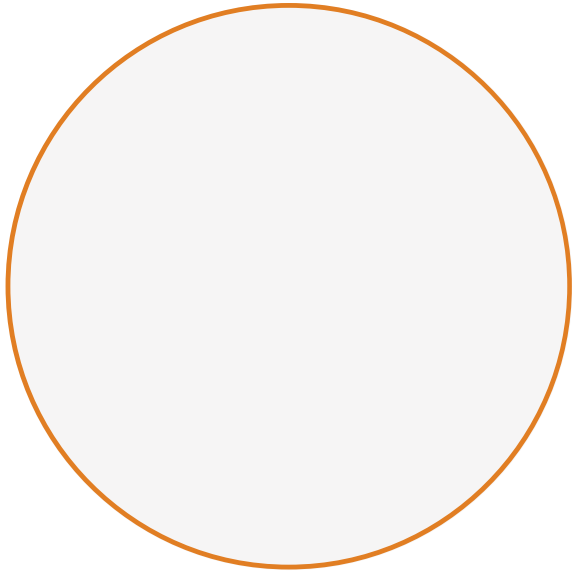


# WELLNESS PLANNER

DATE \_\_\_\_\_

MUST DO

APPOINTMENT TIMES



TO DO

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

APPOINTMENTS


WATER INTAKE

SNACKS

TAKEAWAYS