

Clinic Day Book 2028



Plain Lab

This book

Clinic Day Book 2028

FORMAT	148 x 210 mm	RULING	lined
PAGES	400	BINDING	20-page signatures

IF FOUND, PLEASE RETURN TO

NAME _____

PHONE _____

EMAIL _____

ADDRESS _____

REWARD OFFERED _____

IN AN EMERGENCY, CONTACT

NAME _____

RELATIONSHIP _____

PHONE _____

SECOND CONTACT _____

THEIR PHONE _____

THIS BOOK COVERS

FROM _____

TO _____

VOLUME _____

NOTES FOR A FINDER

My details

WHO I AM

NAME _____

DATE OF BIRTH _____

HOME ADDRESS _____ LANGUAGES I SPEAK _____

MEDICAL, FOR WHOEVER FINDS ME

BLOOD TYPE _____ MEDICATION AND DOSE _____

ALLERGIES _____ ORGAN DONOR _____

CONDITIONS _____ LAST TETANUS _____

WHO TO CALL

NEXT OF KIN _____ NEXT OF KIN ABROAD _____

THEIR PHONE _____ THEIR PHONE _____

DOCTOR _____ DOCTOR PHONE _____

PAPERS AND COVER

PASSPORT NO. _____ EMBASSY _____

EXPIRES _____ STAYING AT _____

INSURER _____ POLICY NO. _____

IF MY THINGS ARE LOST OR STOLEN

BANK TO CALL _____ PHONE IMEI _____

CARD ENDING _____ VEHICLE OR PLATE _____

ANYTHING ELSE THEY SHOULD KNOW

Emergency

INDONESIA

112

NATIONAL EMERGENCY LINE

IF YOU CANNOT SPEAK THE LANGUAGE, SAY THESE IN ORDER

1. Where you are. Street, town, any sign you can see.

2. What happened.

3. How many people are hurt.

4. Stay on the line. Do not hang up first.

Australia	000 106 112	Bangladesh	999
Brazil	188 190 192 193	Brunei	991 993 995
Cambodia	117 118 119	Canada	911
Colombia	123	Czech Republic	112 150 155 156
Denmark	112	Egypt	122 123 180
France	112 114 15 17	Germany	110 112
Greece	100 112 166 199	Hong Kong	999
Italy	112 113 115 118	Japan	110 118 119
Kenya	112 999	Laos	190 191 195
Malaysia	999	Mexico	911
Morocco	112 15 177 19	Myanmar	191 192 199
Nepal	100 101 102	New Zealand	111
Norway	110 112 113	Pakistan	1122 15 16
People's Republic of China	110 119 120	Qatar	112 999
Singapore	995 999	South Africa	112
Spain	061 091 112	Sri Lanka	110 119
Sweden	112	Switzerland	112 117 118 140
Thailand	1669 191 199	Timor-Leste	112
United Kingdom	112 999	United States	911
Vietnam	113 114 115		

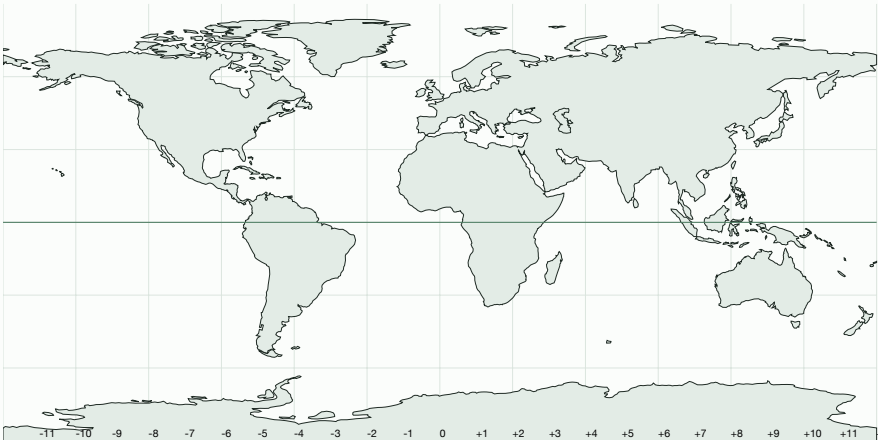
Verify locally on arrival. Numbers change and a book does not. Every number below is listed by TWO independent sources: Wikidata P2852 (CC0); en.wikipedia List of emergency telephone numbers. 14 countries where the two disagreed are deliberately omitted rather than printed uncertain.

Point at this

POINT AT THE PICTURE. ENGLISH ABOVE, INDONESIAN BELOW.

 Help <i>Tolong</i>	 Doctor <i>Dokter</i>	 Hospital <i>Rumah sakit</i>
 Police <i>Polisi</i>	 Pharmacy <i>Apotek</i>	 Water <i>Air</i>
 Food <i>Makanan</i>	 Toilet <i>Toilet</i>	 Money <i>Uang</i>
 Phone <i>Telepon</i>	 Bus <i>Bus</i>	 Train <i>Kereta</i>
 Airport <i>Bandara</i>	 Hotel <i>Penginapan</i>	 Fuel <i>Bensin</i>
 Mechanic <i>Bengkel</i>	 I am lost <i>Saya tersesat</i>	 I do not speak this <i>Saya tidak bisa bahasa ini</i>

World



Bold line: equator. Dashed: tropics (23.44°). Figures along the foot: nominal UTC offset for that meridian. Political time zones deviate from it.

WHERE I AM

WHERE I AM GOING

WHO KNOWS WHERE I AM

For orientation and for pointing at. Not a navigation chart. Source: Natural Earth 110m land (ne_110m_land). PUBLIC DOMAIN. Projection: equirectangular (plate carree).

Conversions

LENGTH

1 in = 25.4 mm, exact

MM	IN	FRACTION IN	MM
1	0.039	1/16	1.59
2	0.079	2/16	3.17
3	0.118	4/16	6.35
5	0.197	6/16	9.52
10	0.394	8/16	12.7
20	0.787	10/16	15.88
25	0.984	12/16	19.05
50	1.969	14/16	22.22
100	3.937	16/16	25.4
150	5.906		
200	7.874		
250	9.843		
300	11.811		
500	19.685		
1,000	39.37		

TEMPERATURE

$F = C \times 9/5 + 32$

°C	°F	°C	°F
-20	-4	80	176
-10	14	90	194
0	32	100	212
10	50	110	230
20	68	120	248
30	86	130	266
40	104	140	284
50	122	150	302
60	140	160	320
70	158	170	338
80	176	180	356
90	194	190	374

MASS

1 lb = 0.45359237 kg, exact

KG	LB	G	OZ
1	2.2	10	0.35
2	4.41	20	0.71
3	6.61	30	1.06
5	11.02	50	1.76
10	22.05	100	3.53
20	44.09	200	7.05
25	55.12	250	8.82
50	110.23	500	17.64
75	165.35	750	26.46
100	220.46	1000	35.27

Year

JANUARY

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						

FEBRUARY

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					

MARCH

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	

APRIL

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

MAY

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				

JUNE

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

JULY

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

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			

SEPTEMBER

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

OCTOBER

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					

NOVEMBER

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			

DECEMBER

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 2028

MON	TUE	WED	THU	FRI	SAT	SUN
27	28	29	30	31	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	1	2	3	4	5	6

W1

W2

W3

W4

W5

W6

FOCUS

MUST HAPPEN

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NOTES

February 2028

MON	TUE	WED	THU	FRI	SAT	SUN	
31	1	2	3	4	5	6	W6
7	8	9	10	11	12	13	W7
14	15	16	17	18	19	20	W8
21	22	23	24	25	26	27	W9
28	29	1	2	3	4	5	W10

FOCUS

MUST HAPPEN

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March 2028

MON	TUE	WED	THU	FRI	SAT	SUN	
28	29	1	2	3	4	5	W10
6	7	8	9	10	11	12	W11
13	14	15	16	17	18	19	W12
20	21	22	23	24	25	26	W13
27	28	29	30	31	1	2	W14

FOCUS

MUST HAPPEN

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April 2028

MON	TUE	WED	THU	FRI	SAT	SUN	
27	28	29	30	31	1	2	W14
3	4	5	6	7	8	9	W15
10	11	12	13	14	15	16	W16
17	18	19	20	21	22	23	W17
24	25	26	27	28	29	30	W18

FOCUS	MUST HAPPEN ☐ ☐ ☐ ☐ ☐	NOTES
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MON	TUE	WED	THU	FRI	SAT	SUN	
1	2	3	4	5	6	7	W19
8	9	10	11	12	13	14	W20
15	16	17	18	19	20	21	W21
22	23	24	25	26	27	28	W22
29	30	31	1	2	3	4	W23

FOCUS	MUST HAPPEN ☐ ☐ ☐ ☐ ☐	NOTES
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June 2028

MON	TUE	WED	THU	FRI	SAT	SUN	
29	30	31	1	2	3	4	W23
5	6	7	8	9	10	11	W24
12	13	14	15	16	17	18	W25
19	20	21	22	23	24	25	W26
26	27	28	29	30	1	2	W27

FOCUS

MUST HAPPEN

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July 2028

MON	TUE	WED	THU	FRI	SAT	SUN	
26	27	28	29	30	1	2	W27
3	4	5	6	7	8	9	W28
10	11	12	13	14	15	16	W29
17	18	19	20	21	22	23	W30
24	25	26	27	28	29	30	W31
31	1	2	3	4	5	6	W32

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MUST HAPPEN

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August 2028

MON	TUE	WED	THU	FRI	SAT	SUN	
31	1	2	3	4	5	6	W32
7	8	9	10	11	12	13	W33
14	15	16	17	18	19	20	W34
21	22	23	24	25	26	27	W35
28	29	30	31	1	2	3	W36

FOCUS	MUST HAPPEN ☐ ☐ ☐ ☐ ☐	NOTES
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September 2028

MON	TUE	WED	THU	FRI	SAT	SUN	
28	29	30	31	1	2	3	W36
4	5	6	7	8	9	10	W37
11	12	13	14	15	16	17	W38
18	19	20	21	22	23	24	W39
25	26	27	28	29	30	1	W40

FOCUS

MUST HAPPEN

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October 2028

MON	TUE	WED	THU	FRI	SAT	SUN	
25	26	27	28	29	30	1	W40
2	3	4	5	6	7	8	W41
9	10	11	12	13	14	15	W42
16	17	18	19	20	21	22	W43
23	24	25	26	27	28	29	W44
30	31	1	2	3	4	5	W45

FOCUS

MUST HAPPEN

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November 2028

MON	TUE	WED	THU	FRI	SAT	SUN	
30	31	1	2	3	4	5	W45
6	7	8	9	10	11	12	W46
13	14	15	16	17	18	19	W47
20	21	22	23	24	25	26	W48
27	28	29	30	1	2	3	W49

FOCUS

MUST HAPPEN

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December 2028

MON	TUE	WED	THU	FRI	SAT	SUN	
27	28	29	30	1	2	3	W49
4	5	6	7	8	9	10	W50
11	12	13	14	15	16	17	W51
18	19	20	21	22	23	24	W52
25	26	27	28	29	30	31	W53

FOCUS

MUST HAPPEN

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NOTES

15 March

2028

14 April

2028

18 April

2028

07 May

2028

11 May

2028

13 May

2028

14 May

2028

15 May

2028

16 May

2028

17 May

2028

18 May

2028

20 May

2028

24 May

2028

25 May

2028

11 July

2028

14 July

2028

15 July

2028

25 July

2028

14 August

2028

20 August

2028

NOTES

11 PAGES, 388 TO 398

Try a nib here before you trust it to a page you care about.

PEN	INK	SWATCH

RULING	lined, 9.2 mm	ROWS PER PAGE	18
COLUMNS	1		

HIBRKRAFT'S PLAIN LAB

Clinic Day Book 2028

A four-column daily record for a small practice: who came in, what they said was wrong, and what they paid.

FROM	Rp 73.000, printed and sewn to order
ORDER	WhatsApp +62 815 1119 0336
ONLINE	hibrkraft.com/plain-lab/clinic-day-book-2028/
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