

WAKING UP



I pay attention to what I ingest

1

LEVELING UP



I pay attention to what I ingest and how I treat my body

2

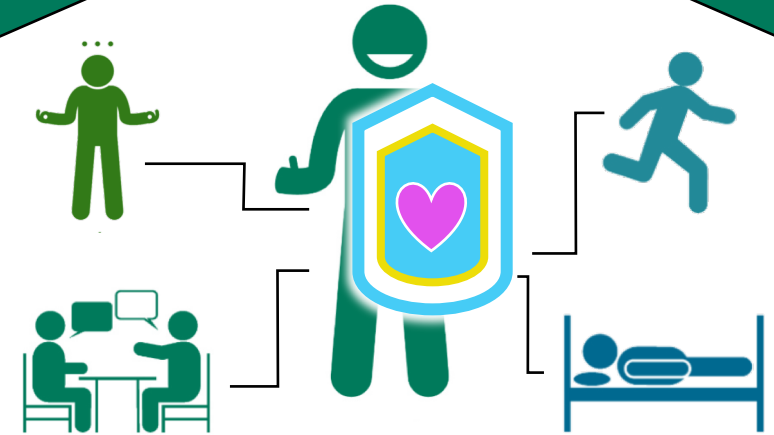
TUNING UP



I pay attention to what I ingest and how I treat my body so that I recognize when I am going off-track and make corrections

3

GOING META



Because I value staying conscious, I recognize when my behavior puts me at risk of poor health, and then take corrective action by embracing healthy alternatives and resources

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