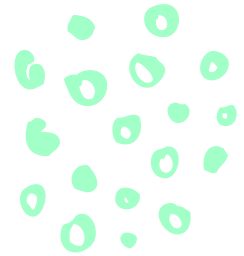


Agenda giornaliera



Mantra del giorno

Data

Mattina

Pomeriggio

Sera

Terapia farmacologica

🕒 _____

💊 _____

Psicoterapia

🕒 _____

📍 _____

Strategie

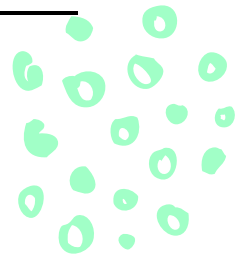


Grafico dell'umore



Spazio libero