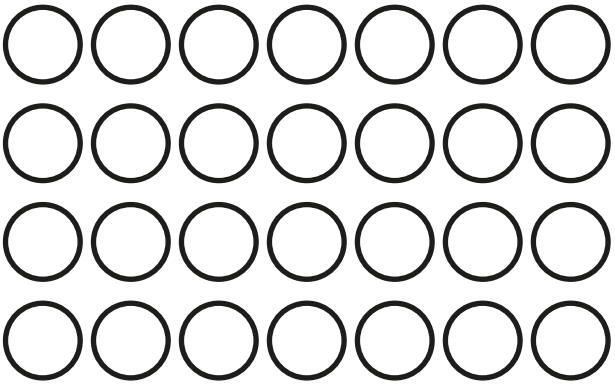
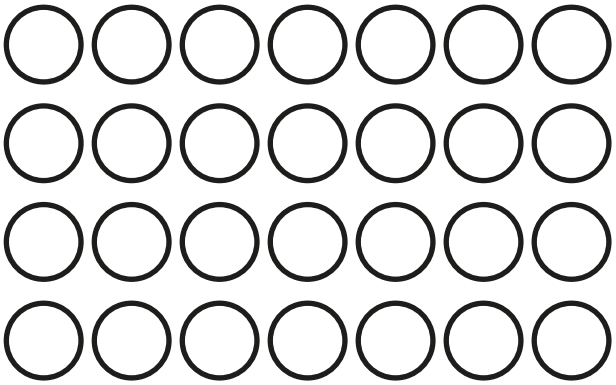
Забочусь о себе

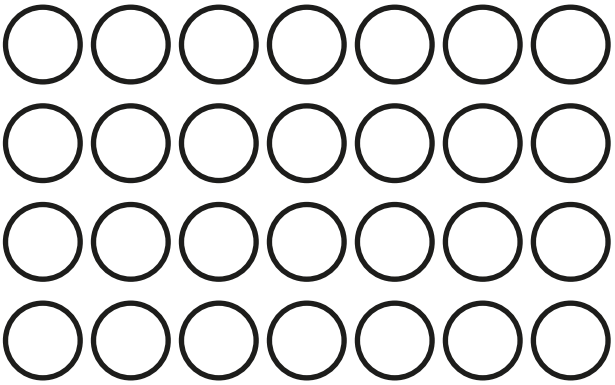
Утренняя зарядка



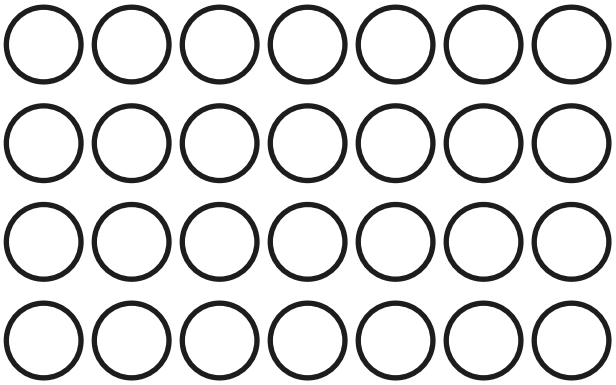
Полезный завтрак



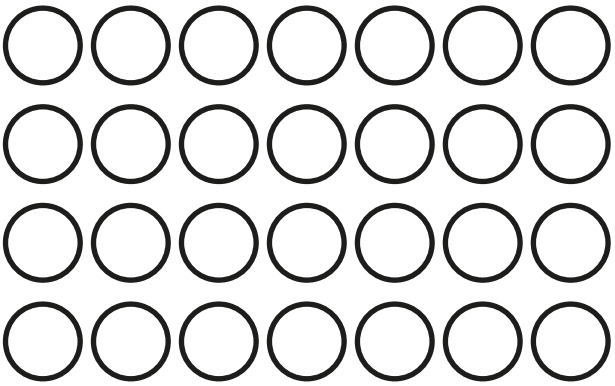
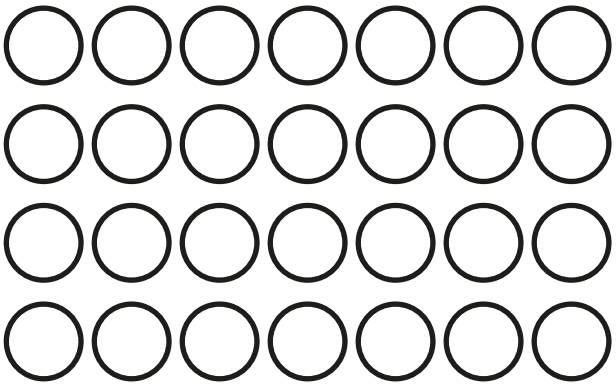
Отдыхаю после учебы



Фрукты каждый день



Сплю не менее 7 ч



Благодарю себя