



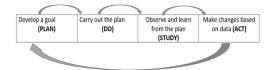
After Before During



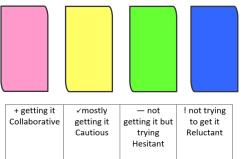


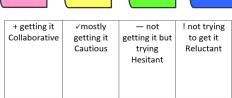
Group D Group C

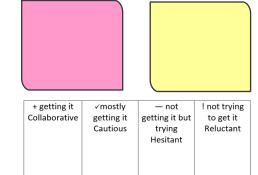




Develop a goal (PLAN)	Carry out the plan (DO)	Observe and learn from the plan (STUDY)	Make changes based on data (ACT)







Help!



It's Monday. Don't forget to be HWESOME

wewomen

Т W Weekend M TΗ

UGH!

SMONDAY:

The moment when Sunday stops feeling like a Sunday and the anxiety of Monday kicks in

