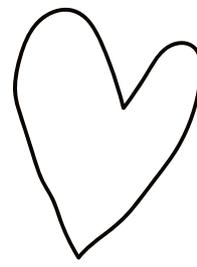


# HEALTHY HABIT CHECKLISTE



|                        | MO                       | DI                       | MI                       | DO                       | FR                       | SA                       | SO                       |
|------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Zeit mit den Liebsten  | <input type="checkbox"/> |
| Spazieren gehen        | <input type="checkbox"/> |
| 5 Min Dehnübungen      | <input type="checkbox"/> |
| Positive Affirmationen | <input type="checkbox"/> |
| Digitale Pause         | <input type="checkbox"/> |
| Gesunde Ernährung      | <input type="checkbox"/> |
| Etwas Kreatives tun    | <input type="checkbox"/> |
| Lesen                  | <input type="checkbox"/> |

VALENTINE'S DAY  
RE-DEFINE *SELFLOVE*

comma,