



# Week Off



⌚	MON	TUE	WED	THU	FRI	SAT	SUN

- Nothing At All
- Day Bath
- Nap 😊
- Lay in the Sun ☀️
- Watch a Movie
- Walk in Nature
- Tee with Friends
- Read A Book
- Painting 🖌️
- Phone Chats
- Meditate
- Get A Massage
- Beach ☀️