METCBT PLUS

	Monday	Tues	Wed	Thurs	Friday	Saturday	Sunday
School							
Sleep/Diet							
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Pleasure							
Replacement							
Activities							
MASTERY							
Activities							
1 10ti v itios							
Work							
Marijuana							
Alcohol							
Other Drugs							
Nicotine							
Nicotific							
2.5							
Moods							
Life Work							
Practice							
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