

Emma’s Self Care Menu

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Morning To Do

- Wake up at 9:00 am
- Stretch
- Call mom

Afternoon To Do

- Be outside
- No snacks before bed!

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h1: Self Care Menu

h2: Self Care Menu

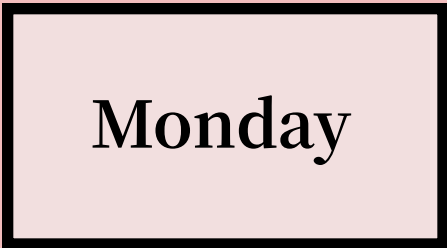
h2: Self Care Menu

h3: Self Care Menu

p: Self Care Menu

[link: Self Care Menu](#)

Regular Button:



Hover Button:



Active Button:



Color Palette:

