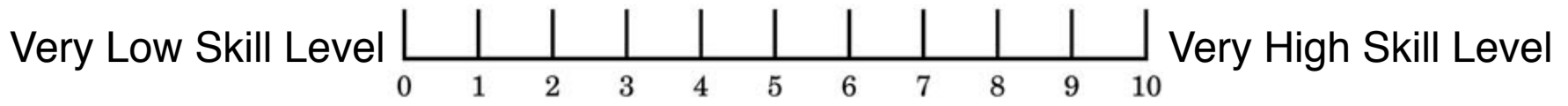


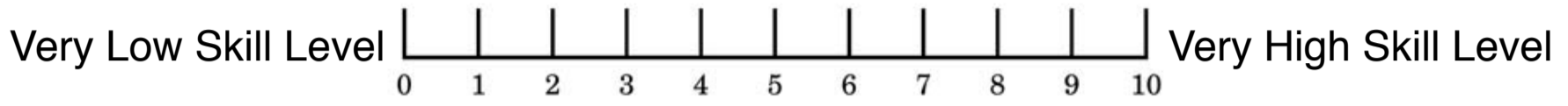
Time Management



Planning



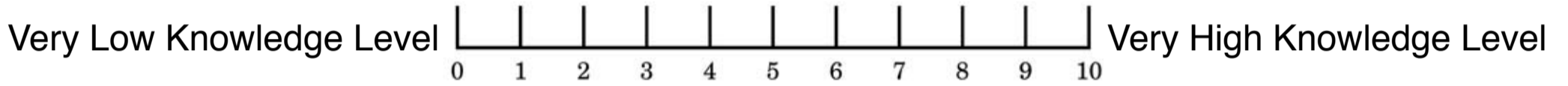
Movement



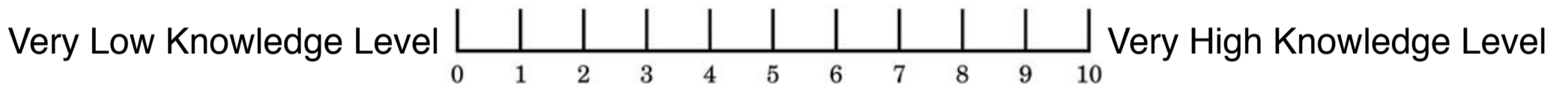
Cookery



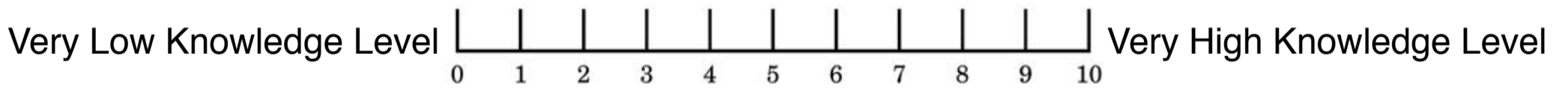
Anatomy and Physiology



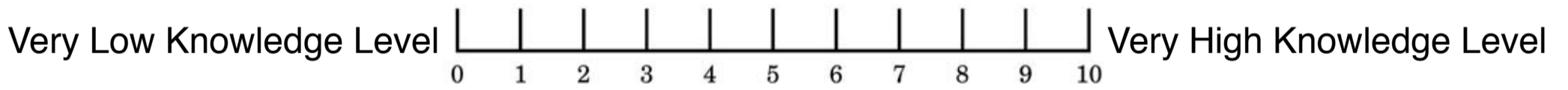
Nutrition



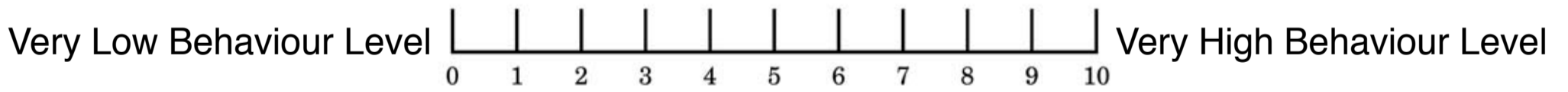
Psychology of Change



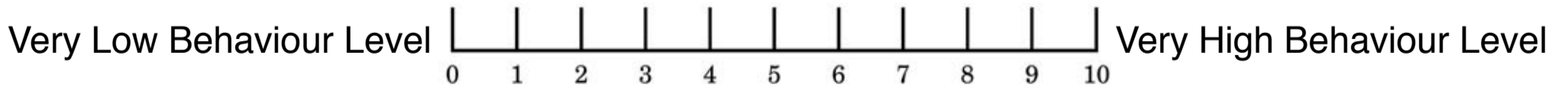
Understanding of Self



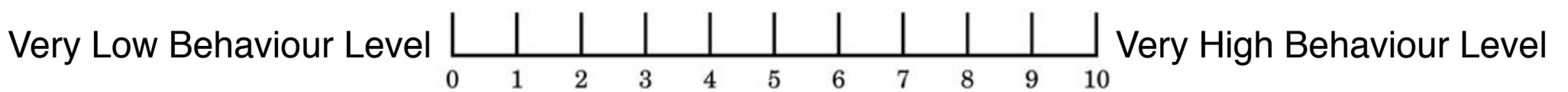
Self Regulation



Hopefulness



Gratitude



Mindfulness

