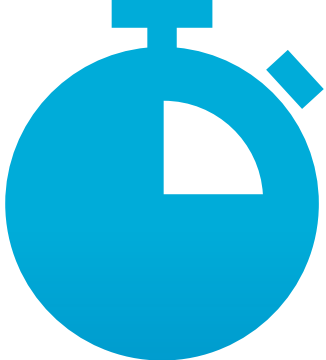


PiXL 
Prepare
to Perform

DAILY
PLANNER



PiXL
Wellbeing

PREPARE TO PERFORM – DAILY PLANNER

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- Eating a healthy lunch
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- Drinking plenty of water
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- Planning time to calm yourself down

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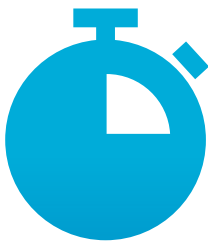
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