

Self Care for Moms

Today I'm going to...

- ☐ Wake up earlier than the kids
- ☐ Relax
- ☐ Read a book
- ☐ Spend time outside
- ☐ Drink water
- ☐ Exercise
- ☐ Get massage with Pranamat ECO
- ☐ Get pedicures
- ☐ Meal plan
- ☐ Connect with friends

