Self-Care Planner

MONTH:	YEAR:	
ME HADDY TODAY		
ME HAPPI IUDAI		
1		
F-CARE ACTIVITIES	WATER INTAKE	
	TODAY'S MOOD	
	Q A. L. Carrier	
DAILY NUT	RITION	
TS TO SPORT	HARITS TO STOP	
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@mantal and	active booth	
	F-CARE ACTIVITIES DAILY NUT	F-CARE ACTIVITIES WATER INTAKE TODAY'S MOOD DAILY NUTRITION HABITS TO STOP