



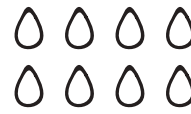

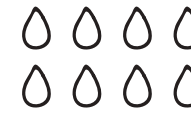



MONTH:

THIS WEEK'S GOALS

- 1 _____
- 2 _____
- 3 _____

	MON	TUES	WED	THU	FRI	SAT	SUN
WAKE UP 							
MOOD							
BUDGET FRIENDLY ACTIVITY							
EXERCISE							
WATER							
SELF-CARE ACTIVITY OF THE DAY							
BED TIME 