▣ General Programmer Health

in list Tommy Talk Ideas

☰ Edit the description…

☑ Checklist

Delete…

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- ☐ Take Care of your hands
- ☐ Take Care of your back and neck
- ☐ Rest your eyes
- ☐ Take Breaks
- ☐ Feed yourself
- ☐ Get Exercise
- ☐ Know your limits
- ☐ Be Comfortable
- ☐ Develop thinking rituals
- ☐ Develop success rituals

☰ Activity

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