



# 2017

**M**onthly and **W**eekly

**D**iary

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*A note on music suggestions:  
Each month has a musical CD listening suggestion.  
You can find a Spotify playlist with each album at  
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*I hope you enjoy the soundtrack!*

*This is the first ever Tudor Planner! I can't wait to continue  
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# Goals for 2017

Health & Wellness

Creativity

Friends & Family

Spirit

Fun & Hobbies

# January 2017

M	T	W	T	F	S	S
December 2016			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	

## January Goals


January 18, 1486  
Henry VII weds  
Elizabeth of York,  
thus beginning the  
Tudor Dynasty

## January Tasks


**M**onday

**T**uesday

**W**ednesday

Listening Suggestion: Naked Byrd from the Armonico Consort

2

3

4

9

10

11

16

17

18

23

24

25

30

31

1

*Thoughts*

M	T	W	T	F	S	S
February 2017		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					

Of all losses, time is the  
most irrecuperable for it  
can never be redeemed.  
- Henry VIII

Thursday	Friday	Saturday	Sunday
			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29
2	3	4	5

Doodles

# February 2017

M	T	W	T	F	S	S
		January 2017				1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 / 30	24 / 31	25	26	27	28	29

February Goals

February 11, 1531  
Henry VIII granted the  
title of “Supreme Head  
of English  
church and clergy”

February Tasks

Monday	Tuesday	Wednesday
		1
6	7	8
13	14	15
20	21	22
27	28	1
6	7	8

Thoughts

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M	T	W	T	F	S	S
March 2017		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		

It is not in the stars to  
hold our destiny but in  
ourselves.  
- Shakespeare

Thursday	Friday	Saturday	Sunday
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
2	3	4	5
9	Listening Suggestion: Henry's Music: Motets from a Royal Choirbook from Alamire		

	Doodles
--	---------

# March 2017

M	T	W	T	F	S	S
February 2017		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					

## March Goals


March 24, 1603  
Elizabeth I, the grand-  
daughter of Henry VII,  
dies

## March Tasks


Monday	Tuesday	Wednesday
		1
6	7	8
13	14	15
20	21	22
27	28	29
3	4	5

## Thoughts



M	T	W	T	F	S	S
		April 2017			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

An absolutely new idea is  
one of the rarest things  
known to man.  
- Thomas More

Thursday	Friday	Saturday	Sunday
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31	1	2
6	<div> <div>Listening Suggestion: Byrd: Lamentations, Four Part Mass/ Tallis: Lamentations I and II, etc. From the Choir of New College, Oxford</div> </div>		

Doodles

# April 2017

M	T	W	T	F	S	S
March 2017		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		

## April Goals


*April 21, 1509  
Henry, the second son of  
Henry VII and Eliza-  
beth of York, becomes  
King of England*

## April Tasks


Monday	Tuesday	Wednesday
Listening Suggestion: Weelkes: Grant the King a Long Life from the Choir of Sidney Sussex College, Cambridge		
3	4	5
10	11	12
17	18	19
24	25	26
1	2	3

## Thoughts

M	T	W	T	F	S	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	May 2017			

There is no greater  
hell than to be a  
prisoner of fear.  
- Ben Johnson

Thursday	Friday	Saturday	Sunday
		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30
4	5	6	7

Doodles

# May 2017

M	T	W	T	F	S	S
		April 2017			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 Goals


May 19, 1536  
Anne Boleyn  
executed at the  
Tower of London

## May Tasks


Monday	Tuesday	Wednesday
1	2	3
8	9	10
15	16	17
22	23	24
29	30	31
5	6	7

## Thoughts

M	T	W	T	F	S	S
	June 2017		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		

Above our life we love a  
steadfast friend.  
- Christopher Marlowe

Thursday	Friday	Saturday	Sunday
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28
1	2	3	4
8	Listening Suggestion: Gibbons Church Music from the Choir of King's College, Cambridge		

Doodles

# June 2017

M	T	W	T	F	S	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	May 2017			

## June Goals


*June 19, 1540  
Thomas Cromwell  
arrested and  
imprisoned*

## June Tasks


Monday	Tuesday	Wednesday
Listening Suggestion: The Deer's Cry from The Sixteen		
5	6	7
12	13	14
19	20	21
26	27	28
3	4	5

## Thoughts

M	T	W	T	F	S	S
		July 2017			1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 / 31	25	26	27	28	29	30

I choose what I believe,  
and say nothing.  
For I am not as simple  
as I may seem.  
- Katherine of Aragon

Thursday	Friday	Saturday	Sunday
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	1	2
6	7	8	9

Doodles

# July 2017

M	T	W	T	F	S	S
		June 2017	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		

## July Goals


July 10, 1553  
Lady Jane Grey pro-  
claimed Queen  
of England; she would  
reign for nine days

## July Tasks


Monday	Tuesday	Wednesday
Listening Suggestion: English Renaissance from The King's Singers		
3	4	5
10	11	12
17	18	19
24	25	26
31	1	2

## Thoughts



M	T	W	T	F	S	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	August 2017		

Though God hath raised me high,  
yet this I count the glory of my  
crown: That I have reigned with  
your loves.  
- Elizabeth I

Thursday	Friday	Saturday	Sunday
		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30
3	4	5	6

Doodles

# August 2017

M	T	W	T	F	S	S
	July 2017				1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 / 31	25	26	27	28	29	30

## August Goals


August 8, 1588  
England defeats the  
Spanish Armada

## August Tasks


Monday	Tuesday	Wednesday
	1	2
7	8	9
14	15	16
21	22	23
28	29	30
4	5	6

## Thoughts



# September 2017

M	T	W	T	F	S	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	August 2017		

September Goals

September 9, 1513  
Battle of Flodden, kill-  
ing most of Scotland's  
nobility, including King  
James IV

September Tasks

Monday	Tuesday	Wednesday
Listening Suggestion: From Tallis to Byrd from the Choir of Clare College, Cambridge		
4	5	6
11	12	13
18	19	20
25	26	27
2	3	4

Thoughts

M	T	W	T	F	S	S
October 2017						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 / 30	24 / 31	25	26	27	28	29

Talking much is a sign of vanity,  
for the one who is lavish with  
words is cheap in deeds.  
- Walter Raleigh

Thursday	Friday	Saturday	Sunday
	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	1
5	6	7	8

Doodles

# October 2017

M	T	W	T	F	S	S
		September 2017		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	

## October Goals


October 31, 1517  
Martin Luther  
nails the  
95 Theses on the  
Wittenberg church

## October Tasks


Monday	Tuesday	Wednesday
Listening Suggestion: Thomas Tallis: Latin and English motets and anthems from the Rudolfus Choir		
2	3	4
9	10	11
16	17	18
23	24	25
30	31	1

## Thoughts

M	T	W	T	F	S	S
November 2017		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			

It isn't that life ashore is  
distasteful to me. But life at  
sea is better.  
- Francis Drake

Thursday	Friday	Saturday	Sunday
			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29
2	3	4	5

Doodles

# November

# 2017

M	T	W	T	F	S	S
		October 2017				1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 / 30	24 / 31	25	26	27	28	29

November Goals

November 17, 1558  
Mary I dies and  
Elizabeth I ascends to the  
throne: two formidable  
female queens.

November Tasks

Monday	Tuesday	Wednesday
		1
6	7	8
13	14	15
20	21	22
27	28	29
4	5	6

Thoughts



M	T	W	T	F	S	S
	December 2017			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

Win hearts, and you have all  
men's hands and purses.  
- William Cecil

Thursday	Friday	Saturday	Sunday
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	1	2	3

Listening Suggestion: Joyne Hands: English Renaissance Music  
from the Musicians of Swanne Alley

Doodles

# December

# 2017

M	T	W	T	F	S	S
November 2017		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			

December Goals

December 31, 1558  
Elizabeth I orders the  
gospel, epistle, and litany  
to be read in English

December Tasks

Monday	Tuesday	Wednesday
Listening Suggestion: As it fell on a Holie Eve from Parenthia		
4	5	6
11	12	13
18	19	20
25	26	27
1	2	3

Thoughts

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M	T	W	T	F	S	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	January 2018			

Methinks love maketh men  
 like angels.  
 - Catherine Parr

Thursday	Friday	Saturday	Sunday
	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31
4	5	6	7

Doodles

December  
26

December  
27

December  
28

*Appointments*

*Appointments*

*Appointments*

*notes*

December  
29

December  
30

December  
31

## Appointments

## Appointments

## Appointments

# habit tracker

*m t w t f s s*

January  
1

## Appointments

*January 1, 1515: King Henry XII of France dies and Charles Brandon escorts Mary Tudor home*

January  
2

January  
3

January  
4

*Appointments*

*Appointments*

*Appointments*

*notes*

January  
5

Appointments

January  
6

Appointments

January  
7

Appointments

habit tracker	m	t	w	t	f	s	s
January 2, 1492: The city of Granada in Spain falls to Ferdinand and Isabella, parents of Katherine of Aragon							

January  
8

Appointments

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January  
9

January  
10

January  
11

*Appointments*

*Appointments*

*Appointments*

*notes*



January  
12

## Appointments

January  
13

## Appointments

[illegible]

January  
14

## Appointments

## habit tracker

*m t w t f s s*

[illegible]

January 11, 1569: First lottery was drawn at St. Paul's Cathedral to raise money for Elizabeth I's government

January  
15

## Appointments

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January  
16

January  
17

January  
18

*Appointments*

*Appointments*

*Appointments*

*notes*

January  
19

Appointments

January  
20

Appointments

January  
21

Appointments

habit tracker	m	t	w	t	f	s	s

January 23, 1516:  
Charles V becomes King of Spain

January  
22

Appointments

January  
23

January  
24

January  
25

*Appointments*

*Appointments*

*Appointments*

*notes*

January  
26

## Appointments

[illegible]

January  
27

## Appointments

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Insurance	
Medical History	
Allergies	
Current Medications	
Past Medical History	
Family History	
Social History	
Physical Examination	
Vital Signs	
Laboratory Tests	
Imaging Studies	
Diagnosis	
Treatment Plan	
Follow-up	

January  
28

## Appointments

[illegible]

# habit tracker

m t w t f s s

[illegible]

January 25, 1533: King Henry VIII marries his second wife, Anne Boleyn, in secret

January  
29

## Appointments

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January  
30

January  
31

February  
1

*Appointments*

*Appointments*

*Appointments*

*notes*

February  
2

## Appointments

February  
3

## Appointments

February  
4

## Appointments

The first two studies were conducted by researchers at the University of Michigan, who found that people who had been exposed to violence during childhood were more likely to experience mental health problems later in life. The third study was conducted by researchers at the University of California, Los Angeles, and found that people who had been exposed to violence during childhood were more likely to experience physical health problems later in life. These findings suggest that exposure to violence during childhood can have long-term effects on both mental and physical health.

## habit tracker

*m t w t f s s*

[illegible]

January 31, 1547:  
Henry VIII's death announced

February  
5

## Appointments

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February  
6

February  
7

February  
8

*Appointments*

*Appointments*

*Appointments*

*notes*



February  
9

## Appointments

February  
10

## Appointments

February  
11

## Appointments

[illegible]

habit tracker

m t w t f s s

[illegible]

February 7, 1478:  
Sir Thomas More born

February  
12

## Appointments

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February  
13

February  
14

February  
15

*Appointments*

*Appointments*

*Appointments*

*notes*

February  
16

## Appointments

[illegible]

February  
17

## Appointments

February  
18

## Appointments

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Insurance	
Physician Information	
Physician Name	
Physician Address	
Physician City	
Physician State	
Physician Zip	
Physician Phone	
Physician Insurance	
Referral Information	
Referral Number	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	
Referral History	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	
Referral Summary	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	

# habit tracker

*m t w t f s s*

[illegible]

February 13, 1542:  
Execution of Wife #5 Katherine Howard

February  
19

## Appointments

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February  
20

February  
21

February  
22

*Appointments*

*Appointments*

*Appointments*

*notes*

February  
23

## Appointments

February  
24

## Appointments

February  
25

## Appointments

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Insurance	
Physician Information	
Physician Name	
Physician Address	
Physician City	
Physician State	
Physician Zip	
Physician Phone	
Physician Insurance	
Referral Information	
Referral Number	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	
Referral History	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	
Referral Summary	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	

# habit tracker

*m t w t f s s*

[illegible]

February 25, 1570: Elizabeth I is excommunicated by the Pope

February  
26

## Appointments

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February  
27

February  
28

March  
1

*Appointments*

*Appointments*

*Appointments*

*notes*

March  
2

## Appointments

Date	Time	Location	Description

# March 3

## Appointments

[illegible]

March  
4

## Appointments

habit tracker

*m t w t f s s*

[illegible]

March 5, 1496: Henry VII enters the Exploration race commissioning the Cabots to explore the New World

March  
5

## Appointments

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March  
6

Appointments

March  
7

Appointments

March  
8

Appointments

notes

--



March  
9

## Appointments

[illegible]

March  
10

## Appointments

[illegible]

March  
11

## Appointments

habit tracker

*m t w t f s s*

[illegible]

March 9, 1566: David Rizzio, personal secretary to Mary Queen of Scots, is murdered in her presence

March  
12

## Appointments

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March  
13

Appointments

March  
14

Appointments

March  
15

Appointments

notes

--

March  
16

## Appointments

[illegible]

March  
17

## Appointments

[illegible]

March  
18

## Appointments

No.	Name	Age	Sex	Religion	Marital Status	Occupation
1	Abdullah	35	Male	Muslim	Married	Teacher
2	Ali	42	Male	Muslim	Married	Farmer
3	Ahmed	28	Male	Muslim	Single	Student
4	Ahmed	38	Male	Muslim	Married	Engineer
5	Ahmed	45	Male	Muslim	Married	Businessman
6	Ahmed	52	Male	Muslim	Married	Retired
7	Ahmed	58	Male	Muslim	Married	Retired
8	Ahmed	65	Male	Muslim	Married	Retired
9	Ahmed	72	Male	Muslim	Married	Retired
10	Ahmed	78	Male	Muslim	Married	Retired
11	Ahmed	85	Male	Muslim	Married	Retired
12	Ahmed	92	Male	Muslim	Married	Retired
13	Ahmed	98	Male	Muslim	Married	Retired
14	Ahmed	105	Male	Muslim	Married	Retired
15	Ahmed	112	Male	Muslim	Married	Retired
16	Ahmed	118	Male	Muslim	Married	Retired
17	Ahmed	125	Male	Muslim	Married	Retired
18	Ahmed	132	Male	Muslim	Married	Retired
19	Ahmed	138	Male	Muslim	Married	Retired
20	Ahmed	145	Male	Muslim	Married	Retired
21	Ahmed	152	Male	Muslim	Married	Retired
22	Ahmed	158	Male	Muslim	Married	Retired
23	Ahmed	165	Male	Muslim	Married	Retired
24	Ahmed	172	Male	Muslim	Married	Retired
25	Ahmed	178	Male	Muslim	Married	Retired
26	Ahmed	185	Male	Muslim	Married	Retired
27	Ahmed	192	Male	Muslim	Married	Retired
28	Ahmed	198	Male	Muslim	Married	Retired
29	Ahmed	205	Male	Muslim	Married	Retired
30	Ahmed	212	Male	Muslim	Married	Retired
31	Ahmed	218	Male	Muslim	Married	Retired
32	Ahmed	225	Male	Muslim	Married	Retired
33	Ahmed	232	Male	Muslim	Married	Retired
34	Ahmed	238	Male	Muslim	Married	Retired
35	Ahmed	245	Male	Muslim	Married	Retired
36	Ahmed	252	Male	Muslim	Married	Retired
37	Ahmed	258	Male	Muslim	Married	Retired
38	Ahmed	265	Male	Muslim	Married	Retired
39	Ahmed	272	Male	Muslim	Married	Retired
40	Ahmed	278	Male	Muslim	Married	Retired
41	Ahmed	285	Male	Muslim	Married	Retired
42	Ahmed	292	Male	Muslim	Married	Retired
43	Ahmed	298	Male	Muslim	Married	Retired
44	Ahmed	305	Male	Muslim	Married	Retired
45	Ahmed	312	Male	Muslim	Married	Retired
46	Ahmed	318	Male	Muslim	Married	Retired
47	Ahmed	325	Male	Muslim	Married	Retired
48	Ahmed	332	Male	Muslim	Married	Retired
49	Ahmed	338	Male	Muslim	Married	Retired
50	Ahmed	345	Male	Muslim	Married	Retired
51	Ahmed	352	Male	Muslim	Married	Retired
52	Ahmed	358	Male	Muslim	Married	Retired
53	Ahmed	365	Male	Muslim	Married	Retired
54	Ahmed	372	Male	Muslim	Married	Retired
55	Ahmed	378	Male	Muslim	Married	Retired
56	Ahmed	385	Male	Muslim	Married	Retired
57	Ahmed	392	Male	Muslim	Married	Retired
58	Ahmed	398	Male	Muslim	Married	Retired
59	Ahmed	405	Male	Muslim	Married	Retired
60	Ahmed	412	Male	Muslim	Married	Retired
61	Ahmed	418	Male	Muslim	Married	Retired
62	Ahmed	425	Male	Muslim	Married	Retired
63	Ahmed	432	Male	Muslim	Married	Retired
64	Ahmed	438	Male	Muslim	Married	Retired
65	Ahmed	445	Male	Muslim	Married	Retired
66	Ahmed	452	Male	Muslim	Married	Retired
67	Ahmed	458	Male	Muslim	Married	Retired
68	Ahmed	465	Male	Muslim	Married	Retired
69	Ahmed	472	Male	Muslim	Married	Retired
70	Ahmed	478	Male	Muslim	Married	Retired
71	Ahmed	485	Male	Muslim	Married	Retired
72	Ahmed	492	Male	Muslim	Married	Retired
73	Ahmed					

habit tracker

*m t w t f s s*

[illegible]

March 16, 1534: The Church of England officially separates from the authority of the Pope

March  
19

## Appointments

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March  
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Appointments

March  
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Appointments

March  
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Appointments

notes

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March  
23

## Appointments

[illegible]

March  
24

## Appointments

[illegible]

March  
25

## Appointments

No.	Name	Age	Sex	Religion	Occupation	Education	Marital Status	Family Size	Income	Assets	Debt	Health	Mental Health	Notes
1	John Doe	35	Male	Christian	Teacher	High School	Married	4	\$25,000	House, Car	\$10,000	Good	Stable	Initial Interview
2	Jane Smith	42	Female	Muslim	Homemaker	College	Married	5	\$18,000	House	\$5,000	Fair	Anxious	Follow-up Interview
3	Michael Brown	28	Male	Hindu	Software Engineer	University	Single	2	\$45,000	House, Car, Investments	\$20,000	Excellent	Stable	Group Interview
4	Sarah Lee	55	Female	Buddhist	Retired	High School	Married	3	\$12,000	House	\$3,000	Fair	Depressed	Individual Interview
5	David Kim	30	Male	Christian	Business Owner	College	Married	4	\$35,000	House, Car, Business	\$15,000	Good	Stable	Group Interview
6	Emily White	22	Female	Muslim	Student	University	Single	2	\$5,000	House	\$1,000	Good	Stable	Initial Interview
7	Robert Green	60	Male	Hindu	Farmer	High School	Married	6	\$8,000	House, Land	\$2,000	Fair	Anxious	Follow-up Interview
8	Lisa Black	38	Female	Buddhist	Teacher	College	Married	3	\$22,000	House, Car	\$8,000	Good	Stable	Group Interview
9	James Taylor	45	Male	Christian	Construction Worker	High School	Married	4	\$15,000	House, Car	\$4,000	Fair	Stable	Individual Interview
10	Alice Johnson	50	Female	Muslim	Homemaker	College	Married	5	\$10,000	House	\$2,000	Fair	Anxious	Follow-up Interview
11	Kevin Davis	32	Male	Hindu	Software Engineer	University	Single	2	\$40,000	House, Car, Investments	\$18,000	Excellent	Stable	Group Interview
12	Michelle Wilson	48	Female	Buddhist	Retired	High School	Married	3	\$10,000	House	\$2,000	Fair	Depressed	Individual Interview
13	Christopher Moore	25	Male	Christian	Business Owner	College	Married	4	\$30,000	House, Car, Business	\$12,000	Good	Stable	Group Interview
14	Stephanie Hall	20	Female	Muslim	Student	University	Single	2	\$3,000	House	\$500	Good	Stable	Initial Interview
15	Daniel King	58	Male	Hindu	Farmer	High School	Married	6	\$7,000	House, Land	\$1,500	Fair	Anxious	Follow-up Interview
16	Rebecca Scott	36	Female	Buddhist	Teacher	College	Married	3	\$20,000	House, Car	\$7,000	Good	Stable	Group Interview
17	Gregory Adams	44	Male	Christian	Construction Worker	High School	Married	4	\$14,000	House, Car	\$3,500	Fair	Stable	Individual Interview
18	Christina Baker	52	Female	Muslim	Homemaker	College	Married	5	\$9,000	House	\$1,800	Fair	Anxious	Follow-up Interview
19	Benjamin Clark	27	Male	Hindu	Software Engineer	University	Single	2	\$38,000	House, Car, Investments	\$17,000	Excellent	Stable	Group Interview
20	Victoria Lewis	47	Female	Buddhist	Retired	High School	Married	3	\$9,000	House	\$1,800	Fair	Depressed	Individual Interview

## habit tracker

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[illegible]

March 24, 1603: Elizabeth I dies, possibly of lead poisoning from her makeup

March  
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## Appointments

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# Appointments

# Appointments

# Appointments

March 30, 1533: Thomas Cranmer is appointed Archbishop of Canterbury

# Appointments

April  
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*Appointments*

*Appointments*

*Appointments*

*notes*



April  
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Appointments

April  
7

Appointments

April  
8

Appointments

habit tracker	m	t	w	t	f	s	s
April 4, 1581: Francis Drake knighted for sailing around the world							

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Appointments

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April  
12

Appointments

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# Appointments

# Appointments

# Appointments

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April 12, 1533: Thomas Cromwell becomes Chancellor of the Exchequer

# Appointments

April  
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Appointments

April  
18

Appointments

April  
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Appointments

notes

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# Appointments

# Appointments

# Appointments

April 23, 1564:  
William Shakespeare is born (and died in 1616)

# Appointments

April  
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April  
25

April  
26

*Appointments*

*Appointments*

*Appointments*

*notes*

## Appointments

[illegible]

## Appointments

## Appointments

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Insurance	
Physician Information	
Physician Name	
Physician Address	
Physician City	
Physician State	
Physician Zip	
Physician Phone	
Physician Insurance	
Referral Information	
Referral Number	
Referral Date	
Referral Type	
Referral Reason	
Referral Physician	
Referral Facility	
Referral Status	
Referral Notes	

m	t	w	t	f	s	s
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[illegible]

April 24, 1546: Henry VIII charts the English Navy; he loved building ships!

## Appointments

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May  
1

Appointments

May  
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## Appointments

[illegible]

## Appointments

## Appointments

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Insurance	
Physician Information	
Physician Name	
Physician Address	
Physician City	
Physician State	
Physician Zip	
Physician Phone	
Physician Insurance	
Referral Information	
Referral Number	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	
Referral History	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	
Referral Summary	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	

*m t w t f s s*

[illegible]

May 2, 1536: Anne Boleyn and George Boleyn are both arrested

## Appointments

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## Appointments

## Appointments

## Appointments

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Insurance	
Physician Information	
Physician Name	
Physician Address	
Physician City	
Physician State	
Physician Zip	
Physician Phone	
Physician Insurance	
Referral Information	
Referral Number	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	
Referral History	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	
Referral Summary	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	

*m t w t f s s*

[illegible]

May 13, 1515: Princess Mary Tudor  
marries Charles Brandon

## Appointments

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## Appointments

[illegible]

## Appointments

[illegible]

## Appointments

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Age	
Gender	
Marital Status	
Occupation	
Referral Source	
Medical History	
Presenting Complaint	
Past Medical History	
Past Surgical History	
Allergies	
Social History	
Family History	
Review of Systems	
Physical Examination	
Vital Signs	
Laboratory Tests	
Imaging Studies	
Diagnosis	
Treatment Plan	
Follow-up	

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[illegible]

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May  
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May  
23

May  
24

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May  
25

## Appointments

May  
26

## Appointments

May  
27

## Appointments

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Insurance	
Physician Information	
Physician Name	
Physician Address	
Physician City	
Physician State	
Physician Zip	
Physician Phone	
Physician Insurance	
Referral Information	
Referral Number	
Referral Date	
Referral Type	
Referral Reason	
Referral Status	
Referral Notes	
Referral History	
Referral Date	
Referral Type	
Referral Reason	
Referral Status	
Referral Notes	
Referral Summary	
Referral Date	
Referral Type	
Referral Reason	
Referral Status	
Referral Notes	

## habit tracker

*m t w t f s s*

[illegible]

May 25, 1551: A huge earthquake hits London; events like this were often seen as omens

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## Appointments

[illegible]

## Appointments

## Appointments

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Insurance	
Physician Information	
Physician Name	
Physician Address	
Physician City	
Physician State	
Physician Zip	
Physician Phone	
Physician Insurance	
Referral Information	
Referral Number	
Referral Date	
Referral Type	
Referral Reason	
Referral Status	
Referral Notes	
Referral History	
Referral Date	
Referral Type	
Referral Reason	
Referral Status	
Referral Notes	
Referral Summary	
Referral Date	
Referral Type	
Referral Reason	
Referral Status	
Referral Notes	

*m t w t f s s*

[illegible]

June 1, 1533:  
Anne Boleyn is crowned Queen in London

## Appointments

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June  
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Appointments

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Appointments

June  
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Appointments

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## Appointments

[illegible]

## Appointments

Patient Information	
Full Name	
Date of Birth	
Gender	
Address	
City	
State	
Zip	
Phone	
Insurance	
Medical History	
Allergies	
Current Medications	
Past Medical History	
Family History	
Social History	
Physical Examination	
Vital Signs	
Laboratory Tests	
Imaging Studies	
Diagnosis	
Treatment Plan	
Follow-up	

## Appointments

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Insurance	
Date of Birth	
Sex	
Race	
Religion	
Marital Status	
Occupation	
Education	
Social Security Number	
Medical History	
Allergies	
Current Medications	
Family History	
Previous Surgeries	
Mental Health History	
Substance Use History	
Smoking Status	
Alcohol Consumption	
Dietary Restrictions	
Exercise Routine	
Stress Management	
Sleep Patterns	
Mental Health Support	
Social Support System	
Financial Status	
Legal Status	
Other Relevant Information	

m t w t f s s

[illegible]

June 7, 1520:  
Field of Cloth of Gold

## Appointments

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## Appointments

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Insurance	
Physician Information	
Physician Name	
Physician Address	
Physician City	
Physician State	
Physician Zip	
Physician Phone	
Physician Insurance	
Referral Information	
Referral Number	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	
Referral History	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	
Referral Summary	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	

## Appointments

*m t w t f s s*

[illegible]

June 12, 1553: Knowing he is dying, Edward VI names Lady Jane Grey his heir to prevent his Catholic sister Mary from inheriting

## Appointments

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June  
20

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## Appointments

[illegible]

## Appointments

Patient Information	
Full Name	
Date of Birth	
Gender	
Address	
City	
State	
Zip	
Phone	
Insurance	
Medical History	
Allergies	
Current Medications	
Past Medical History	
Family History	
Social History	
Physical Examination	
Vital Signs	
Laboratory Tests	
Imaging Studies	
Diagnosis	
Treatment Plan	
Follow-up	

## Appointments

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Insurance	
Date of Birth	
Sex	
Race	
Religion	
Marital Status	
Occupation	
Education	
Social Security Number	
Medical History	
Allergies	
Current Medications	
Family History	
Previous Surgeries	
Mental Health History	
Substance Use History	
Smoking Status	
Alcohol Consumption	
Dietary Restrictions	
Exercise Routine	
Stress Management	
Sleep Patterns	
Mental Health Support	
Social Support System	
Financial Status	
Legal Status	
Other Relevant Information	

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[illegible]

June 23, 1553: English ships set out in search of a Northeast Passage; instead they would find a sea route to Moscow

## Appointments

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June  
27

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## Appointments

[illegible]

## Appointments

[illegible]

## Appointments

Date	Time	Location	Weather	Temperature	Humidity	Wind Speed	Wind Direction	Cloud Cover	Visibility	Air Quality	Soil Moisture	Soil Temperature	Plant Growth	Insect Activity	Bird Activity	Mammal Activity	Reptile Activity	Amphibian Activity	Fungal Activity	Microbial Activity	Plant Health	Soil Health	Water Quality	Water Level	Water Temperature	Water pH	Water Conductivity	Water Turbidity	Water Dissolved Oxygen	Water Nitrogen	Water Phosphorus	Water Sulfate	Water Chloride	Water Calcium	Water Magnesium	Water Potassium	Water Sodium	Water Iron	Water Zinc	Water Copper	Water Manganese	Water Selenium	Water Boron	Water Fluoride	Water Iodine	Water Bromine	Water Cadmium	Water Lead	Water Mercury	Water Arsenic	Water Chromium	Water Nickel	Water Cobalt	Water Molybdenum	Water Vanadium	Water Barium	Water Strontium	Water Zirconium	Water Niobium	Water Tantalum	Water Tin	Water Antimony	Water Tellurium	Water Selenium	Water Molybdenum	Water Vanadium	Water Barium	Water Strontium	Water Zirconium	Water Niobium	Water Tantalum	Water Tin	Water Antimony	Water Tellurium	Water Selenium	Water Molybdenum	Water Vanadium	Water Barium	Water Strontium	Water Zirconium	Water Niobium	Water Tantalum	Water Tin	Water Antimony	Water Tellurium	Water Selenium	Water Molybdenum	Water Vanadium	Water Barium	Water Strontium	Water Zirconium	Water Niobium	Water Tantalum	Water Tin	Water Antimony	Water Tellurium	Water Selenium	Water Molybdenum	Water Vanadium	Water Barium	Water Strontium	Water Zirconium	Water Niobium	Water Tantalum	Water Tin	Water Antimony	Water Tellurium	Water Selenium	Water Molybdenum	Water Vanadium	Water Barium	Water Strontium	Water Zirconium	Water Niobium	Water Tantalum	Water Tin	Water Antimony	Water Tellurium	Water Selenium	Water Molybdenum	Water Vanadium	Water Barium	Water Strontium	Water Zirconium	Water Niobium	Water Tantalum	Water Tin	Water Antimony	Water Tellurium	Water Selenium	Water Molybdenum	Water Vanadium	Water Barium	Water Strontium	Water Zirconium	Water Niobium
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*m t w t f s s*

[illegible]

June 28, 1491:  
Henry VIII is born

July  
2

## Appointments

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July  
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July  
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July  
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*Appointments*

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## Appointments

## Appointments

## Appointments

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Insurance	
Physician Information	
Physician Name	
Physician Address	
Physician City	
Physician State	
Physician Zip	
Physician Phone	
Physician Insurance	
Referral Information	
Referral Number	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	
Referral History	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	
Referral Summary	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	

m t w t f s s

[illegible]

July 6, 1553:  
Edward VI dies, age 15

## Appointments

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*Appointments*

*Appointments*

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## Appointments

[illegible]

## Appointments

[illegible]

## Appointments

No.	Name	Age	Sex	Religion	Marital Status	Occupation
1	Abdullah	35	Male	Muslim	Married	Teacher
2	Ahmed	42	Male	Muslim	Single	Engineer
3	Ahmed	38	Male	Muslim	Married	Doctor
4	Ahmed	45	Male	Muslim	Married	Engineer
5	Ahmed	32	Male	Muslim	Single	Teacher
6	Ahmed	40	Male	Muslim	Married	Engineer
7	Ahmed	30	Male	Muslim	Single	Teacher
8	Ahmed	48	Male	Muslim	Married	Engineer
9	Ahmed	35	Male	Muslim	Single	Teacher
10	Ahmed	40	Male	Muslim	Married	Engineer
11	Ahmed	33	Male	Muslim	Single	Teacher
12	Ahmed	45	Male	Muslim	Married	Engineer
13	Ahmed	37	Male	Muslim	Single	Teacher
14	Ahmed	42	Male	Muslim	Married	Engineer
15	Ahmed	31	Male	Muslim	Single	Teacher
16	Ahmed	47	Male	Muslim	Married	Engineer
17	Ahmed	34	Male	Muslim	Single	Teacher
18	Ahmed	41	Male	Muslim	Married	Engineer
19	Ahmed	36	Male	Muslim	Single	Teacher
20	Ahmed	43	Male	Muslim	Married	Engineer
21	Ahmed	39	Male	Muslim	Single	Teacher
22	Ahmed	44	Male	Muslim	Married	Engineer
23	Ahmed	32	Male	Muslim	Single	Teacher
24	Ahmed	46	Male	Muslim	Married	Engineer
25	Ahmed	37	Male	Muslim	Single	Teacher
26	Ahmed	42	Male	Muslim	Married	Engineer
27	Ahmed	31	Male	Muslim	Single	Teacher
28	Ahmed	47	Male	Muslim	Married	Engineer
29	Ahmed	34	Male	Muslim	Single	Teacher
30	Ahmed	41	Male	Muslim	Married	Engineer
31	Ahmed	36	Male	Muslim	Single	Teacher
32	Ahmed	43	Male	Muslim	Married	Engineer
33	Ahmed	39	Male	Muslim	Single	Teacher
34	Ahmed	44	Male	Muslim	Married	Engineer
35	Ahmed	32	Male	Muslim	Single	Teacher
36	Ahmed	46	Male	Muslim	Married	Engineer
37	Ahmed	37	Male	Muslim	Single	Teacher
38	Ahmed	42	Male	Muslim	Married	Engineer
39	Ahmed	31	Male	Muslim	Single	Teacher
40	Ahmed	47	Male	Muslim	Married	Engineer
41	Ahmed	34	Male	Muslim	Single	Teacher
42	Ahmed	41	Male	Muslim	Married	Engineer
43	Ahmed	36	Male	Muslim	Single	Teacher
44	Ahmed	43	Male	Muslim	Married	Engineer
45	Ahmed	39	Male	Muslim	Single	Teacher
46	Ahmed	44	Male	Muslim	Married	Engineer
47	Ahmed	32	Male	Muslim	Single	Teacher
48	Ahmed	46	Male	Muslim	Married	Engineer
49	Ahmed	37	Male	Muslim	Single	Teacher
50	Ahmed	42	Male	Muslim	Married	Engineer
51	Ahmed	31	Male	Muslim	Single	Teacher
52	Ahmed	47	Male	Muslim	Married	Engineer
53	Ahmed	34	Male	Muslim	Single	Teacher
54	Ahmed	41	Male	Muslim	Married	Engineer
55	Ahmed	36	Male	Muslim	Single	Teacher
56	Ahmed	43	Male	Muslim	Married	Engineer
57	Ahmed	39	Male	Muslim	Single	Teacher
58	Ahmed	44	Male	Muslim	Married	Engineer
59	Ahmed	32	Male	Muslim	Single	Teacher
60	Ahmed	46	Male	Muslim	Married	Engineer
61	Ahmed	37	Male	Muslim	Single	Teacher
62	Ahmed	42	Male	Muslim	Married	Engineer
63	Ahmed	31	Male	Muslim	Single	Teacher
64	Ahmed	47	Male	Muslim	Married	Engineer
65	Ahmed	34	Male	Muslim	Single	Teacher
66	Ahmed	41	Male	Muslim	Married	Engineer
67	Ahmed	36	Male	Muslim	Single	Teacher
68	Ahmed	43	Male	Muslim	Married	Engineer
69	Ahmed	39	Male	Muslim	Single	Teacher
70	Ahmed	44	Male	Muslim	Married	Engineer
71	Ahmed	32	Male	Muslim	Single	Teacher
72	Ahmed	46	Male	Muslim	Married	Engineer
73	Ahmed	37	Male	Muslim	Single	Teacher
74	Ahmed	42	Male	Muslim	Married	Engineer
75	Ahmed	31	Male	Muslim	Single</	

*m t w t f s s*

[illegible]

*July 16, 1546: Anne Askew is burned at the stake, one of the last martyrs of Henry VIII's reign*

## Appointments

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July  
17

July  
18

July  
19

*Appointments*

*Appointments*

*Appointments*

*notes*

## Appointments

[illegible]

## Appointments

## Appointments

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Insurance	
Physician Information	
Physician Name	
Physician Address	
Physician City	
Physician State	
Physician Zip	
Physician Phone	
Physician Insurance	
Referral Information	
Referral Number	
Referral Date	
Referral Type	
Referral Reason	
Referral Physician	
Referral Facility	
Referral Status	
Referral Notes	

*m t w t f s s*

[illegible]

July 19, 1545: The English Navy fights the French Navy off the Isle of Wight: The Mary Rose sinks

## Appointments

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July  
24

July  
25

July  
26

*Appointments*

*Appointments*

*Appointments*

*notes*



## Appointments

[illegible]

## Appointments

## Appointments

1	2	3	4	5	6	7	8	9	10	11

*m t w t f s s*

[illegible]

July 28 1540: Thomas Cromwell is executed while Henry marries Katherine Howard

## Appointments

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August  
2

## Appointments

notes

August  
3

Appointments

August  
4

Appointments

August  
5

Appointments

habit tracker	m	t	w	t	f	s	s

August 3, 1553: Queen Mary triumphs over Lady Jane Grey's rebellion and enters London

August  
6

Appointments

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August  
7

Appointments

August  
8

Appointments

August  
9

Appointments

notes

--

August  
10

## Appointments

[illegible]

August  
11

## Appointments

August  
12

## Appointments

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Insurance	
Physician Information	
Physician Name	
Physician Address	
Physician City	
Physician State	
Physician Zip	
Physician Phone	
Physician Insurance	
Referral Information	
Referral Number	
Referral Date	
Referral Type	
Referral Reason	
Referral Physician	
Referral Facility	
Referral Status	
Referral Notes	

# habit tracker

*m t w t f s s*

[illegible]

*August 8, 1503: Princess Margaret Tudor marries the Scottish King James IV; the Stuart line descends from her*

August  
13

## Appointments

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August  
14

Appointments

August  
15

Appointments

August  
16

Appointments

notes

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August  
17

Appointments

August  
18

Appointments

August  
19

Appointments

habit tracker	m	t	w	t	f	s	s

August 16, 1531: Thomas Bilney was burned for distributing Tyndale's English Bible

August  
20

Appointments

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August  
21

Appointments

August  
22

Appointments

August  
23

Appointments

notes

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August  
24

Appointments

August  
25

Appointments

August  
26

Appointments

habit tracker	m	t	w	t	f	s	s

August 24, 1572: St. Bartholemew's Day  
Massacre killing Protestants in Paris

August  
27

Appointments

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August  
28

Appointments

August  
29

Appointments

August  
30

Appointments

notes

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August  
31

Appointments

September  
1

Appointments

September  
2

Appointments

habit tracker	m	t	w	t	f	s	s
September 1, 1532: Anne Boleyn is made the Marquess of Pembroke							

September  
3

Appointments

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September  
4

Appointments

September  
5

Appointments

September  
6

Appointments

notes

--

September  
7

## Appointments

September  
8

## Appointments

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Insurance	
Physician Information	
Physician Name	
Physician Address	
Physician City	
Physician State	
Physician Zip	
Physician Phone	
Physician Insurance	
Referral Information	
Referral Number	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	
Referral History	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	
Referral Summary	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	

September 9

## Appointments

# habit tracker

*m t w t f s s*

[illegible]

September 7, 1533: Princess Elizabeth Tudor  
is born to Anne Boleyn

September  
10

## Appointments

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September  
11

Appointments

September  
12

Appointments

September  
13

Appointments

notes

September  
14

## Appointments

September  
15

## Appointments

September  
16

## Appointments

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Insurance	
Physician Information	
Physician Name	
Physician Address	
Physician City	
Physician State	
Physician Zip	
Physician Phone	
Physician Insurance	
Referral Information	
Referral Number	
Referral Date	
Referral Type	
Referral Reason	
Referral Physician	
Referral Facility	
Referral Status	
Referral Notes	

# habit tracker

*m t w t f s s*

[illegible]

September 16, 1541: Henry VIII arrives in York to meet with James V, but the meeting never happens

September  
17

## Appointments

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September  
18

Appointments

September  
19

Appointments

September  
20

Appointments

notes

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September  
21

## Appointments

September  
22

## Appointments

No.	Name	Age	Sex	Religion	Caste	Occupation	Remarks
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	...	...	...	...	...	...	...
32	...	...	...	...	...	...	...
33	...	...	...	...	...	...	...
34	...	...	...	...	...	...	...
35	...	...	...	...	...	...	...
36	...	...	...	...	...	...	...
37	...	...	...	...	...	...	...
38	...	...	...	...	...	...	...
39	...	...	...	...	...	...	...
40	...	...	...	...	...	...	...
41	...	...	...	...	...	...	...
42	...	...	...	...	...	...	...
43	...	...	...	...	...	...	...
44	...	...	...	...	...	...	...
45	...	...	...	...	...	...	...
46	...	...	...	...	...	...	...
47	...	...	...	...	...	...	...
48	...	...	...	...	...	...	...
49	...	...	...	...	...	...	...
50	...	...	...	...	...	...	...
51	...	...	...	...	...	...	...
52	...	...	...	...	...	...	...
53	...	...	...	...	...	...	...
54	...	...	...	...	...	...	...
55	...	...	...	...	...	...	...
56	...	...	...	...	...	...	...
57	...	...	...	...	...	...	...
58	...	...	...	...	...	...	...
59	...	...	...	...	...	...	...
60	...	...	...	...	...	...	...
61	...	...	...	...	...	...	...
62	...	...	...	...	...	...	...
63	...	...	...	...	...	...	...
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65	...	...	...	...	...	...	...
66	...	...	...	...	...	...	...
67	...	...	...	...	...	...	...
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69	...	...	...	...	...	...	...
70	...	...	...	...	...	...	...
71	...	...	...	...	...	...	...
72	...	...	...	...	...	...	...
73	...	...	...	...	...	...	...
74	...	...	...	...	...	...	...
75	...	...	...	...	...	...	...
76	...	...	...	...	...	...	...
77	...	...	...	...	...	...	...
78	...	...	...	...	...	...	...
79	...	...	...	...	...	...	...
80	...	...	...	...	...	...	...
81	...	...	...				

September  
23

## Appointments

## habit tracker

*m t w t f s s*

[illegible]

September 20, 1486: Arthur Tudor, the first son of Henry VII and Elizabeth of York, is born

September  
24

## Appointments

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September  
25

Appointments

September  
26

Appointments

September  
27

Appointments

notes

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September  
28

September  
29

September  
30

## Appointments

## Appointments

## Appointments

# habit tracker

m t w t f s s

October  
1

## Appointments

October 1, 1553: *Queen Mary I, daughter of Henry VIII and Katherine of Aragon, is crowned*

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October  
2

October  
3

October  
4

*Appointments*

*Appointments*

*Appointments*

*notes*

October  
5

Appointments

October  
6

Appointments

October  
7

Appointments

habit tracker	m	t	w	t	f	s	s

October 5, 1553: Queen Mary I's first parliament declares her birth, and her parents' marriage, legitimate

October  
8

Appointments

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October  
9

October  
10

October  
11

*Appointments*

*Appointments*

*Appointments*

*notes*

October  
12

Appointments

October  
13

Appointments

October  
14

Appointments

habit tracker	m	t	w	t	f	s	s

October 9, 1536: The Pilgrimage of Grace begins as a revolt against changes in the Church

October  
15

Appointments

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October  
16

October  
17

October  
18

*Appointments*

*Appointments*

*Appointments*

*notes*



October  
19

Appointments

October  
20

Appointments

October  
21

Appointments

habit tracker	m	t	w	t	f	s	s
October 16, 1555: Hugh Latimer, a leading Protestant reformer, burned under Mary Tudor							

October  
22

Appointments

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October  
23

October  
24

October  
25

*Appointments*

*Appointments*

*Appointments*

*notes*

October  
26

## Appointments

[illegible]

October  
27

## Appointments

October  
28

## Appointments

[illegible]

# habit tracker

*m t w t f s s*

[illegible]

October 24, 1537: Jane Seymore dies after complications from giving birth to Edward, Henry's longed-for son

October  
29

## Appointments

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October  
30

October  
31

November  
1

*Appointments*

*Appointments*

*Appointments*

*notes*

November  
2

Appointments

November  
3

Appointments

November  
4

Appointments

habit tracker	m	t	w	t	f	s	s

October 30, 1485: King Henry VII crowned King of England after defeating Richard III at Bosworth

November  
5

Appointments

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November  
6

November  
7

November  
8

*Appointments*

*Appointments*

*Appointments*

*notes*

November  
9

Appointments

November  
10

Appointments

November  
11

Appointments

habit tracker	m	t	w	t	f	s	s
November 9, 1569: Revolt of the Northern Earls, an uprising of Catholics, begins to replace Elizabeth with Mary Queen of Scots							

November  
12

Appointments

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November  
13

November  
14

November  
15

*Appointments*

*Appointments*

*Appointments*

*notes*



November  
16

Appointments

November  
17

Appointments

November  
18

Appointments

habit tracker	m	t	w	t	f	s	s
November 14, 1501: Prince Arthur Tudor marries Katherine of Aragon							

November  
19

Appointments

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November  
20

November  
21

November  
22

*Appointments*

*Appointments*

*Appointments*

*notes*

November  
23

Appointments

November  
24

Appointments

November  
25

Appointments

habit tracker	m	t	w	t	f	s	s
November 20, 1543: Famous Tudor portrait artist Hans Holbein dies from plague							

November  
26

Appointments

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November  
27

November  
28

November  
29

*Appointments*

*Appointments*

*Appointments*

*notes*

November  
30

Appointments

December  
1

Appointments

December  
2

Appointments

habit tracker	m	t	w	t	f	s	s
November 30, 1554: St. Andrew's Day; England reconciled to the Catholic Church under Mary I							

December  
3

Appointments

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## December

4

December

5

December

6

## Appointments

## Appointments

## Appointments

*notes*

December  
7

## Appointments

[illegible]

December  
8

## Appointments

	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	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480	481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	521
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December  
9

## Appointments

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Insurance	
Physician Information	
Physician Name	
Physician Address	
Physician City	
Physician State	
Physician Zip	
Physician Phone	
Physician Insurance	
Referral Information	
Referral Number	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	
Referral History	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	
Referral Summary	
Referral Date	
Referral Type	
Referral Source	
Referral Reason	
Referral Status	
Referral Notes	

# habit tracker

*m t w t f s s*

[illegible]

December 8, 1542: Mary Queen of Scots, future rival to Elizabeth, is born; she was crowned Queen of Scotland at six days old when her father died

December  
10

## Appointments

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December  
11

December  
12

December  
13

## Appointments

## Appointments

## Appointments

notes



December  
14

## Appointments

[illegible]

December  
15

## Appointments

[illegible]

December  
16

## Appointments

Patient Information	
First Name	
Last Name	
Address	
City	
State	
Zip	
Phone	
Insurance	
Physician Information	
Physician Name	
Physician Address	
Physician City	
Physician State	
Physician Zip	
Physician Phone	
Physician Insurance	
Referral Information	
Referral Number	
Referral Date	
Referral Type	
Referral Reason	
Referral Physician	
Referral Facility	
Referral Status	
Referral Notes	

# habit tracker

*m t w t f s s*

[illegible]

*December 16, 1485:*

Katherine of Aragon is born to Ferdinand and Isabella

December  
17

## Appointments

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December  
18

December  
19

December  
20

*Appointments*

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*Appointments*

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*Appointments*

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*notes*

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December  
21

## Appointments

[illegible]

December  
22

## Appointments

[illegible]

December  
23

## Appointments

[illegible]

# habit tracker

*m t w t f s s*

[illegible]

December 23, 1546: Henry VIII gives his last speech to Parliament

December  
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## Appointments

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## Appointments

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## Appointments

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December  
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## Appointments

December 27, 1539: Anne of Cleves arrives at Deal to marry Henry VIII

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# About

Heather Teysko created the Renaissance English History Podcast in 2009 to share and celebrate her love of 16th Century England. Episodes come out twice monthly, and you can subscribe on iTunes, any podcasting service, or listen online at  
<http://www.englandcast.com>

She is also the author of the novel *Sideways and Backwards, a Novel of Time Travel and Self Discovery*. Order on Amazon, iBooks, or find links at  
<http://www.sidewaysandbackwardsbook.com>

She leads several tours each year to England that focus on history and music.  
Learn more at <http://www.englandcast.com/tours>

You can also travel with her virtually through virtual audio tours of various English cities; visit England from the comfort of your home.

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