	T	W	T	F	S
26	27	28	29	30	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	1	2	3	4	5	6

## AUGUST

S	M	T	W	T	F	S
31	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	1	2	3

## SEPTEMBER

S	M	T	W	T	F	S
28	29	30	31	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

## OCTOBER

S	M	T	W	T	F	S
25	26	27	28	29	30	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	1	2	3	4	5

## NOVEMBER

S	M	T	W	T	F	S
30	31	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	2	3

## DECEMBER

S	M	T	W	T	F	S
27	28	29	30	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

# Monthly Water Challenge

