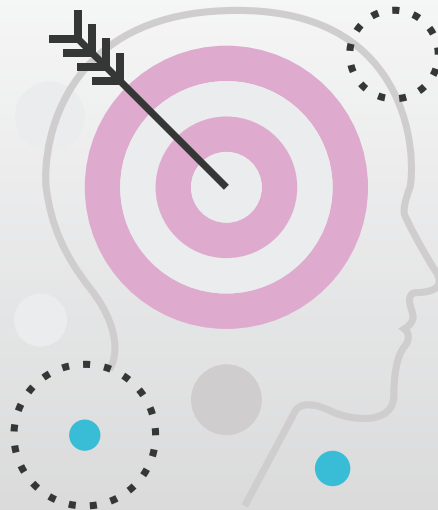


What is something your body can still do that you're thankful for today?

What's a meal, snack, or drink that brought you comfort today?



Today's challenge: _____ and Today's win: _____