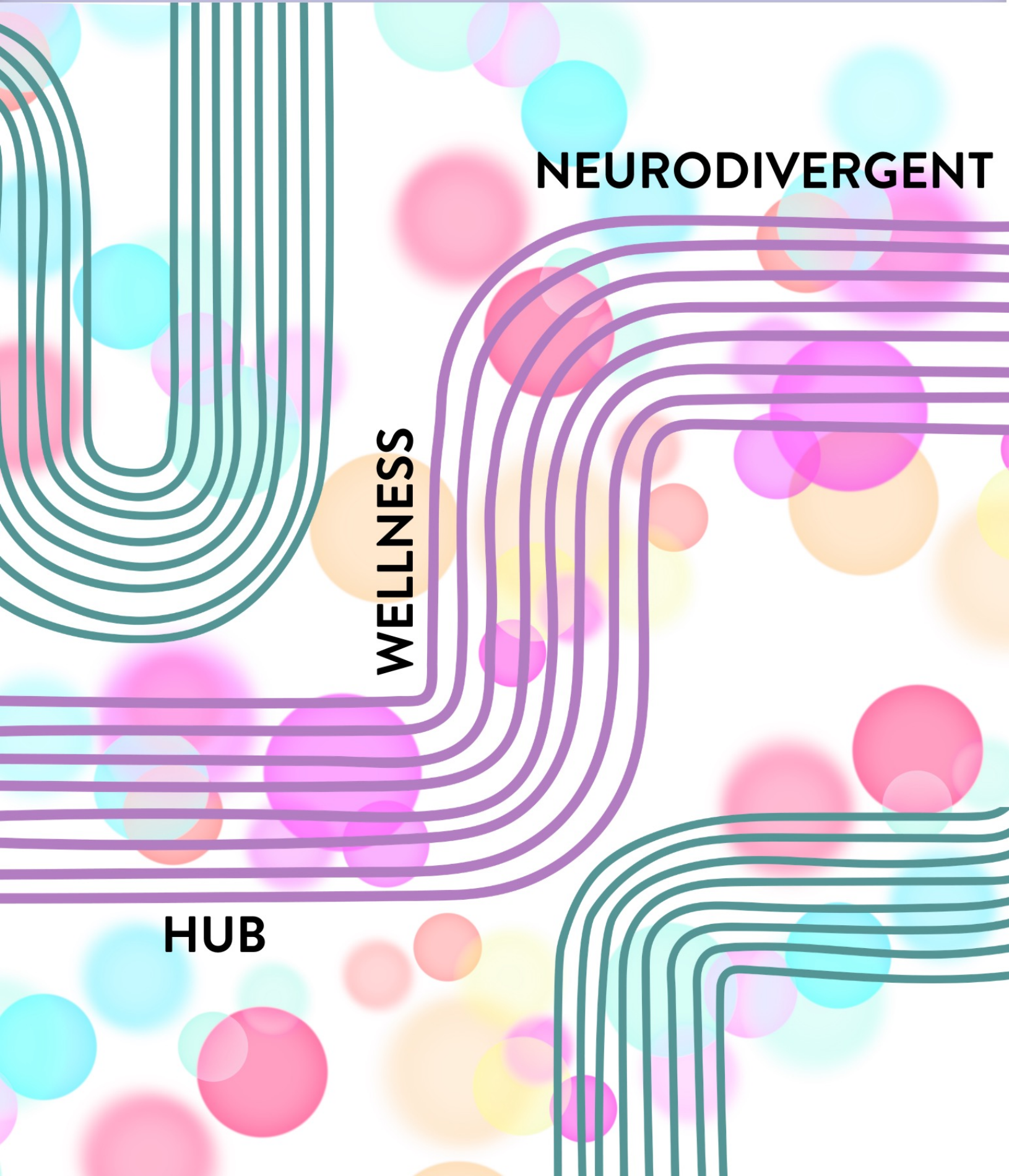




**NEURODIVERGENT**

**WELLNESS**

**HUB**





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Name:

Age:

Favorite Things:

Special Interests:

3 Words to Describe Me:

Bio:

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Week of \_\_\_/\_\_\_/\_\_\_

SUNDAY	Morning	Afternoon	Evening
--------	---------	-----------	---------

MONDAY	Morning	Afternoon	Evening
--------	---------	-----------	---------

TUESDAY	Morning	Afternoon	Evening
---------	---------	-----------	---------

WEDNESDAY	Morning	Afternoon	Evening
-----------	---------	-----------	---------

THURSDAY	Morning	Afternoon	Evening
----------	---------	-----------	---------

FRIDAY	Morning	Afternoon	Evening
--------	---------	-----------	---------

SATURDAY	Morning	Afternoon	Evening
----------	---------	-----------	---------

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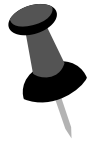


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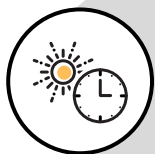
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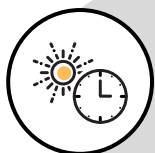




### Daily Routine



### Weekend Routine



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Habit: \_\_\_\_\_

○ ○ ○ ○ ○ ○ ○ ○  
 S M T W T F S

Habit: \_\_\_\_\_

○ ○ ○ ○ ○ ○ ○ ○  
 S M T W T F S

Habit: \_\_\_\_\_

○ ○ ○ ○ ○ ○ ○ ○  
 S M T W T F S

Habit: \_\_\_\_\_

○ ○ ○ ○ ○ ○ ○ ○  
 S M T W T F S

Habit: \_\_\_\_\_

○ ○ ○ ○ ○ ○ ○ ○  
 S M T W T F S

Habit: \_\_\_\_\_

○ ○ ○ ○ ○ ○ ○ ○  
 S M T W T F S

Habit: \_\_\_\_\_

○ ○ ○ ○ ○ ○ ○ ○  
 S M T W T F S

Habit: \_\_\_\_\_

○ ○ ○ ○ ○ ○ ○ ○  
 S M T W T F S

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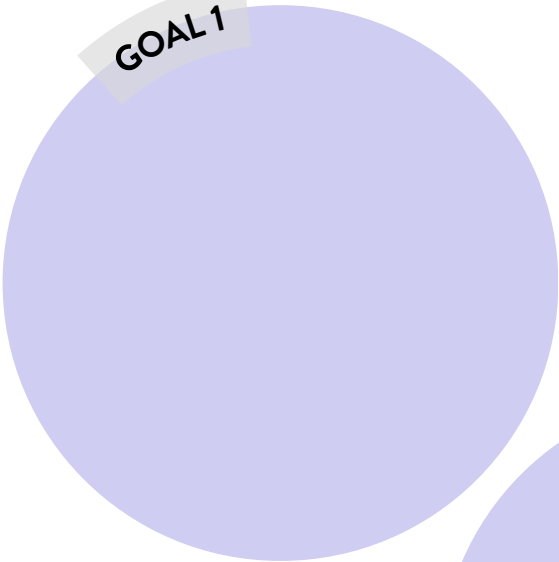


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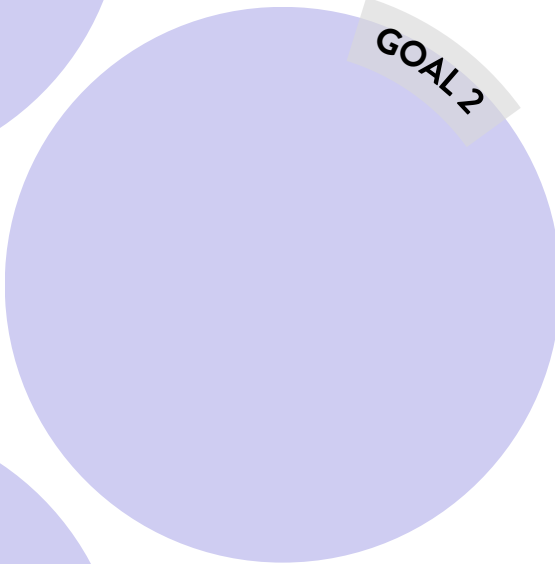




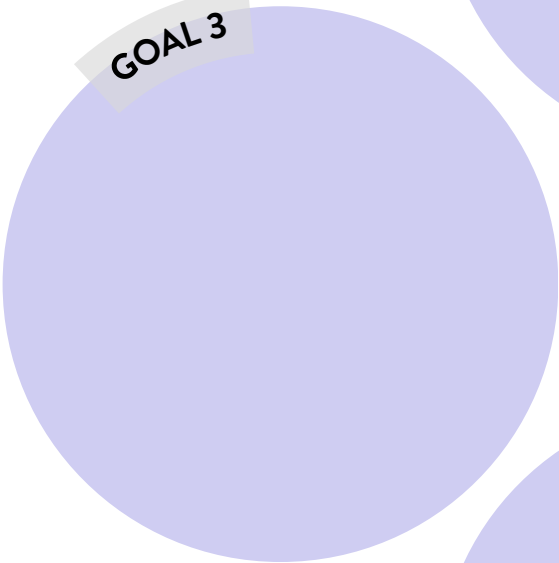
GOAL 1



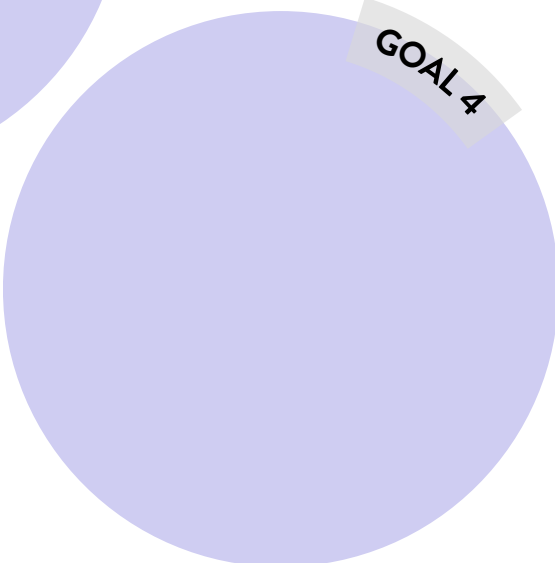
GOAL 2



GOAL 3



GOAL 4



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S M T W T F S

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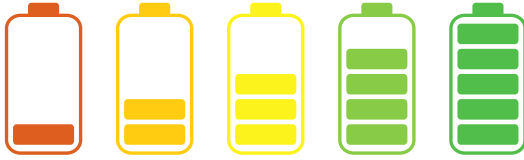




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SUNDAY



MONDAY



TUESDAY



WEDNESDAY



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FRIDAY



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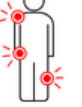

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Favorite Sensory Items:


 VISUAL	 AUDITORY
 INTEROCEPTIVE	 TACTILE
 TASTE	 SMELL
 PROPRIOCEPTIVE	 VESTIBULAR

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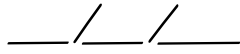


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Lined writing area for notes

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