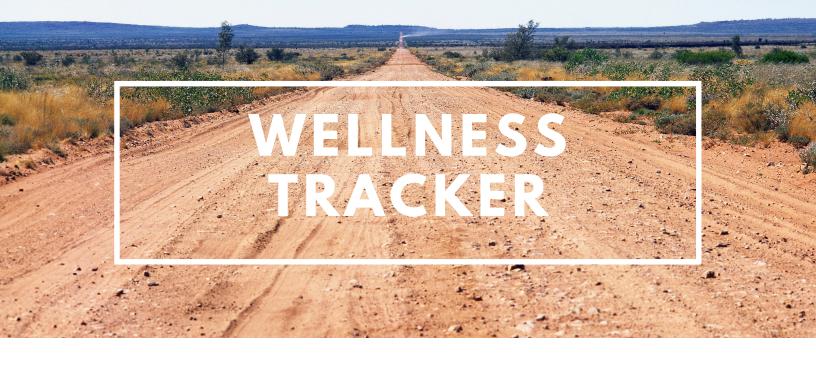


8 HOURS OF SLEEP	10 MINUTES OF MEDITATION
2 LITERS OF WATER	RANDOM ACT OF KINDNESS
5 SERVINGS OF FRUITS	PAY A COMPLIMENT
5 SERVINGS OF VEGETABLES	CONNECT WITH A LOVED ONE
30 MINUTES OF EXERCISE	LEARN ABOUT SOMETHING NEW
STRETCH YOUR BODY	SPEND TIME IN NATURE
20 MINUTES OF SUNSHINE	DO YOUR VERY BEST!



SLEEP	
WATER	
FOOD	
ELIMINATION	
EXERCISE	
MOOD	



keep it raw & real

