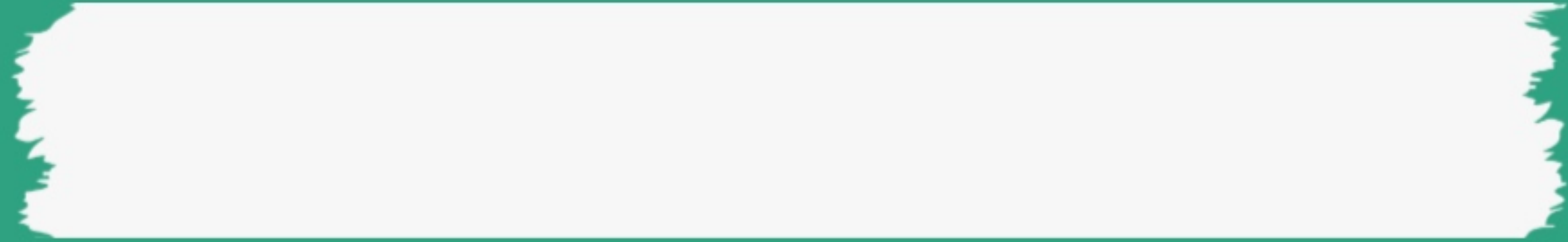


SELF CARE CHECKLIST

MY FITNESS GOAL



MY WELLNESS GOAL



MY SOCIAL CONNECTION GOAL



MY ALONE TIME GOAL



MY MENTAL HEALTH GOAL

