

# WEEKLY *Self Care* JOURNAL

	I'm Grateful For:	I Feel:	I Will Move My Body By:	I Will Nourish My Body With Good Nutrition By:
<i>Monday</i>				
<i>Tuesday</i>				
<i>Wednesday</i>				
<i>Thursday</i>				
<i>Friday</i>				
<i>Saturday</i>				
<i>Sunday</i>				