

MAY

TOUR TO SUMMER

MAY 1, 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

0 1

- MOVEMENT
- MINDFUL EATING
- 2-3 LITERS WATER
- SELF CARE

0 2

- MOVEMENT
- MINDFUL EATING
- 2-3 LITERS WATER
- SELF CARE

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- MOVEMENT
- MINDFUL EATING
- 2-3 LITERS WATER
- SELF CARE

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- 2-3 LITERS WATER
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- SELF CARE

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- MOVEMENT
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