

Date:	
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What I'm doing	What I will do	
For my body	For my body	
For my heart	For my heart	
For my mind	For my mind	
For my family	For my family	
For my friends	For my friends	
For my future	For my future	

Last r	nig	ht I	S	ept	

hours

have I drank?

How much water

How many meals/ snacks have I eaten



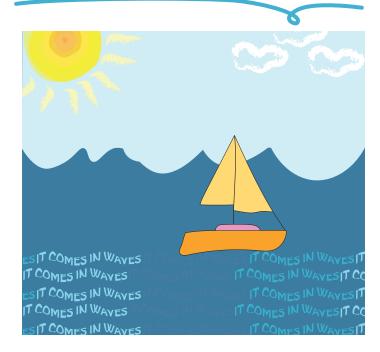
cups



Something to think about

What makes me feel safe?

Today I'm thankful for



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Last night I slept

have I drank?

How much water

How many meals/ snacks have I eaten



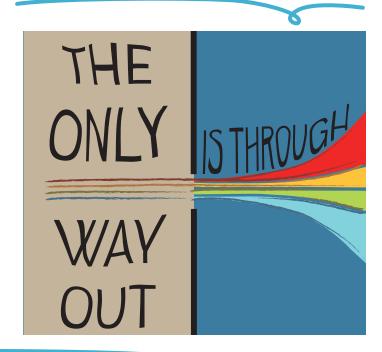
hours cups



Something to think about

What am I good at?

Today I'm thankful for



wednesday

What I'm doing	What I will do	
For my body	For my body	
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Last r	nig	ht I	S	ept	



How much water

How many meals/ snacks have I eaten



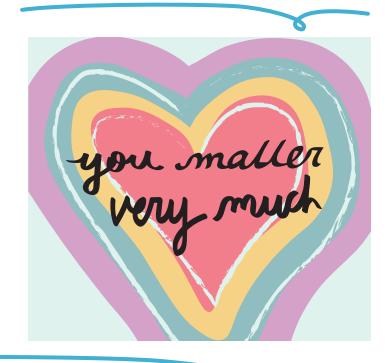
hours cups



Something to think about

What makes me laugh?

Today I'm thankful for



Thursday 1

What I'm doing	What I will do
For my body	For my body
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For my friends	For my friends
For my future	For my future

	Last r	night	I slept	
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have I drank?

How much water

How many meals/ snacks have I eaten



hours cups



Something to think about

What is my superpower?

Today I'm thankful for



Date:		
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	Last n	igl	nt I	S	ept	
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have I drank?

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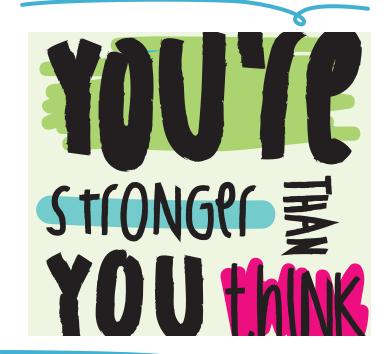
hours cups



Something to think about

What am I passionate about?

Today I'm thankful for



saturday

What I'm doing	What I will do	
For my body	For my body	
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For my future	For my future	

Last r	nig	ht I	S	ept	

have I drank?

How much water

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hours cups



Something to think about

What do people love about me?

Today I'm thankful for

Everyone needs reminders

IT'S OKAY TO TAKE

Data.	
Date.	



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For my body	For my body	
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Last mgmensiept	Last n	ig	ht I	S	ept	
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have I drank?

How much water

How many meals/ snacks have I eaten



hours cups



Something to think about

What do I love about myself?

Today I'm thankful for



