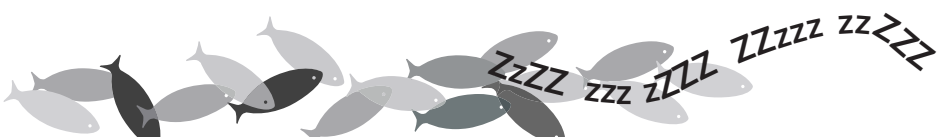
WHO AM I **FOLLOW**ing?

SOUL TRAINING: SLEEP LOG

DAY	TIMES	HOURS	NOTES
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday