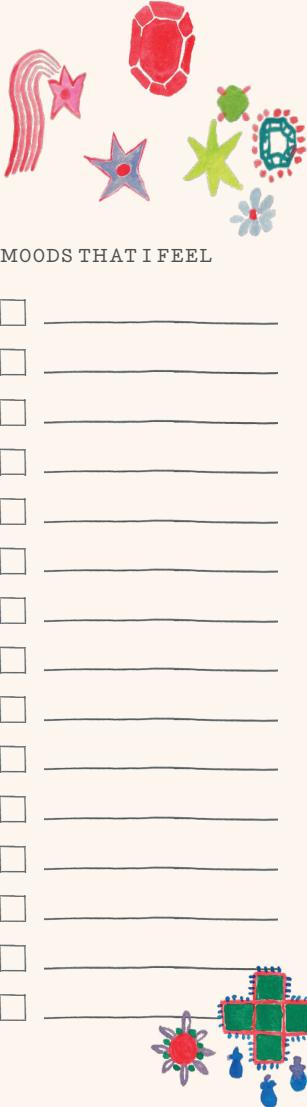
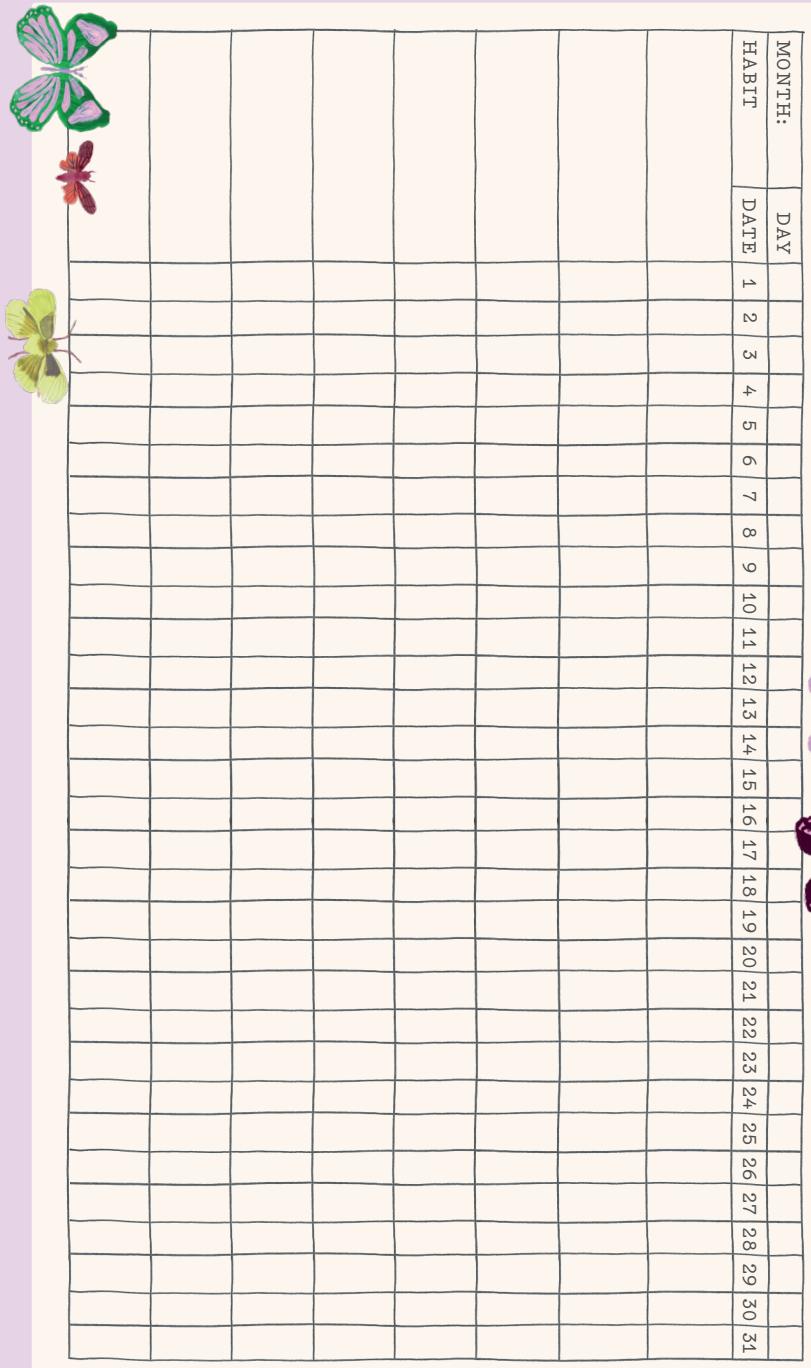


MOOD TRACKER



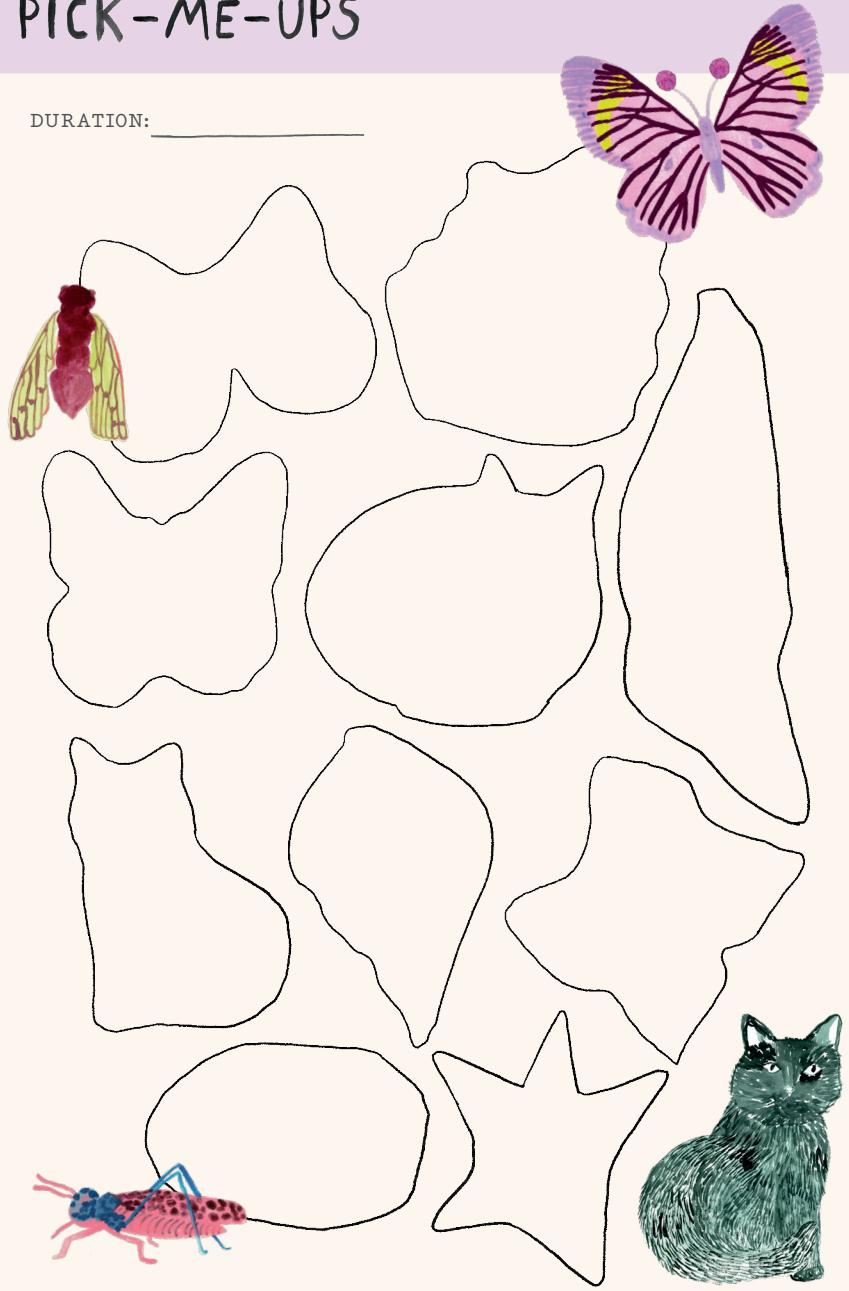
MOODS THAT I FEEL

HABIT TRACKER



PICK-ME-UPS

DURATION: _____



HYDRATION TRACKER

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

18 19 20 21 22 23 24 25 26 27 28 29 30 31

MONTH: _____

_____ = _____

