

# DOULEY ROUTINE

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7am

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8 am

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8:30-11:30

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12:00-1:00

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1:30-2:00

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1:30-2:30

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2:30-3:00

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3:00-4:00

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4:00-6:00

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6:00-7:00

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9:00-10:00

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