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| 7-DAY SELF-CARE CHALLENGE |
|  |  |  |  |  |  |  |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  |
| **DAY** | **ACTIVITY** | **DURATION** | **NOTES** |
| DAY 1 |  |  |  |
| DAY 2 |  |  |  |
| DAY 3 |  |  |  |
| DAY 4 |  |  |  |
| DAY 5 |  |  |  |
| DAY 6 |  |  |  |
| DAY 7 |  |  |  |
| [source: www.neworchards.com](https://www.neworchards.com) |