

Monday



Keep Your
Health in
Check

Tuesday



Exercise
Early

Wednesday



Curb the
Coffee

Thursday



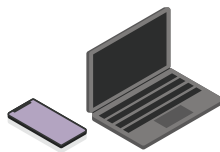
Eat Early

Friday



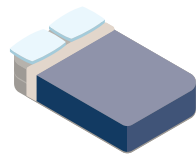
Alcohol
Curfew

Saturday



Keep Stress
Away

Sunday



Winding
Down