

 Checking in at: \_\_\_\_\_  
Date: \_\_\_\_\_  
Time: \_\_\_\_\_  
Who are you with: \_\_\_\_\_  
What's on your mind: \_\_\_\_\_

 Checking in at: \_\_\_\_\_  
Date: \_\_\_\_\_  
Time: \_\_\_\_\_  
Who are you with: \_\_\_\_\_  
What's on your mind: \_\_\_\_\_

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Who are you with: \_\_\_\_\_  
What's on your mind: \_\_\_\_\_