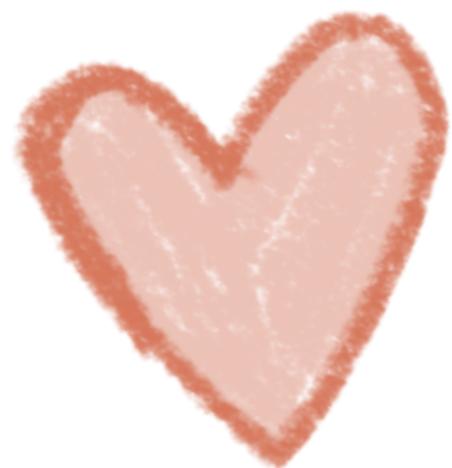
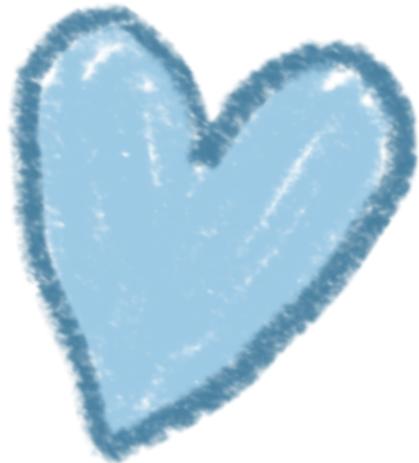




Health



Week 1
Sleep



Week 2
Healthy Eating



Week 3
Exercise