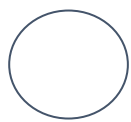
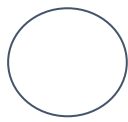


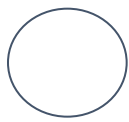
7-DAY SELF-CARE CHALLENGE



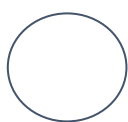
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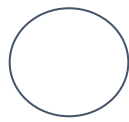
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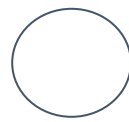
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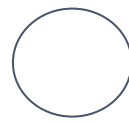
4



5



6



7

DAY	ACTIVITY	DURATION	NOTES
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			
DAY 6			
DAY 7			