



self care mama

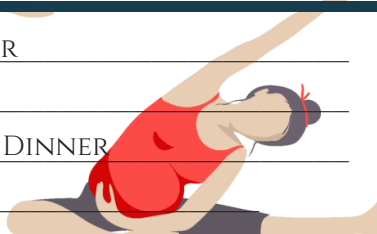
Monday

WATER

EXERCISE

BREAKFAST LUNCH DINNER

Mood _____



Tuesday

WATER

EXERCISE

BREAKFAST LUNCH DINNER

Mood _____

Wednesday

WATER

EXERCISE

BREAKFAST LUNCH DINNER

Mood _____

Thursday

WATER

EXERCISE

BREAKFAST LUNCH DINNER

Mood _____

Friday

WATER

EXERCISE

BREAKFAST LUNCH DINNER

Mood _____

Saturday

WATER

EXERCISE

BREAKFAST

LUNCH

DINNER

Mood _____

Sunday

WATER

EXERCISE

BREAKFAST

LUNCH

DINNER

Mood _____

