

# CHECK IN!

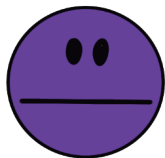
HOW DO YOU FEEL?



I FEEL AWESOME!



I'M DOING WELL.



NOT GOOD, NOT BAD, I'M FINE.



I FEEL SAD.



I AM ANGRY!



I FEEL WORRIED OR ANXIOUS



I AM TIRED!

**WHAT'S A STRENGTH  
YOU USED THIS WEEK?**

