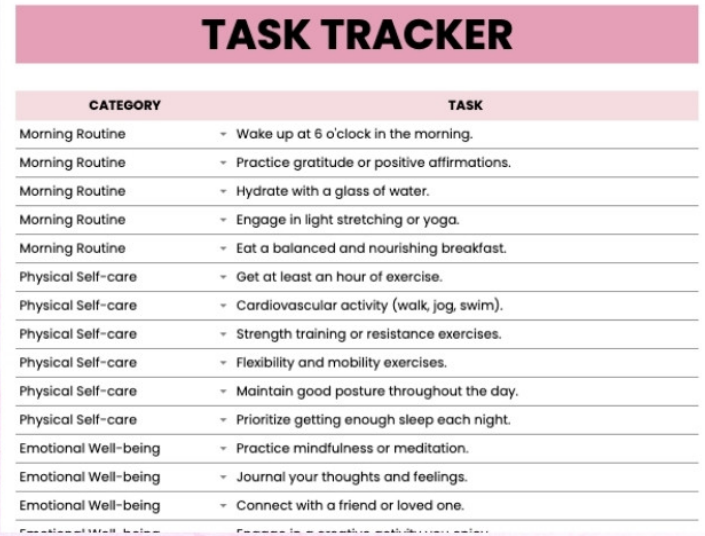
WHAT YOU'LL RECEIVE

this checklist covers a range of self-care activities to support your overall health and happiness.



Self Care Checklist



Task Tracker