

2019 Personal Appointment Calendar

Patient Name

Date

One of the most important factors in the recovering and maintaining of your health through chiropractic is regularity in your adjustments. Involved muscles, ligaments, tendons and cartilages must be strengthened and realigned to hold the vertebrae in position; thus a regular schedule of treatments must be given priority. Frequency of treatments is the most important aspect of recovery!

JANUARY

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		

FEBRUARY

S	M	T	W	T	F	S

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MARCH

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APRIL

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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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27	28	29	30	31		

NOVEMBER

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24	25	26	27	28	29	30

DECEMBER

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
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