

Ben's Daily Planner



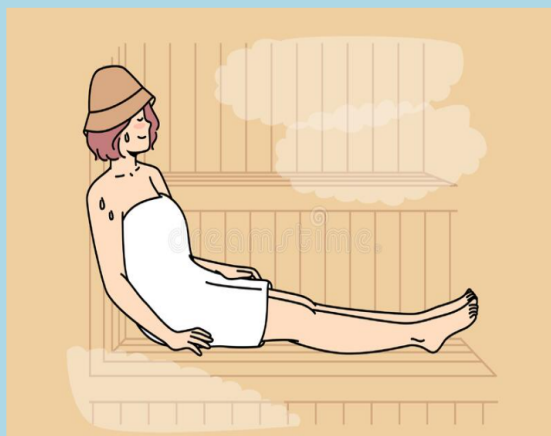
Play Basketball or Workout



Sleep Well



Stretch



Get comfortable being uncomfortable



Nurture Valuable Connections



Eat Healthy