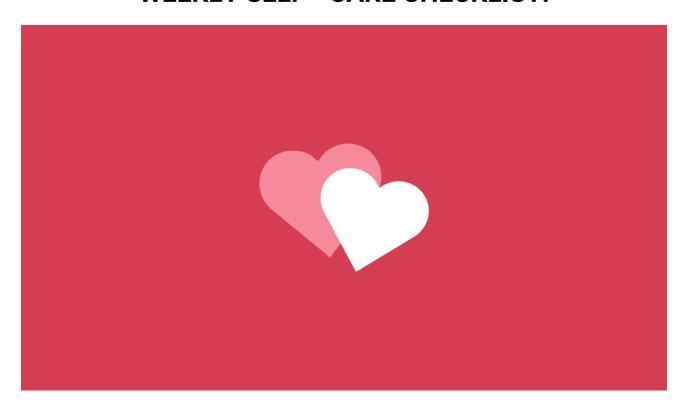
WEEKLY SELF - CARE CHECKLIST:



| SPEND TIME WITH FRIENDS. |
|----------------------------|
| GO TO THE GYM. |
| WATCH A SUNSET. |
| MAKE 5 MEALS FROM SCRATCH. |
| DO SOMETHING OUTSIDE. |
| READ A BOOK. |
| |

EXERCISE REGULARLY.