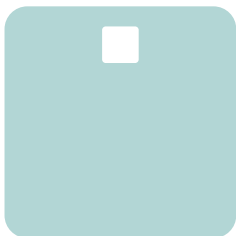


30-DAY SELF-CARE CHALLENGE

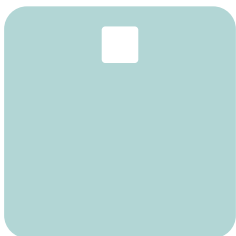
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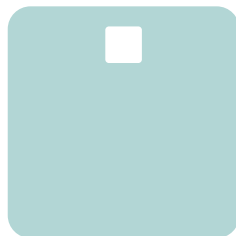
Day 2



Day 3



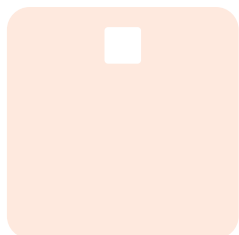
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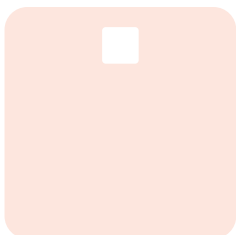
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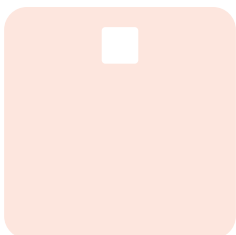
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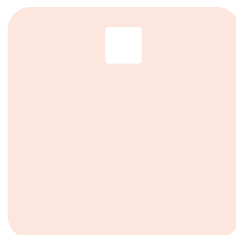
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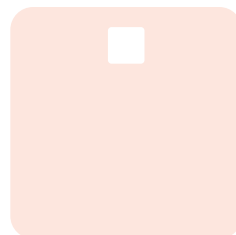
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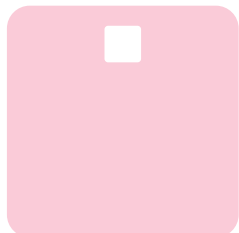
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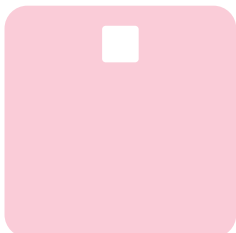
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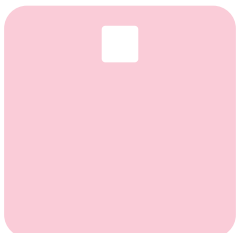
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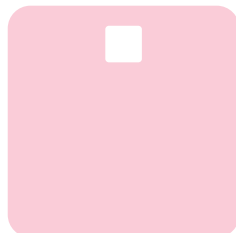
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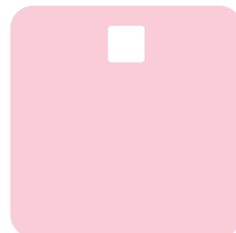
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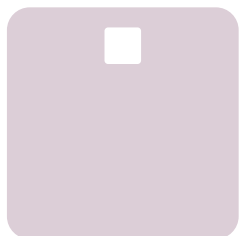
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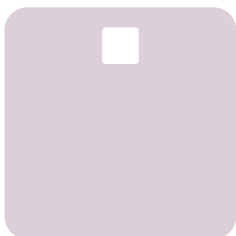
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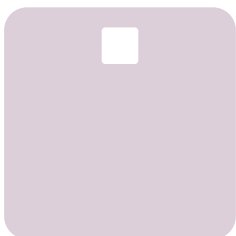
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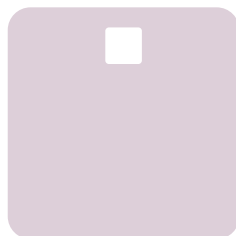
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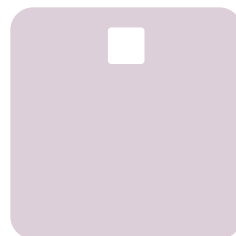
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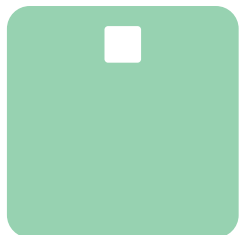
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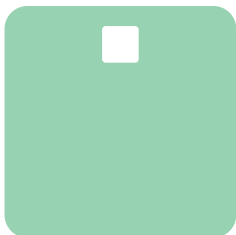
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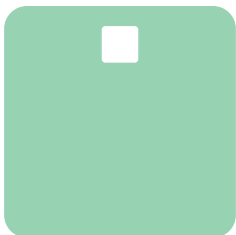
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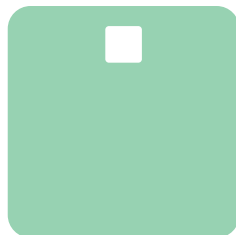
Day 22



Day 23



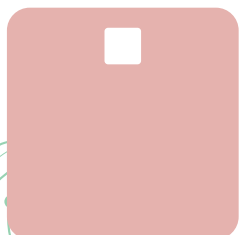
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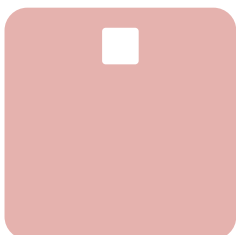
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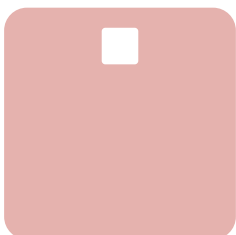
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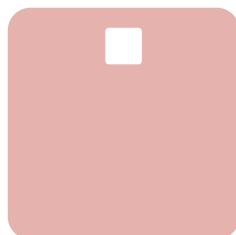
Day 27



Day 28



Day 29



Day 30

