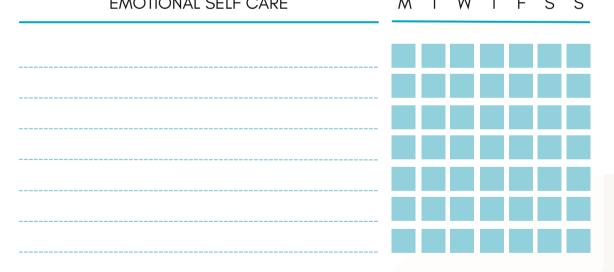


Self-Care Checklist

PHYSICAL SELF CARE	Μ	Т	W	Т	F	S	S
EMOTIONAL SELE CARE	٨٨	т	W	т	F	ς	S



NOTES
