

Week:					
Pre <input type="checkbox"/>	Pre <input type="checkbox"/>	Pre <input type="checkbox"/>	Pre <input type="checkbox"/>		
Lift <input type="checkbox"/>	Lift <input type="checkbox"/>	Lift <input type="checkbox"/>	Lift <input type="checkbox"/>		
Post <input type="checkbox"/>	Post <input type="checkbox"/>	Post <input type="checkbox"/>	Post <input type="checkbox"/>		
	Mon	Tue	Wed	Thurs	Fri
Vitamins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meditate - 10min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read - 10min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Social	Sugar	Journal	Hoop		
<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>		

Pre <input type="checkbox"/>	
Lift <input type="checkbox"/>	
Post <input type="checkbox"/>	
Sat	Sun
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
Typing - 30min	
<input type="checkbox"/>	<input type="checkbox"/>