

Stressometry's® CALM Blueprint™

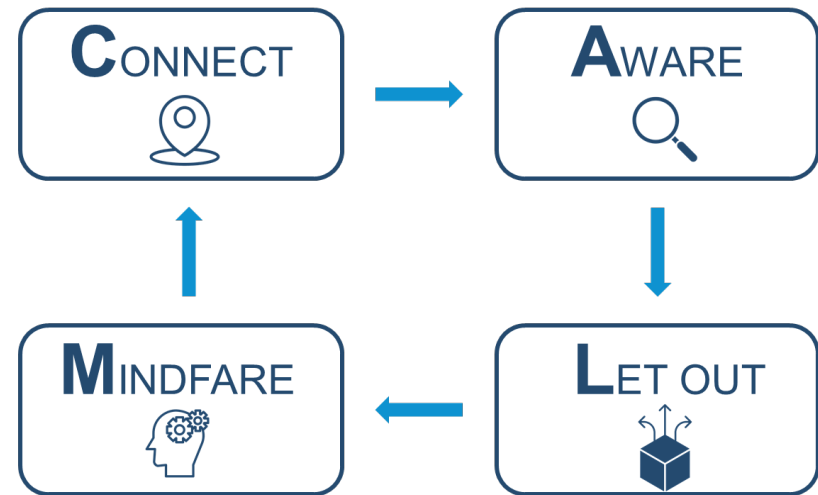
 CUT ALONG LINE



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Taken from: I Am NOT Cancer

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INSTRUCTIONS:

1. Cut along dotted line
2. Fold in middle
3. Option: Leave open & put on fridge

** Make extra copies & post as reminders where needed!