Keeping my Cool

Nam	ne:				
Date	2:				
Two	Targets for Me:				
1					
2					
Thes	se are the steps	I will take:			
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ınav	/e		to	пеір те заск то ту	pian.
Sign	ed				
\ \ /:+					
Witr				-	
Date	e and Initial e	ach day for four	weeks.		