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ROUTINE



1. WAKE UP

6.20am



2. JOURNAL

6.25am

500ML



3. HYDRATE

6.40am



4. EXERCISE

7.00am



5. HOT BATH

7.15am



6. DRESS

7.25am



7. HAIR + MAKE UP

7.45am



8. BREAKFAST

8.00am



9. START YOUR DAY

8.15am

Morning Routine This Week Download

JA Banks



Morning Routine This Week Download:

Getting Your Child Back to School Christopher A. Kearney,2021-02-15 Getting Your Child Back to School is intended for parents grappling with school attendance problems at the elementary middle and high school levels Covering a wide variety of attendance problems and special circumstances the book offers practical step by step strategies parents can easily learn and implement themselves

Getting Your Child to Say "Yes" to School Christopher Kearney,2007-03-22 Many parents find getting their child to school in the morning to be quite a challenge If your child consistently pleads with you to let him stay home from school if he skips school if his morning routine is fraught with misbehaviors or if he exhibits signs of distress and anxiety related to attending school this book can help Getting Children to Say Yes to School A Guide for Parents is designed to help you address your child's school refusal behavior in the early stages This guide helps you identify school refusal behavior and provides step by step instructions to solve the problem Learn different techniques for getting your child to school including enhancing relaxation changing your child's negative thoughts about school establishing a clear and predictable morning routine and setting up a system of rewards for going to school Tools such as worksheets lists of Dos and Don'ts sample parent child dialogues and Fridge Notes combine to create a workbook type resource that will help you increase your child's school attendance and relieve your own feelings of concern and worry Easy to read and filled with concrete strategies this book is the first of its kind dedicated to educating and arming parents with the tools they need to resolve their child's school refusal behavior

The Alkaline Life Ross Bridgeford,2024-01-23 Balance your diet balance your life The antidote to degenerative disease is closer than you think and the solution lies in an alkaline anti-inflammatory and antioxidant rich diet Whether you've just finished The Alkaline Reset Cleanse and are asking yourself now what or you're curious about exploring the opportunities an alkaline diet has to offer The Alkaline Life will provide you with all the tools you need to meet your nutrition goals and feel better With Ross Bridgeford as your guide you'll learn how to live alkaline and stay alkaline for life Ross begins by providing the science backed facts behind the alkaline diet how to do it and why it works Then he dives into how the alkaline diet can work for you based on your goals Finally he provides delicious and nutritious alkaline recipes that will motivate you to stick with this feel good lifestyle in a feasible way

The Peak Performing Teacher Michael S. Kuczala, Mike Kuczala,2022-01-17 Develop and implement an action plan for self care Cultivating focus re-energizing oneself and improving daily habits are essential for educators well-being and the good that they pass along to students However finding the time to implement new habits can be hard Because small changes are easier to plan for and realize Kuczala concentrates on the habits that are most likely to yield significant improvements This book guides educators in meaningful self-reflection by providing Five critical practices to increase productivity and decrease anxiety Reflection prompts and vignettes to guide readers in developing self-care strategies Practical checklists and templates to help educators maintain goals

Bloodstar (Star Corpsman, Book 1) Ian Douglas,2013-05-09 Big bold military science fiction action from

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web the goal of this project is to build an object recognition system that can detect objects from an input image and identifying the detected objects on the image by drawing a rectangle around each object on the image and classify it to be one from a 5 objects cat laptop apple helicopter and car

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web use an object detector in the computer vision toolbox to load the pretrained model and detect objects in a test image the table lists the names of the pretrained models names of the corresponding support packages and the object detectors in computer vision toolbox