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<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>Self-Care Toolkit - Knowledge is Power</title>
  <link rel="stylesheet" href="styles.css">
</head>
<body>
  <header>
    <!-- Copy full header + nav from index.html -->
    <h1>Knowledge is Power</h1>
    <nav>...</nav> <!-- paste full nav -->
  </header>

  <main>
    <section>
      <h2>Self-Care Toolkit</h2>
      <p>Small, consistent acts to recharge. Start tiny—pick 1–2 today.</p>
    </section>

    <!-- Physical, Emotional, etc. sections as previously described -->

    <section class="plan-checklist" id="selfcare-plan">
      <h2>Build Your Quick Self-Care Plan</h2>
      <p>Progress saves in your browser (private to this device).</p>
      <ul id="checklist-items">
        <li><label><input type="checkbox" data-id="water"> Drink more water
today</label></li>
        <li><label><input type="checkbox" data-id="walk"> Take a 5–10 min walk or breathe
deeply</label></li>
        <li><label><input type="checkbox" data-id="journal"> Journal or read an
affirmation</label></li>
        <li><label><input type="checkbox" data-id="reachout"> Reach out to one safe
person</label></li>
        <li><label><input type="checkbox" data-id="boundary"> Set one small
boundary</label></li>
        <li><label><input type="checkbox" data-id="enjoy"> Do something
enjoyable</label></li>
        <!-- Add more items from expanded categories -->
      </ul>
      <button id="reset-plan" style="background:#dc3545;">Reset Plan</button>
    </section>
  </main>

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<footer>...</footer>

<script src="quizzes.js"></script>
<script>
  // Self-Care Checklist Logic (localStorage)
  const checklist = document.getElementById('selfcare-plan');
  if (checklist) {
    const checkboxes = checklist.querySelectorAll('input[type="checkbox"]');
    const resetBtn = document.getElementById('reset-plan');

    function loadProgress() {
      const saved = localStorage.getItem('selfcarePlan');
      if (saved) {
        JSON.parse(saved).forEach(id => {
          const cb = document.querySelector(`[data-id="${id}"]`);
          if (cb) cb.checked = true;
        });
      }
    }

    function saveProgress() {
      const checked = Array.from(checkboxes)
        .filter(cb => cb.checked)
        .map(cb => cb.dataset.id);
      localStorage.setItem('selfcarePlan', JSON.stringify(checked));
    }

    checkboxes.forEach(cb => cb.addEventListener('change', saveProgress));
    resetBtn.addEventListener('click', () => {
      if (confirm('Clear your plan?')) {
        checkboxes.forEach(cb => cb.checked = false);
        localStorage.removeItem('selfcarePlan');
      }
    });

    loadProgress();
  }
</script>
</body>
</html>

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