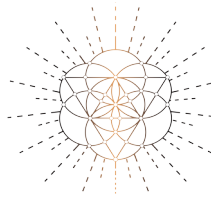


A&P

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# OPTIMAL VITALITY JOURNAL

DATE:

TOPIC:

SELF CARE: Y/N

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INSPIRATION

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