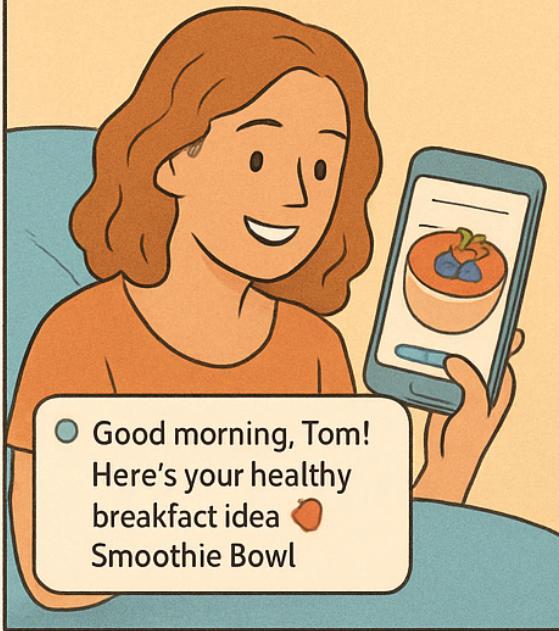
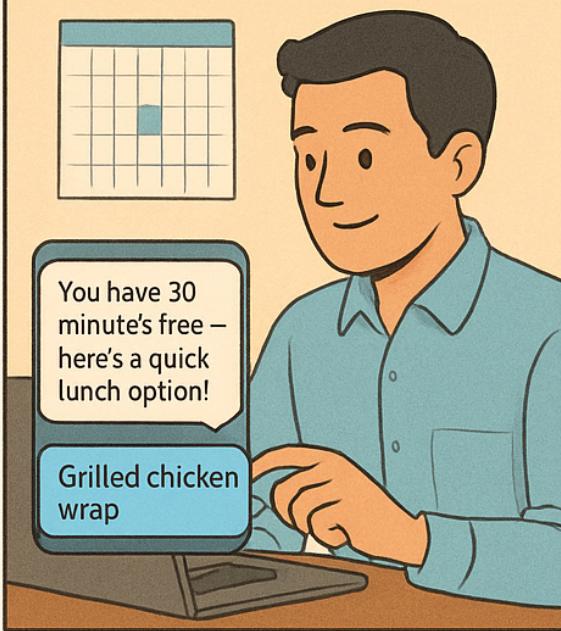


## Morning Reminder



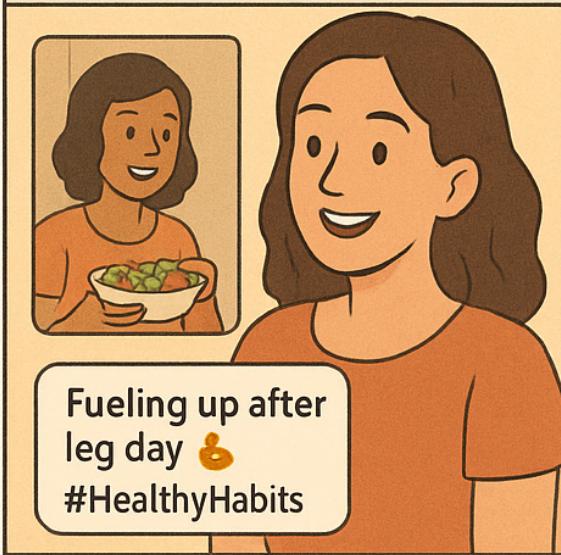
## Meal Planning Made Simple



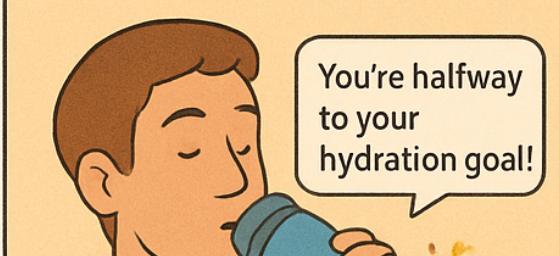
## Smart Shopping



## Healthy Choices Together



## Hydration Reminder



## End-of-Day Reflection

