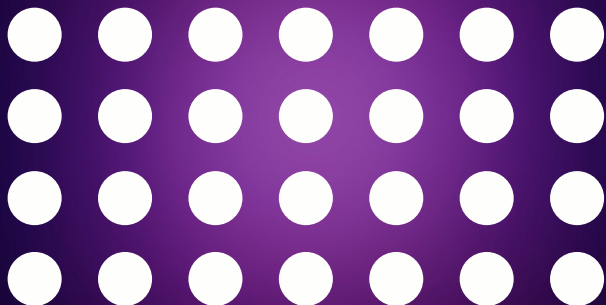


FOUNDATIONAL HABITS TRACKER

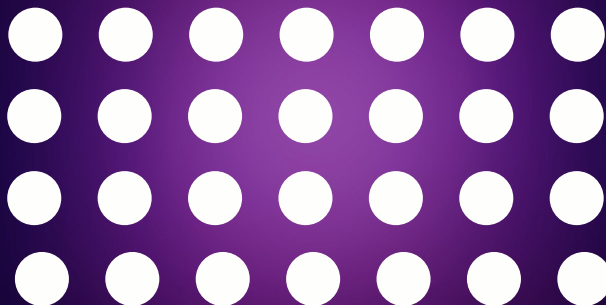
HYDRATION

SUN MON TUE WED THU FRI SAT



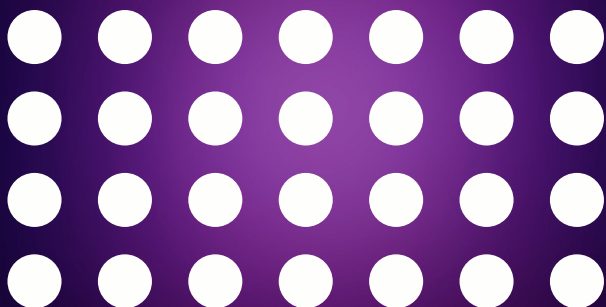
SLEEP

SUN MON TUE WED THU FRI SAT



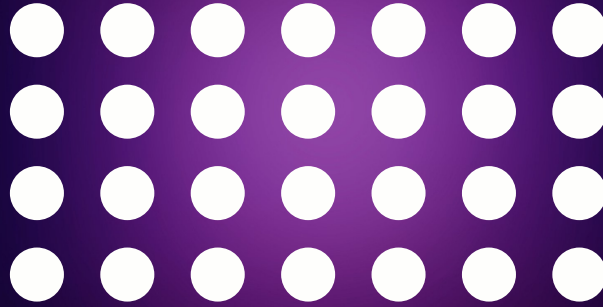
MOVEMENT

SUN MON TUE WED THU FRI SAT



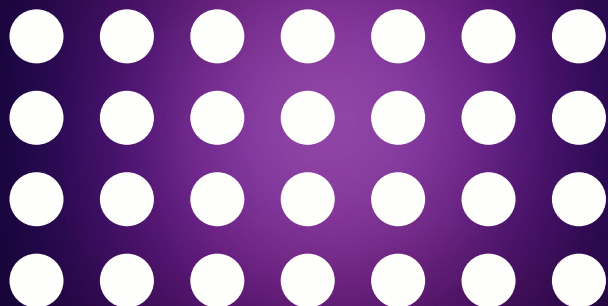
NUTRITION

SUN MON TUE WED THU FRI SAT



MINDSET

SUN MON TUE WED THU FRI SAT



SUN MON TUE WED THU FRI SAT

