2 Si 3 O 4 Re 5 Fi 6 Ir 7 Si 8 Ju 9 M 10 Ci 11 Ti	the increase ays the days begins with femperance Silence. Specorder. Let all Resolution. If rugality. Mandustry. Lo Sincerity. Us ustice. Wro Moderation. Cleanliness.	egin in the onto Thirteen \ of the week accountability. Eat not to ak not but will your thing. Resolve to pake no expense no time; e no hurtfuling none by Avoid extre	der presented of virtues because and the virtues by and tracking. dullness; drin what may beness have their perform what mase but to do be always em I deceit; think doing injuries mes; forbear	k not to ele efit others o laces; let ea you ought; good to oth ploy'd in so innocently o, or omittin	or own. You wan could now be and use the avation. or yourself; and part of yourself or yourself; and part of yourself, and justly, and justly, and the benef	will practice that the conducted for a honor system avoid trifling your business shout fail what self; i.e., was eful; cut off a and, if you spits that are your self are your spits that are your self.	conversation s have its time ty you resolve te nothing. Ill unnecessa peak, speak a	ne first week. the course of a space that yo n. ne. e. ary actions.	year.	veered from	intent of the v	rirtue for that day.						
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7 Si 8 Ju 9 M 10 Cl 11 Ti	Sincerity. Us ustice. Wro Moderation. Cleanliness.	e no hurtful ng none by Avoid extre	l deceit; think doing injuries mes; forbear	innocently , or omittin	and justly, g the benef	and, if you sp its that are yo	eak, speak a	-										
8 Ju 9 M 10 Cl 11 Ti	ustice. Wro loderation. leanliness.	ng none by Avoid extre	doing injuries mes; forbear	, or omittin	g the benef	its that are yo		accordingly.										
9 M 10 Cl 11 Ti	doderation. Deanliness.	Avoid extre	mes; forbear	•	•	•	our duty.											
10 Cl	leanliness.		•	resenting ir	niuries so	Justice. Wrong none by doing injuries, or omitting the benefits that are your duty.												
11 Tı		Tolerate no	uncleanlines	Moderation. Avoid extremes; forbear resenting injuries so much as you think they deserve.														
	ranquillity	Cleanliness. Tolerate no uncleanliness in body, cloaths, or habitation.																
12 C	Tranquillity. Be not disturbed at trifles, or at accidents common or unavoidable. Chastity. Rarely use venery but for health or offspring, never to dullness, weakness, or the injury of your own or another's peace or reputation.																	
0	hastity. Ra	rely use ven	ery but for he	ealth or offs	pring, neve	r to dullness,	weakness, c	or the injury	of your own	or another	's peace or re	eputation.						
13 H	Humility. Imitate Jesus and Socrates.																	
	1onday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday											
Temperance																		
Silence																		
Order																		
Resolution																		
Frugality																		
Industry							+	_										
Sincerity							+											
Justice							+											
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Cleanliness							+											
Tranquility							+											
Chastity							+	_										
Humility																		
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