

	SELF-CARE ACTIVITIES		MOOD	
1				
2			WATER BALA	ANCE
3		00	0000	100
4			HOURS OF S	LEEP
5				



DAILY	NUTRIENT	
BREAKFAST	LUNCH	
DINNER	SNACK	
HEAL	TH AWEALTH	



	SELF-CARE ACTIVITIES	Моор
1		
2		WATER BALANCE
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4		HOURS OF SLEEP
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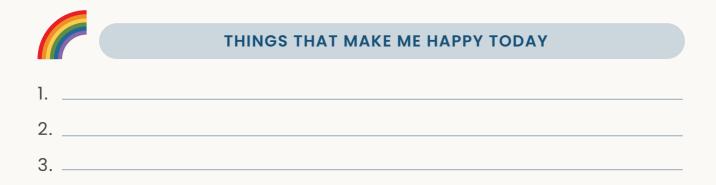


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THINGS THAT MAKE ME HAPPY TODAY

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