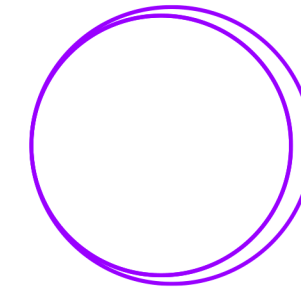


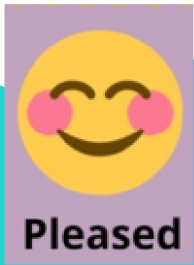
Check In



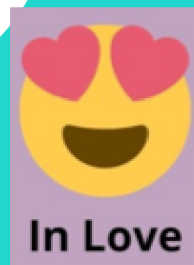
Hungry



Content/Calm

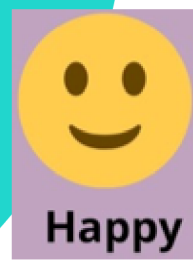


Pleased

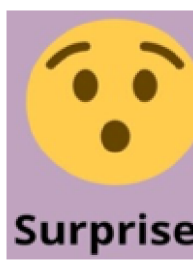


In Love

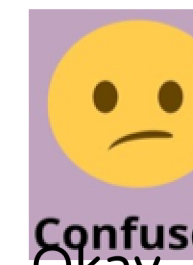
Excited



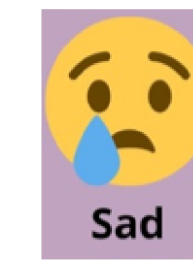
Happy



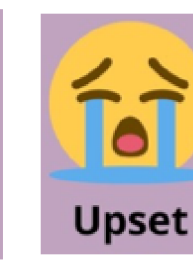
Surprised



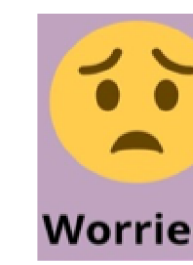
Okay



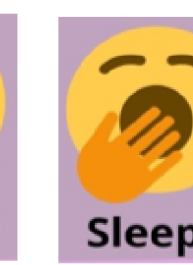
Sad



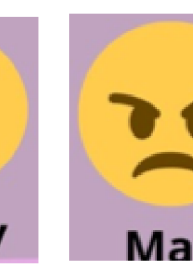
Upset



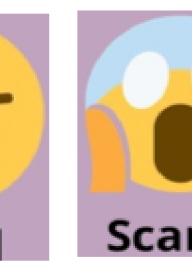
Worried



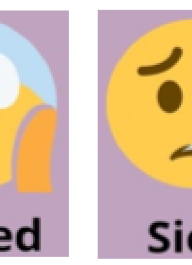
Sleepy



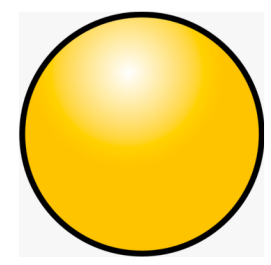
Mad



Scared

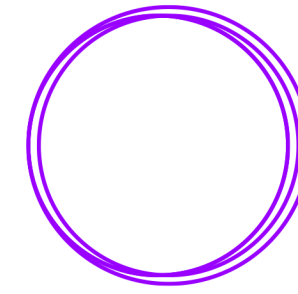


Sick

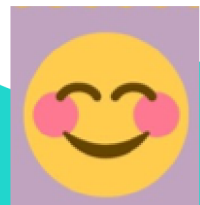


- What **ZONE** are you in today?
- How did you sleep last night?
- Have you eaten today?
- Have you had any water today?
- What are 3 things you're grateful for? 1-
- What is one goal/hope you have for today?

Check In



Content/  
alm

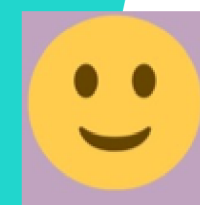


Pleased

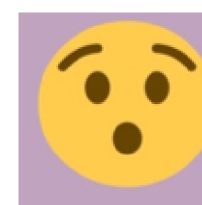


In Love

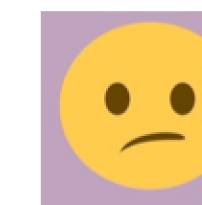
Excited



Happy

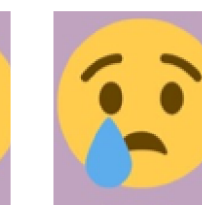


Surprised

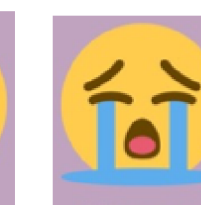


Confused

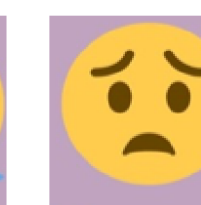
Okay



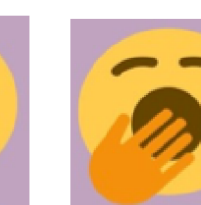
Sad



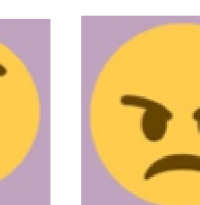
Upset



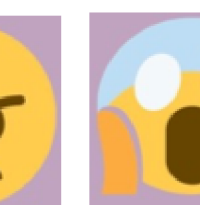
Worried



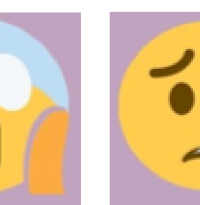
Sleepy



Mad



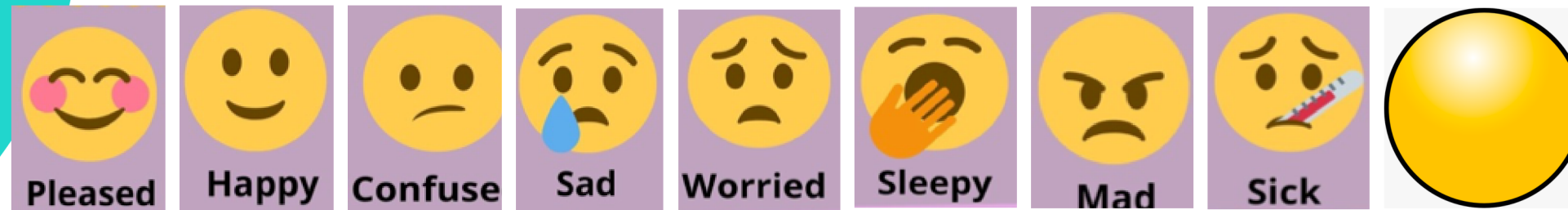
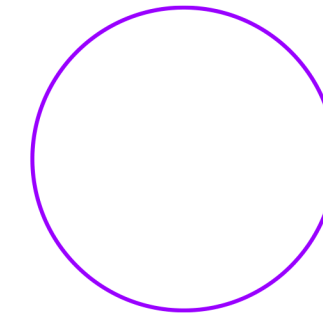
Scared



Sick

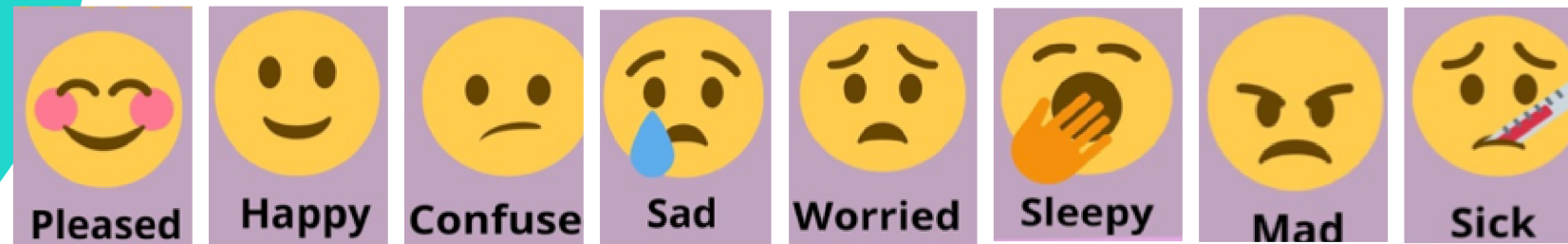
- What **ZONE** are you in today?
- How did you sleep last night?
- Have you eaten today?
- Have you had any water today?
- What are 3 things you're grateful for? 1-
- What is one goal you have for today?

Check In



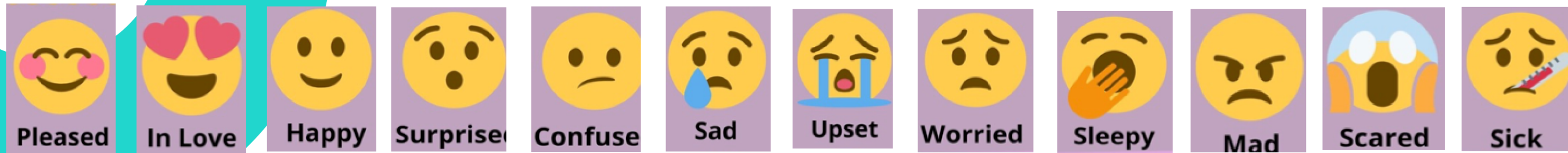
- What **ZONE** are you in today?
- How did you sleep last night?
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- Have you had any water today?
- What are 3 things you're grateful for?
- What is one goal you have for today?

Check In

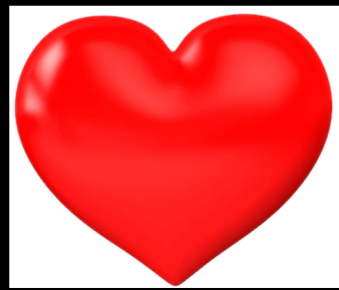


- How did you sleep last night?
- Have you eaten today?
- Have you had any water today?
- What are 3 things you're grateful for?
- What is one goal you have for today?

Check In



- How did you sleep last night?
- Have you eaten today?
- Have you had any water today?
- What are 3 things you're grateful for?
- What is one goal you have for today?



# Dexter

