

# may

## Sound advice

try recording your notes and then play them whilst out for a walk or eating your lunch

tip of the month

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
morning	4	5	6	7	8	9	10
afternoon							
evening							
morning	11	12	13	14	15	16	17
afternoon							
evening							
morning	18	19	20	21	22	23	24
afternoon							
evening							
morning	25	26	27	28	29	30	31
afternoon							
evening							

