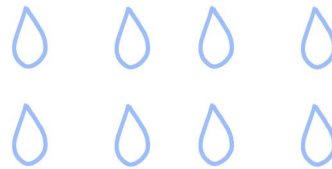


DAILY self care PLANNER

TODAY'S FOCUS

HYDRATION



MOOD



NEED to DO

NICE to DO

notes...