4 WEEKS OF WELLNESS FOCUS

Week 1 daily habit	MON.	TUES.	WED.	THU.	FRI.	SAT.	SUN.
Getting 6-8 hours of sleep	☐	☐	☐	☐	☐	☐	☐
Reading for 10 minutes	☐	☐	☐	☐	☐	☐	☐
Meet my daily water goal	☐	☐	☐	☐	☐	☐	☐
Workout at least 4-5 days	☐	☐	☐	☐	☐	☐	☐
Sticking to mostly whole foods	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

Week 2 daily habit	MON.	TUES.	WED.	THU.	FRI.	SAT.	SUN.
Getting 6-8 hours of sleep	☐	☐	☐	☐	☐	☐	☐
Reading for 10 minutes	☐	☐	☐	☐	☐	☐	☐
Meet my daily water goal	☐	☐	☐	☐	☐	☐	☐
Workout at least 4-5 days	☐	☐	☐	☐	☐	☐	☐
Sticking to mostly whole foods	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

Week 3 daily habit	MON.	TUES.	WED.	THU.	FRI.	SAT.	SUN.
Getting 6-8 hours of sleep	☐	☐	☐	☐	☐	☐	☐
Reading for 10 minutes	☐	☐	☐	☐	☐	☐	☐
Meet my daily water goal	☐	☐	☐	☐	☐	☐	☐
Workout at least 4-5 days	☐	☐	☐	☐	☐	☐	☐
Sticking to mostly whole foods	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

Week 4 daily habit	MON.	TUES.	WED.	THU.	FRI.	SAT.	SUN.
Getting 6-8 hours of sleep	☐	☐	☐	☐	☐	☐	☐
Reading for 10 minutes	☐	☐	☐	☐	☐	☐	☐
Meet my daily water goal	☐	☐	☐	☐	☐	☐	☐
Workout at least 4-5 days	☐	☐	☐	☐	☐	☐	☐
Sticking to mostly whole foods	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐