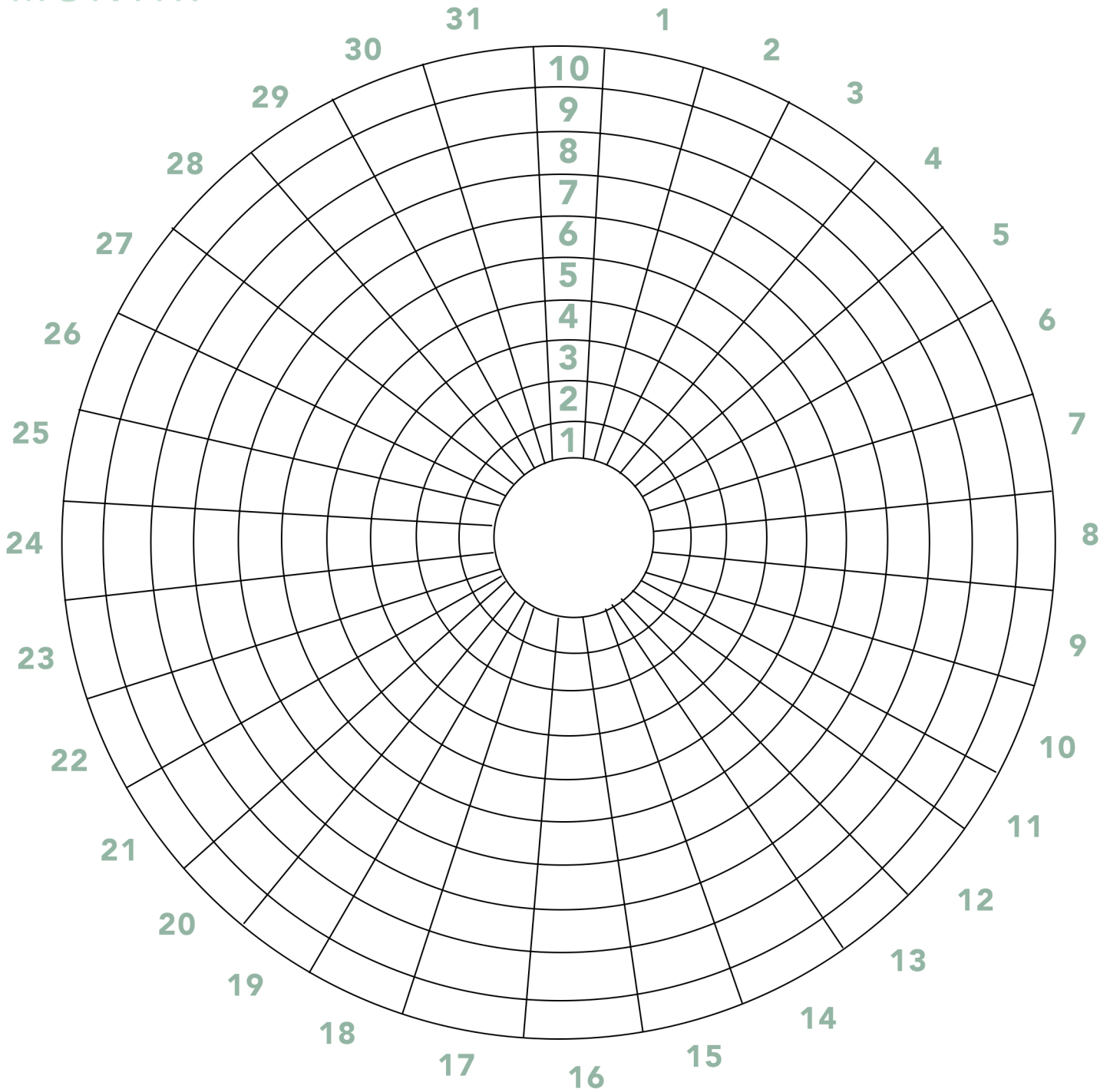


SELF CARE TRACKER

MONTH:



SLEEP MOOD FOOD/WATER PRODUCTIVITY