

Daily Self-Care

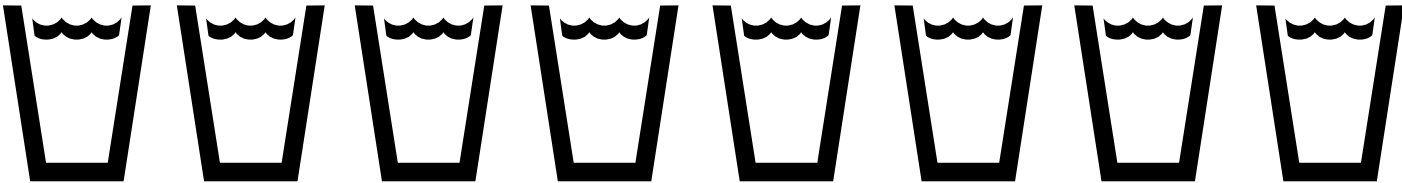
WHAT I ATE



TO-DO'S FOR TODAY

- 1.
- 2.
- 3.
- 4.
- 5.

HOW I FEEL TODAY



EXERCISE