



[illegible]

Calcium	Calcium with D3	Multivitamin	Nothing			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 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 1	2	3	4	5