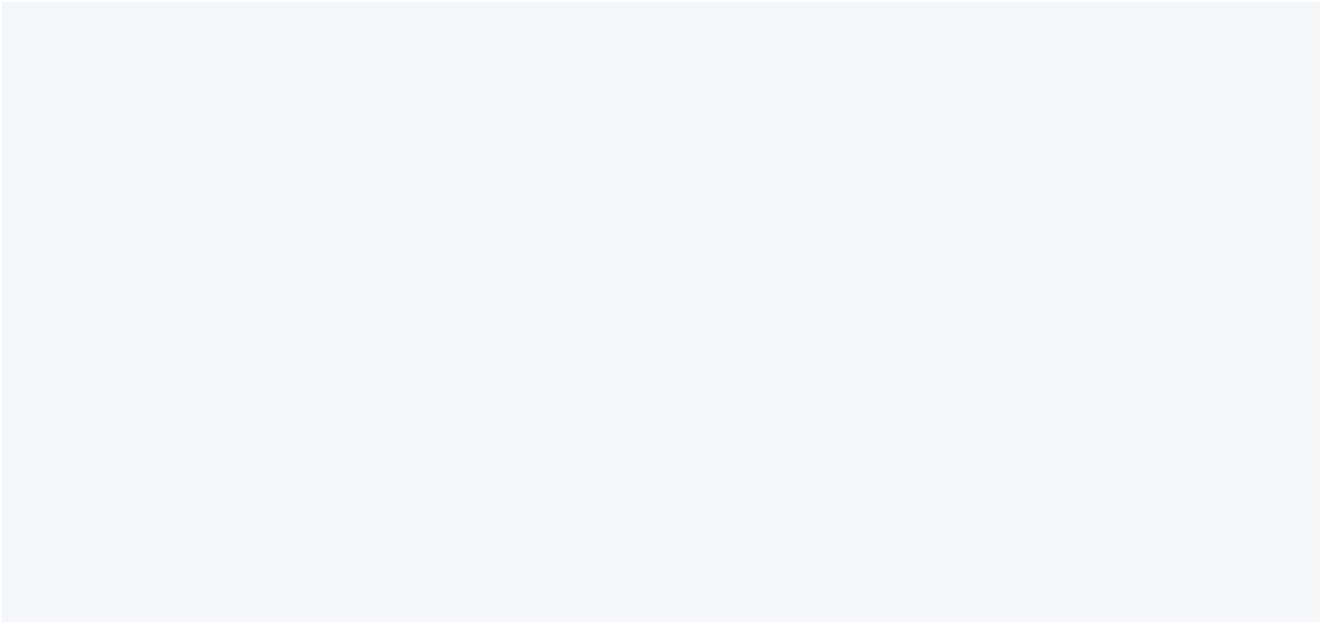
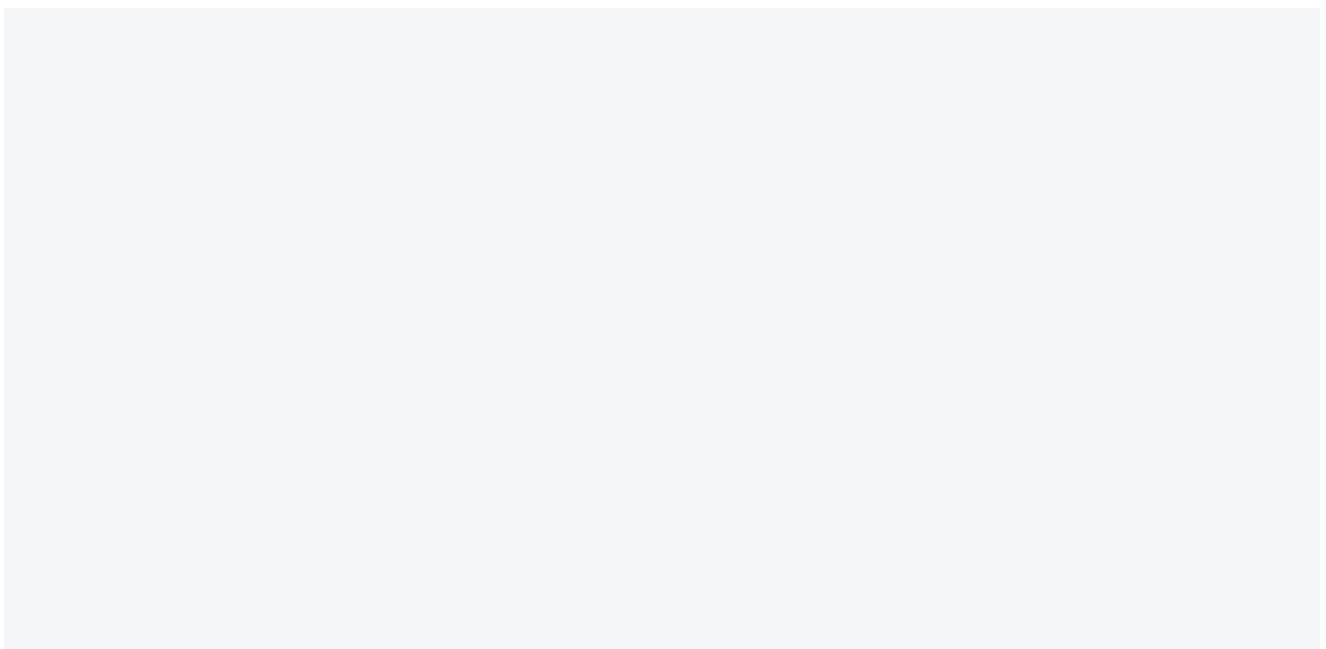


MORNING & EVENING ROUTINES

LIST ACTIVITIES FOR YOUR MORNING ROUTINE

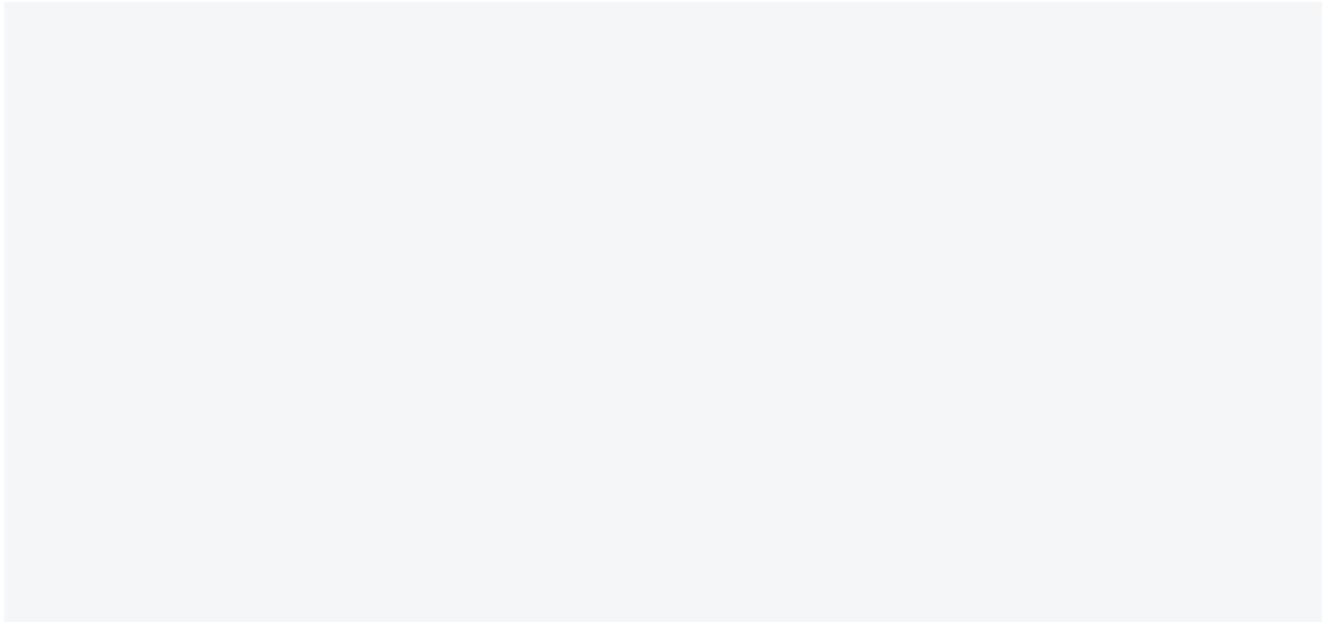


LIST ACTIVITIES FOR YOUR EVENING ROUTINE



WORK START & END ROUTINES

LIST ACTIVITIES FOR YOUR WORK START ROUTINE



LIST ACTIVITIES FOR YOUR WORK END ROUTINE

