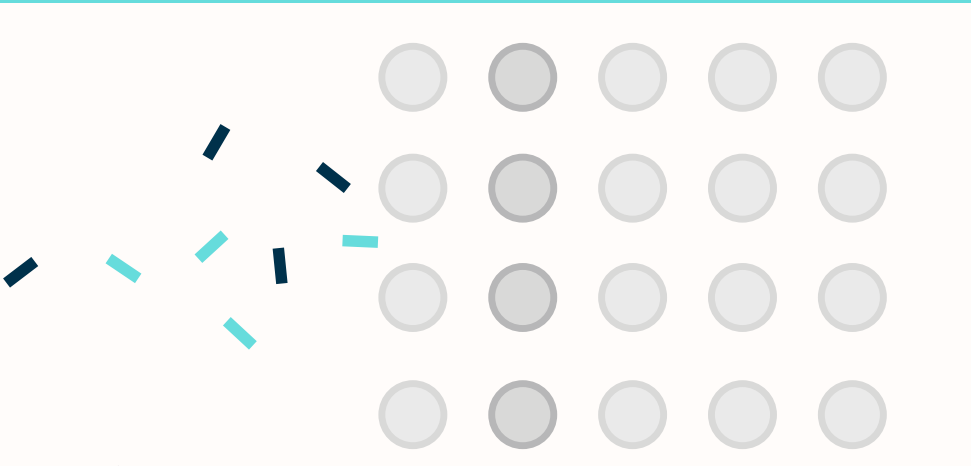


4 ЗОЖ

Под каждым пунктом пишем свою цель



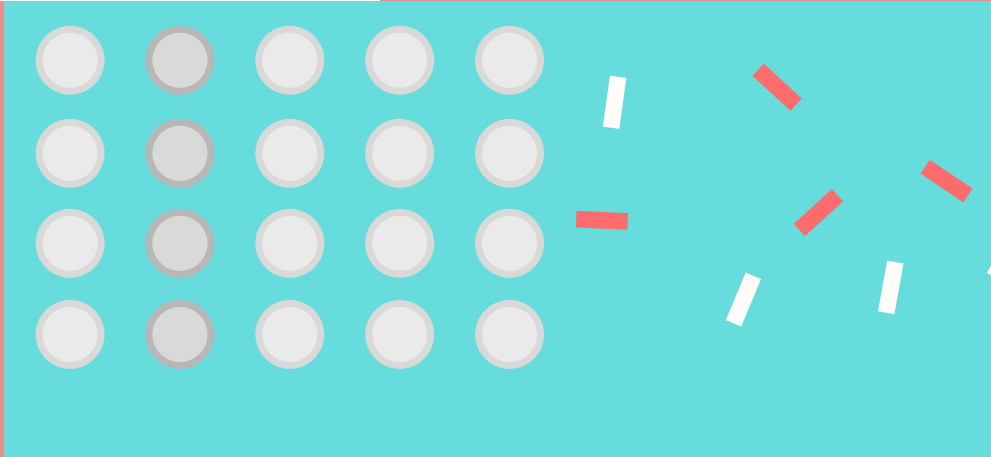
A white rectangular area containing a 4x5 grid of circles. To the left of the grid are several short, dashed lines in black, teal, and dark blue, scattered in various directions.



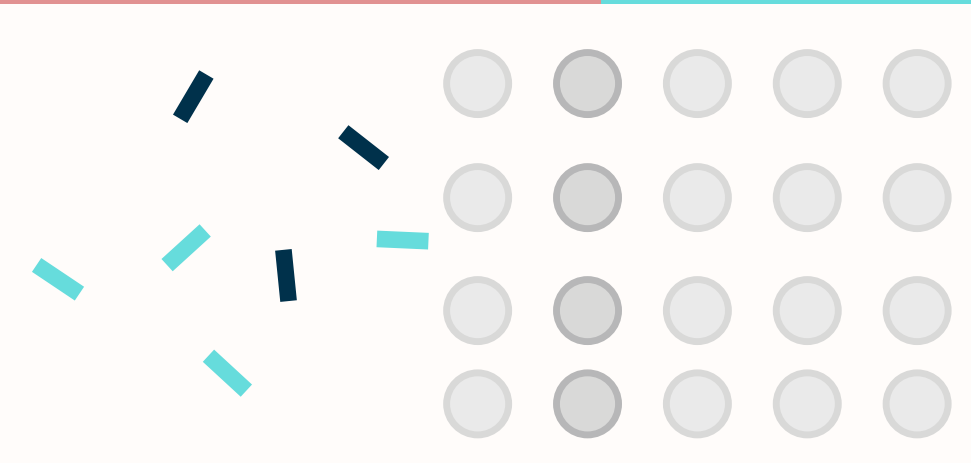
шаги 



 сон



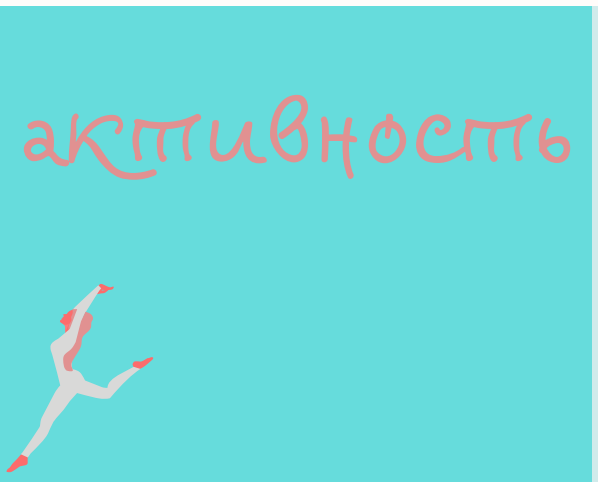
A teal rectangular area containing a 4x5 grid of circles. To the right of the grid are several short, dashed lines in white, red, and black, scattered in various directions.




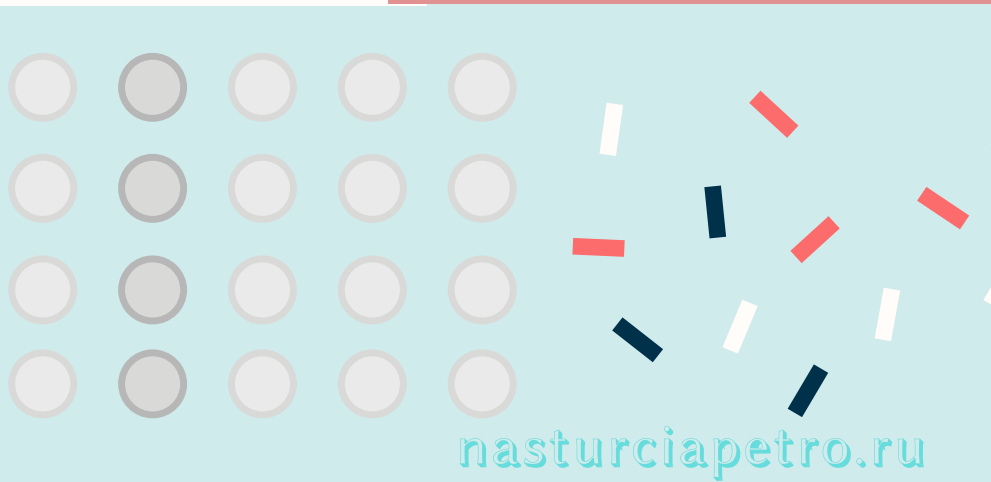
A white rectangular area containing a 4x5 grid of circles. To the left of the grid are several short, dashed lines in black, teal, and dark blue, scattered in various directions.



вода 



активность 



A light blue rectangular area containing a 4x5 grid of circles. To the right of the grid are several short, dashed lines in white, red, and black, scattered in various directions.