



The diagram consists of four rounded rectangular boxes arranged in a horizontal row, each with a colored border and a corresponding icon. The boxes are connected by a light blue line.

- Sleep:** The first box has a blue border. It contains the text "Make sure you get 6-8 hours of sleep each night" and an icon of a white pillow with three orange 'Z's on a dark blue background.
- Nutrition:** The second box has an orange border. It contains the text "Feed your body the right fuel for work" and an icon of various fresh fruits and vegetables including a watermelon, kiwi, banana, and bell peppers.
- Time Management:** The third box has a green border. It contains the text "Plan timeframes and use them efficiently" and an icon of a black and white analog clock face.
- Mental Health:** The fourth box has a purple border. It contains the text "Set time aside to enjoy the things you love" and an icon of a red heart with a black outline.