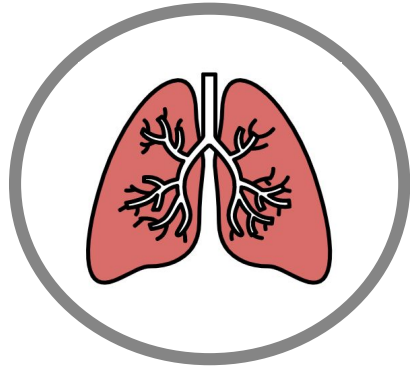
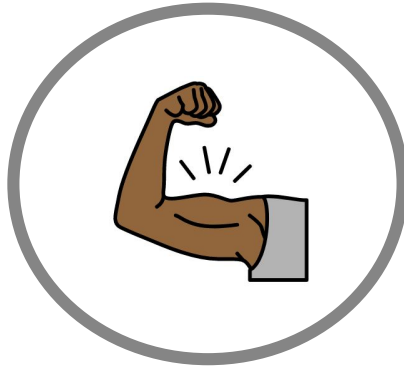
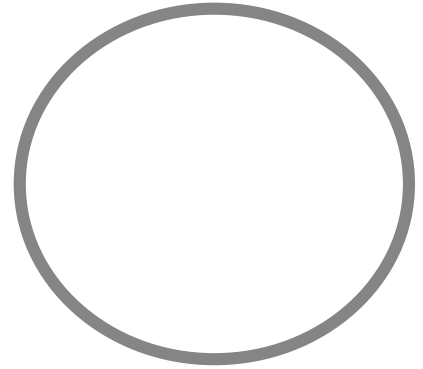




Practice breathing



Get stronger



Eat/drink _____

I need to practice breathing, get stronger, and eat/drink _____.