

**Date:** ..... **Today's Main Goal:** .....

### Schedule

Remember to schedule at least **2** breaks.

8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	

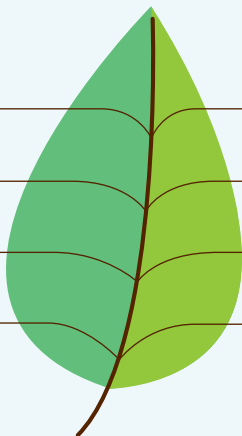
Aim to drink minimum of **6** glasses of water.

### Nature Dose

I will spend time in nature by -

Today

This Week



### Tasks

Focus on the step in front of you, not the whole staircase.

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### Self Care

Self-care is a priority and necessity, not a luxury.

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|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

### Daily Exercise

Aim for 30 minutes or 10,000 steps daily.

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### Hours of Sleep

Aim for 6 to 10 hours daily. ....hours .....minutes

### Today I am feeling



### Fruit and Vegetables

Aim for 2 fruit and 5 vegetables.

	1.....	2.....		1.....
	2.....	3.....	4.....	5.....

### Productivity



Today I am grateful for -