

WEEKLY WELLNESS CHECKLIST

3 AREAS TO FOCUS ON:

		M	T	W	TH	F	SA	SU
Connection	More time with Family							
	More time with Friends							
	Less Social Media							
Nutrition	More Conscious Eating							
	Less coffee							
	Less alcohol							
Hydration	More Water (8-10 cups)							
Mindset	Morning Pages							
	Time for Creativity							
	Read for pleasure							
	Therapy							
	Being "Present"							
Movement	Gym							
	Walks							
	Play							
Sleep	More Quality Sleep (6-8 hrs)							
Stillness	Meditation (5-30 min)							
	Yoga							
	Quiet reflective time							
	Ground & Bubble							