

F R I D A Y F U N

*Calories Don't Count
When You Drink With A*

DIET TIAN



S A T U R D A Y F U N

Your gut is not
Las Vegas. What
happens in the
gut does not stay
in the gut.

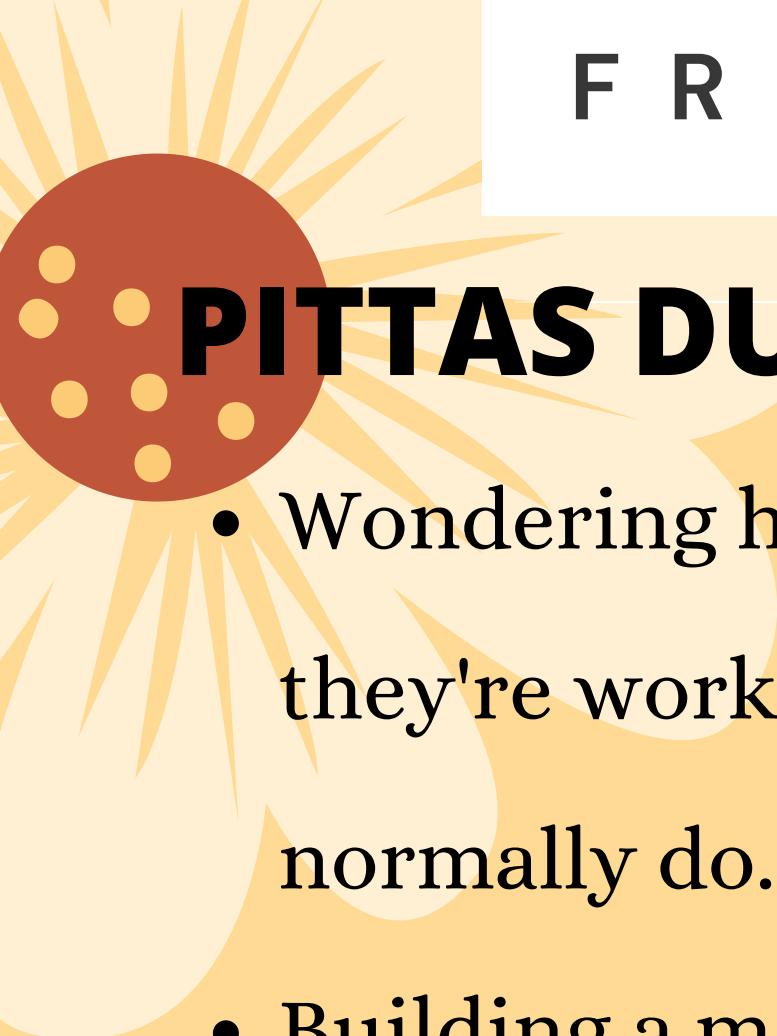
KAPHAS DURING QUARANTINE

- Face Timing Everyone they know.
- Feeling all the Feels—not sure which are Even theirs.
- Instagraming their New Recipe.
- Finally, not feeling Shamed for wanting to Stay Home all the Time.
- Reorganizing Shelves.
- Realizes their Ideal Lifestyle is called Quarantine.

F R I D A Y F U N

VATAS DURING QUARANTINE

- Dancing around the Room.
- Desperately wanting to Book a Flight somewhere.
- Super Excited the Awakening is Finally Happening.
- Super Anxious they can't Leave the House.
- Sending Spiritual memes to Friends.
- Deciding what they really want to do with their Lives



F R I D A Y F U N

PITTAS DURING QUARANTINE

- Wondering how people are bored when they're working even more than they normally do.
- Building a makeshift Gym.
- Making a pro and con list.
- Figuring out where the economy is going.
- Changing their marketing.
- Using this as a time to get ahead.

F R I D A Y F U N

**INSTRUCTORS
WHO SAY
"LAST ONE"
ARE THE
REASON I HAVE
TRUST ISSUES.**

F R I D A Y F U N

A LITTLE NAUGHTY,
A LITTLE NICE.
IT'S ALL ABOUT
BALANCE.

