

My Daily List for

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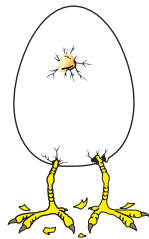
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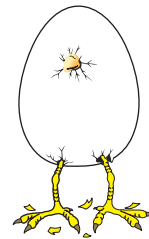
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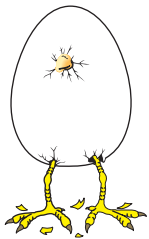
Remember to Breathe!

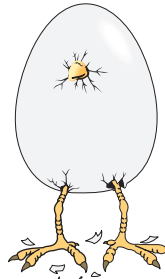


Remember to Breathe!



Remember to Breathe!





No more feeling scrambled!
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Egg Bands

Red - Exercise

Green - Eat Healthy

Orange - Breathe and Relax

Blue - Drink Water

Yellow - Be Anxiety Free!