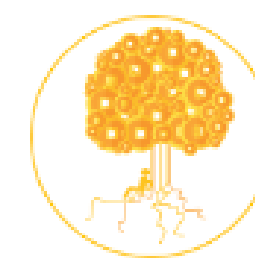


Self-care STRATEGIC ROADMAP

Create Your Own



Day	Week	Month
Monday: P - M - E -	<i>Physical</i>	<i>Physical</i>
Tuesday: P - M - E -		
Wednesday: P - M - E -	<i>Mental</i>	<i>Mental</i>
Thursday: P - M - E -		
Friday: P - M - E -	<i>Emotional</i>	<i>Emotional</i>
Saturday: P - M - E -		
Sunday: P - M - E -		

