Weeks 1 - 26	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
Weekly																										
Anti-Virus Updates																										
Clear Internet Files																										
Disk Cleanup																										
Spybot Search & Destroy																										
Adaware																										
Microsoft Updates																										
Physical Cleaning																										
Monthly																										
Scan Disk																										
Defragmentation																										
Backup																										

Weeks 27 - 52	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
Weekly																										
Anti-Virus Updates																										
Clear Internet Files																										
Disk Cleanup																										
Spybot Search & Destroy																										
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