

Progress

Tuesday

Wednesday

Thursday

Friday



Journal

5/21/2020

I am glad for my good health!

I did 1 hour of excersize!

5/20/2020

I called a friend / family member!

I made an agenda for the week!

Slug Energy: 64

Level: 6

Moves:

- Lightripper
- Heal-doe
- Lightern
- Siren Song

