WEEK OF:

One day, or day one. It's up to you.

TO DO:

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

WEEKLY WELLNESS
(3 SELF-CARE ACTIVITIES)

DUE THIS WEEK:

ASSIGNMENT	DUE DATE	STATUS

tuesday:

wednesday:

thursday:

friday:

saturday:

sunday:

monday:

Share your study spot by tagging @uopx