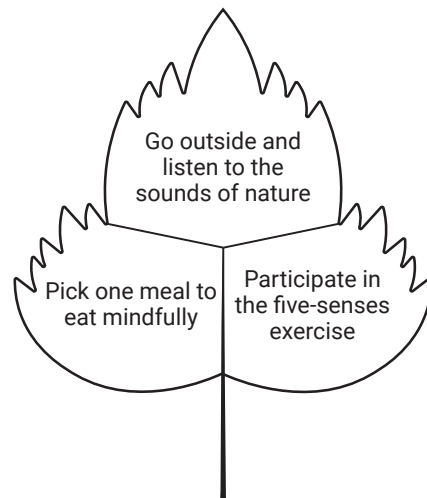
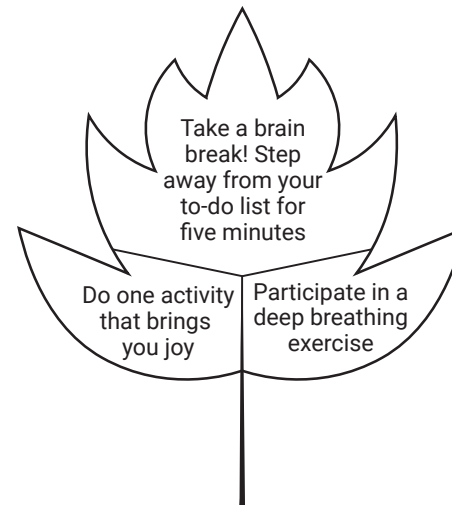


# Fall Back into *Balance*

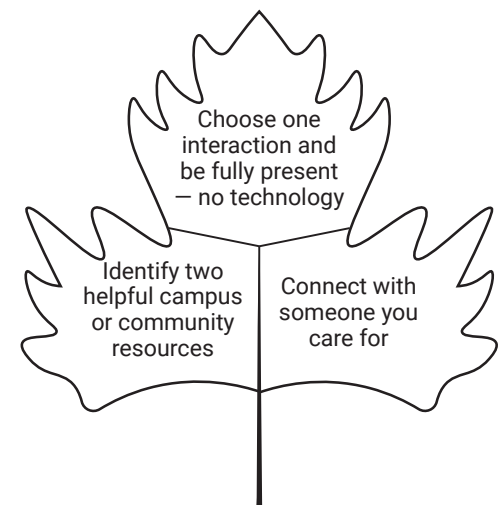
Each day, complete one task from the set of challenges that correspond to the day of the week. Once you've completed the task, color the leaf section to track your progress.



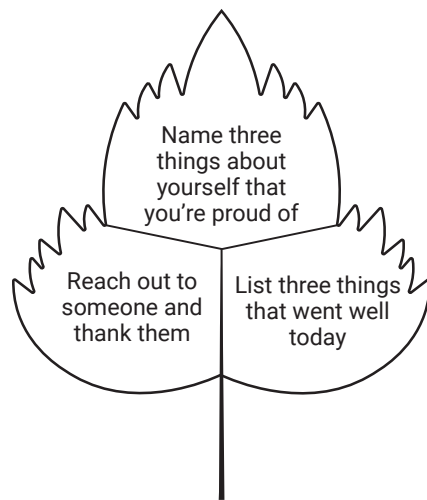
**MONDAY**  
Mindfulness



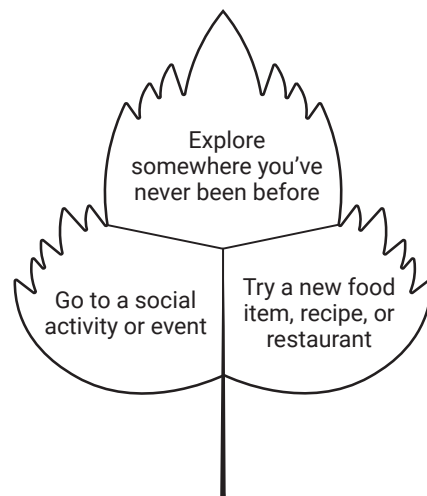
**TUESDAY**  
Stress Management



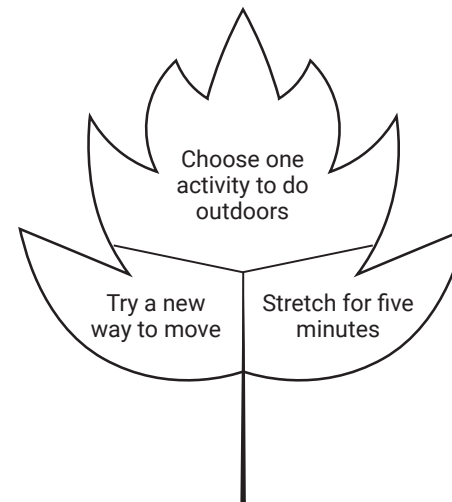
**WEDNESDAY**  
Connection



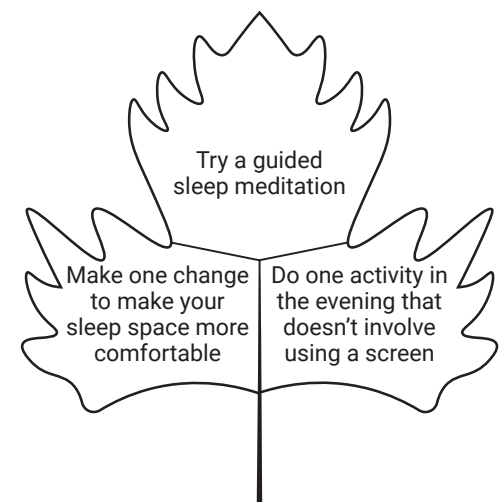
**THURSDAY**  
Gratitude



**FRIDAY**  
Explore



**SATURDAY**  
Movement



**SUNDAY**  
Reset