Transland	W.J.,.J.,	Thomas	F.: L.
Tuesday Eating (greens, fruit, veg, whole grains)	Wednesday Eating (greens, fruit, veg, whole grains)	Thursday Eating (greens, fruit, veg, whole grains)	Friday Eating (greens, fruit, veg, whole grains)
	E		
Exercise (aerobic, strength, stretch, balance)	Exercise (aerobic, strength, stretch, balance)	Exercise (aerobic, strength, stretch, balance)	Exercise (aerobic, strength, stretch, balance)
De-Stress (meditation, laughter, creativity, fun)	De-Stress (meditation, laughter, creativity, fun)	De-Stress (meditation, laughter, creativity, fun)	De-Stress (meditation, laughter, creativity, fun)
People (who connected with? Family, friends, new?)	People (who connected with? Family, friends, new?)	People (who connected with? Family, friends, new?)	People (who connected with? Family, friends, new?)
	- Copic (who connected with: Fainity, friends, fiew:)	——————————————————————————————————————	- Copic (who connected with: Falliny, friends, fiew:)
Meaning (at work, home, community, other)	Meaning (at work, home, community, other)	Meaning (at work, home, community, other)	Meaning (at work, home, community, other)
Meaning (at work, home, community, other)		МеаліпВ (яг work, home, community, other)	Меаліпд (ат work, home, community, other)
People (who connected with? Family, friends, new?)		People (who connected with? Family, friends, new?)	People (who connected with? Family, friends, new?)
De-Stress (meditation, laughter, creativity, fun)		De-Stress (meditation, laughter, creativity, fun)	De-Stress (meditation, laughter, creativity, fun)
Exercise (aerobic, strength, stretch, balance)		Exercise (aerobic, strength, stretch, balance)	Exercise (aerobic, strength, stretch, balance)
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Fating (greens, fruit, veg, whole grains)	, Q.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Eating (greens, fruit, veg, whole grains)	Eating (greens, fruit, veg, whole grains)
Monday	Notes and Learnings	Vebnus	Saturday