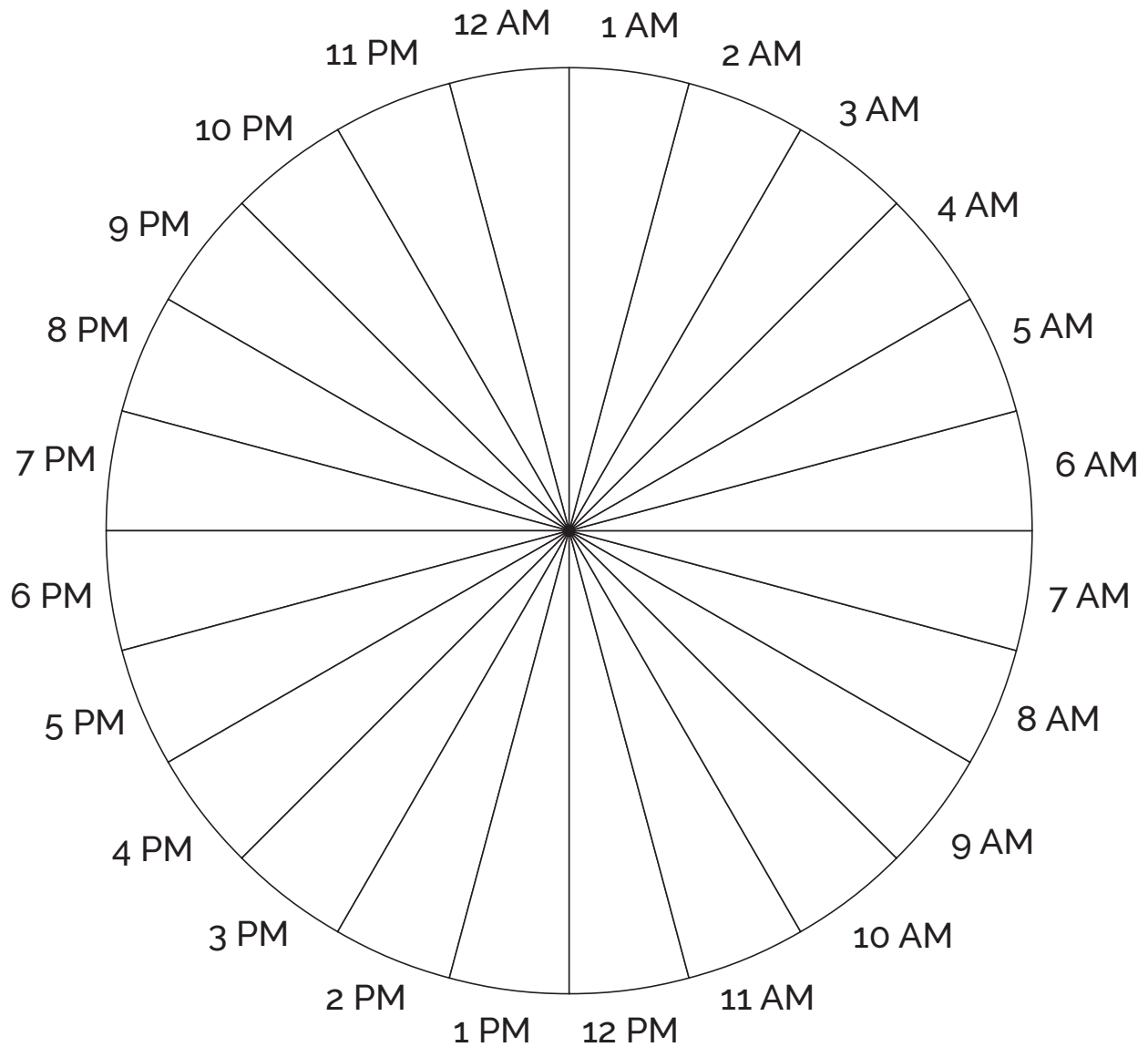


Does your average day seem *balanced*?



Red — work/school

Green — play/leisure

Blue — self-care

Yellow — free/unstructured time