	DATE	MON	T H
TODAYS THEME SONG	THE BIG 3s		
	BY IO AM	BY LUNCH	BY END OF DAY
	I.		
	2.	2.	2.
DONT FORGET	3.	3.	3.
	SELF CARE GOAL		WELLNESS GOAL
	NOTES		
			MNÁ MHEIRICEÁ