

# daily Hug



1 Done!	2 Done!	3 Done!	4 Done!	5 Done!
6 Done!	7 Done!	8 Done!	9 Done!	10 Done!
11 Done!	12 Done!	13 Done!	14 Done!	15 Done!

**HUG YOURSELF AND TAP YOUR SHOULDERS TWICE  
EVERY DAY FOR 15 DAYS.**

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