

HEBDOMAD

Meaning: Hebdomad (noun): a period of seven days or a week, often used to describe a weekly schedule or timeframe for planning and assessment.

1. The project's timeline was organized into a hebdomad to ensure efficient progress tracking.
2. During the hebdomad, the team met to discuss their weekly goals and achievements.
3. She planned her workouts for the hebdomad, focusing on different muscle groups each day.
4. The hebdomad flew by quickly as they faced numerous challenges and celebrated small victories.
5. In their hebdomad review, they reflected on accomplishments and set new objectives for the following week.

Source: sentences.whatistheurl.com

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