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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) |