

Self-Care Schedule

MONDAY

7:45AM

Dance 10 mins

9:00PM

Journal 5 mins

WEDNESDAY

7:45AM

Dance 10 mins

9:00PM

Journal 5 mins

FRIDAY

7:45AM 9:00PM

Dance 10 mins

Journal 5 mins

SUNDAY

7:45AM

Dance 10 mins

TUESDAY

7:45AM

Dance 10 mins

9:00PM

Journal 5 mins

THURSDAY

7:45AM

Dance 10 mins

9:00PM

Journal 5 mins

SATURDAY

7:45AM 9:00PM

Dance 10 mins

Journal 5 mins

9:00PM

Journal 5 mins

Self-Care Schedule

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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