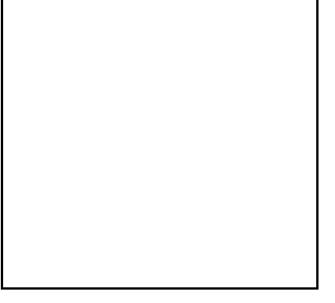


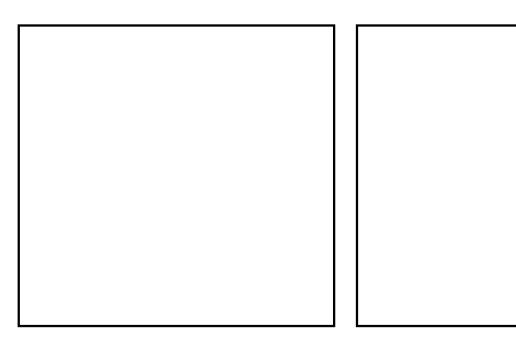
In the boxes below, list the ways you will work to improve your health pillars.

Be specific and personalsomething to do this week!

NUTRITION



SLEEP



MOVEMENT