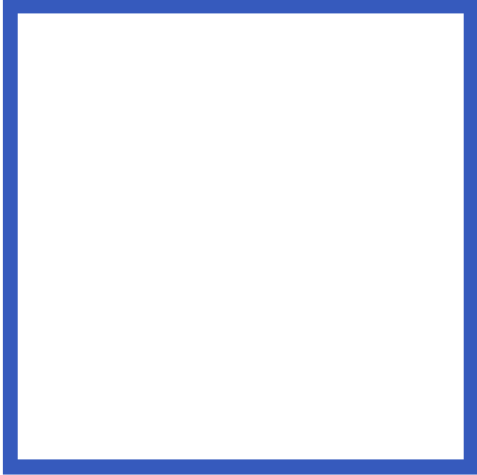


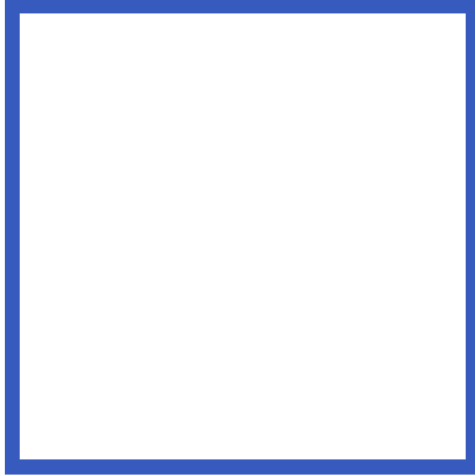
21 Days

Healthy Body + Grateful Hearts

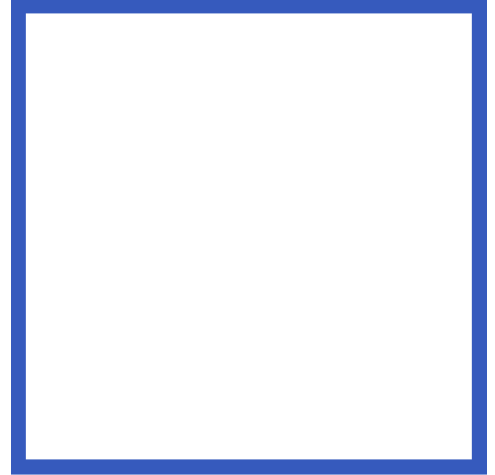
Monday



Tuesday



Wednesday



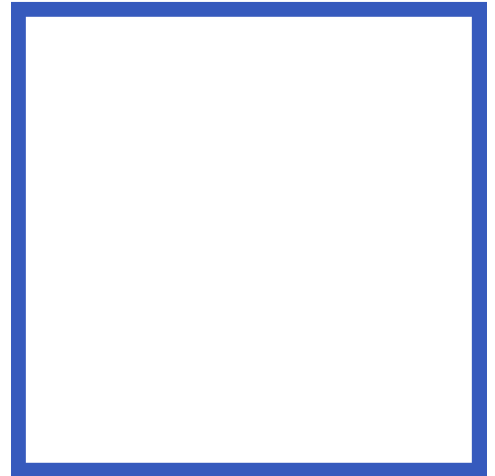
Thursday



Friday



Saturday



Sunday



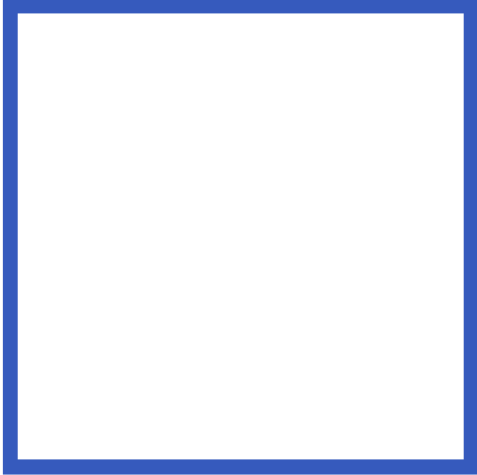
Week #1

Before bed each night fill in the square with 3 gratitudes from the last 24-hours.

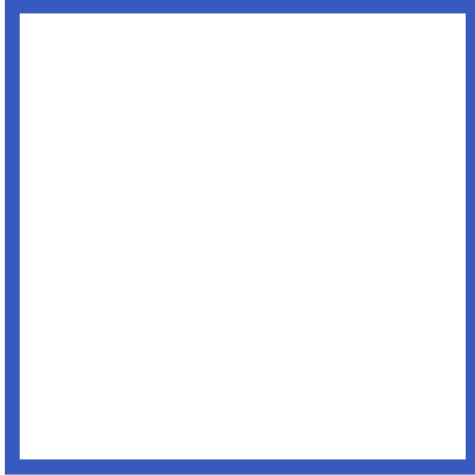
21 Days

Healthy Body + Grateful Hearts

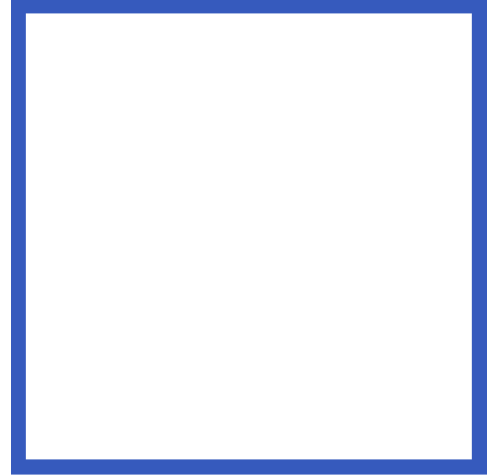
Monday



Tuesday



Wednesday



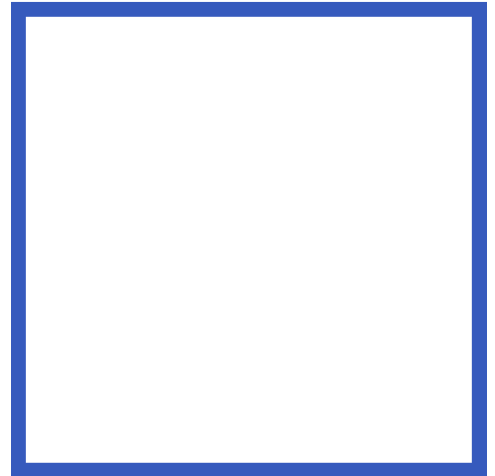
Thursday



Friday



Saturday



Sunday



Week #2

Before bed each night fill in the square with 3 gratitudes from the last 24-hours.

21 Days

Healthy Body + Grateful Hearts

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Week #3

Before bed each night fill in the square with 3 gratitudes from the last 24-hours.