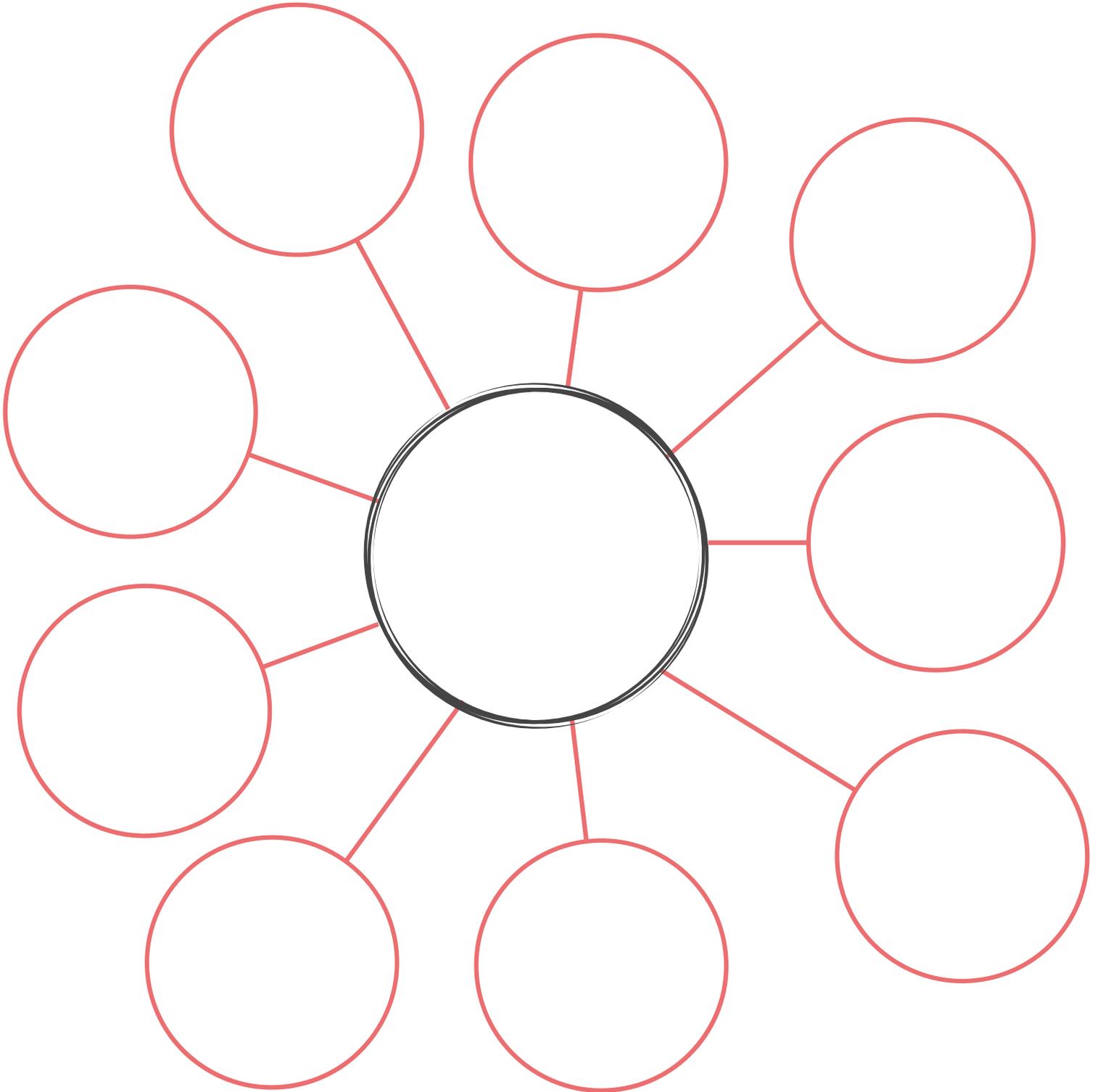




5-Minute Action Worksheet



3 Actions to Put
In My Calendar:



5-Minute Action Worksheet



3 Actions to Put In My Calendar:

Weekdays: alarm at 6:50, workout at 7:00

Friday walk with Sarah at 6:45

Sunday: select workouts for the week