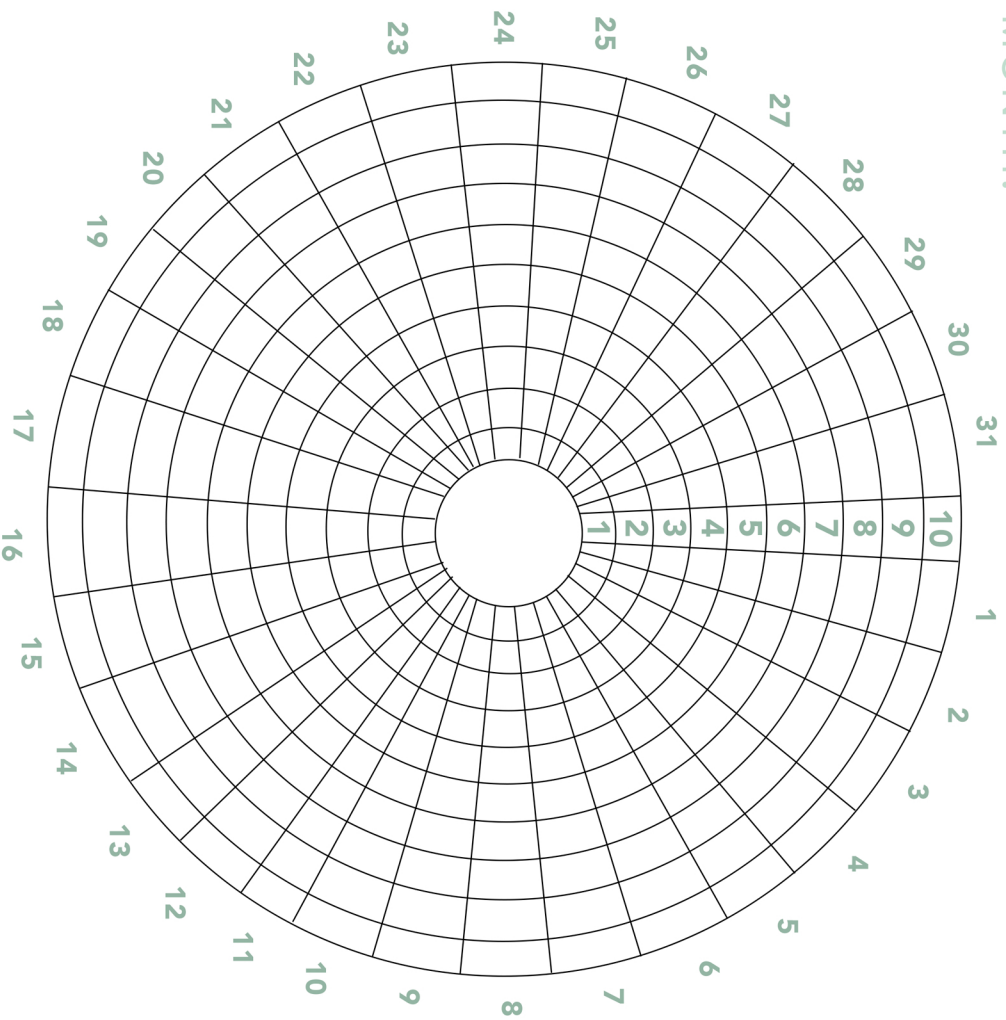


# SELF CARE

## TRACKER

MONTH:

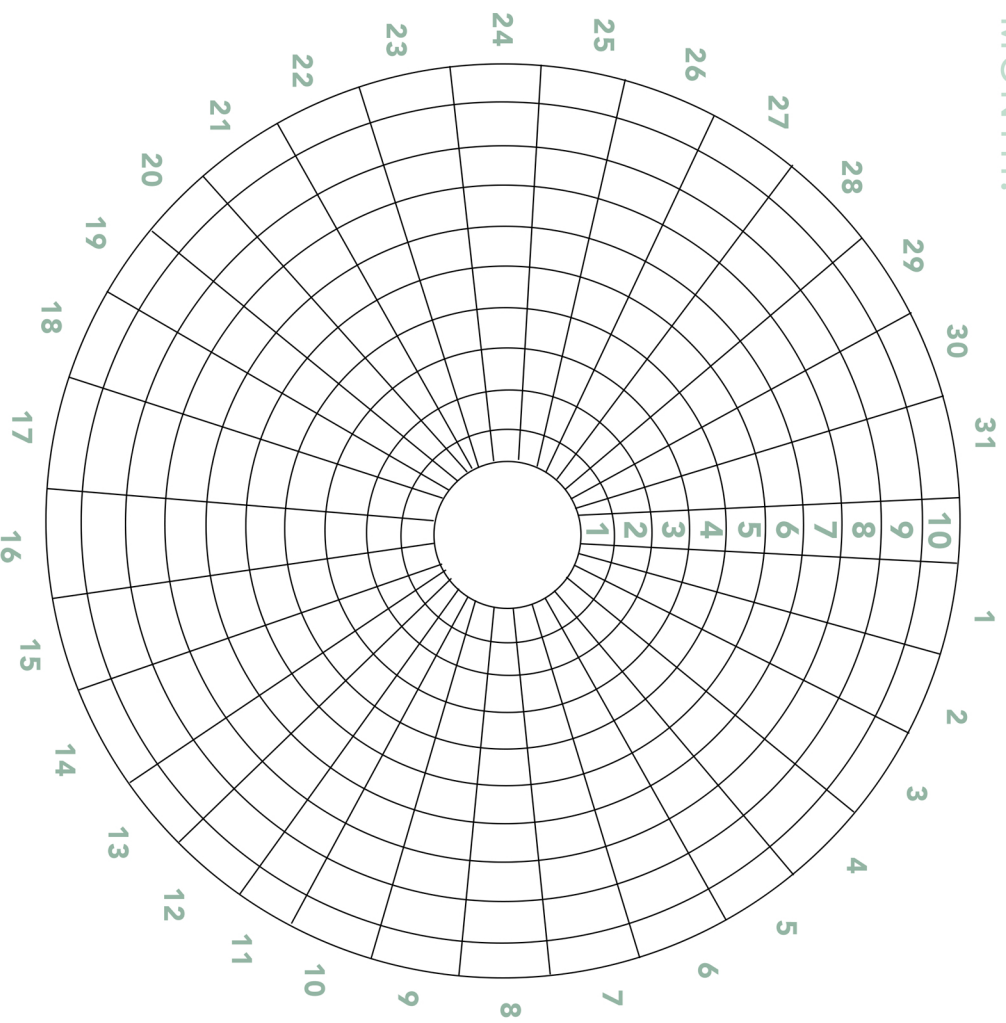


- SLEEP
- MOOD
- FOOD/WATER
- PRODUCTIVITY

# SELF CARE

## TRACKER

MONTH:



- SLEEP
- MOOD
- FOOD/WATER
- PRODUCTIVITY