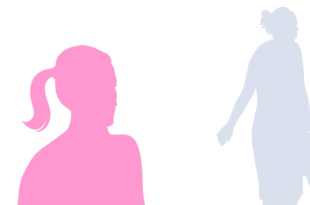
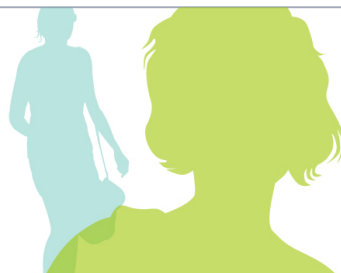


Young and Strong

A PROGRAM FOR YOUNG WOMEN
WITH BREAST CANCER



		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Activity (What)	Example: Brisk walking						
	How long (Time)	15 minutes						
	Thoughts	Went with Sally, felt good !!						
Week 2	What							
	Time							
	Thoughts							

[illegible]