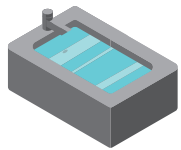
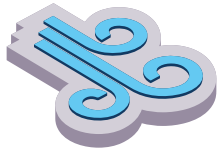


Monday



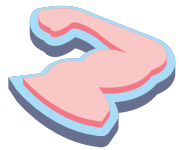
Warm Up

Tuesday



Breathe
Deep

Wednesday



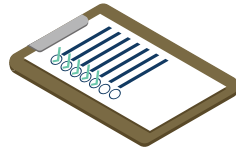
Progressive
Muscle
Relaxation

Thursday



Soothing
Sounds

Friday



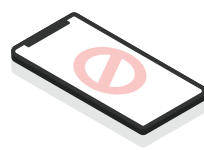
Relaxing
Routines

Saturday



Consistent
Bedtime

Sunday



Do Not
Disturb