





























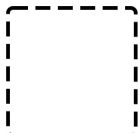
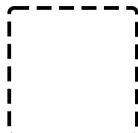
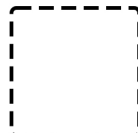
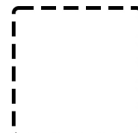
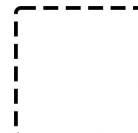


A WEEK OF SELF-CARE



	Week 1 _____to_____	Week 2 _____to_____	Week 3 _____to_____	Week 4 _____to_____	Week 5 _____to_____
No-screen night					
Cozy up					
Get creative					
Get outside					
Connect with someone					
8 hours of sleep					
Other					

**YOU
CAN**