

# *Self Care Menu*

## *Monday*

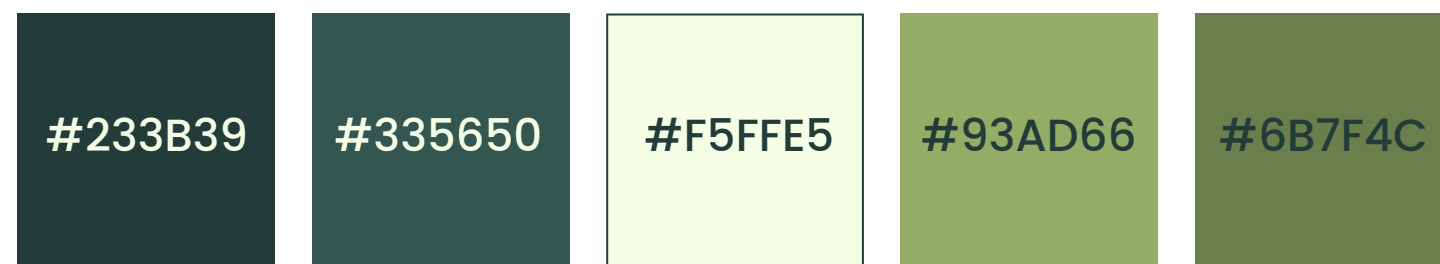
- ☐ Read something for fun (not for school)!
- ☐ Call your mom, dad, sister, brother, whoever you love
- ☐ Meditate and organize your week

SUBMIT

# Background



# Color Palette



# Buttons



***Heading Font:***  
***Playfair Display Black Italic***

***Heading 1***

***Heading 2***

***Heading 3***

***Heading 4***

***Heading 5***

***Heading 6***

Paragraph font: Poppins Light  
This is paragraph text