	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
1	2025		Basic Needs					HOW I CARE FOR MY BODY							Intentional Mind		
2		wait for hunger cues	stop before full	water 80 oz	sleep 10-7	meals prot, bean, veg	psy husk & supp	gluten sugar free	fast 6p to 10a	self care show'r nails	move 15 min	goal scale range	waist 36 in	Gain Lose Maint Day	medi tate	pos self talk	8pm journa l
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32	30																
33	31																
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35	% pos																