

MORNING

Reflection (1-10)	Routine	Gratitude...
Body _____	AC Vinegar <input type="checkbox"/>	_____
Mind _____	>16oz Water <input type="checkbox"/>	_____
Spirit _____	Food 1 <input type="checkbox"/>	_____
	Meditation <input type="checkbox"/>	_____

MIDDAY-AFTERNOON-EVENING

Activities	To Do
Walk _____	<input type="checkbox"/> _____
Yoga _____	<input type="checkbox"/> _____
Wellness Practice _____	<input type="checkbox"/> _____
Meditation _____	<input type="checkbox"/> _____
Workout _____	<input type="checkbox"/> _____
Play With Ted _____	
Cook Dinner _____	
Hang with Jenna _____	
Practice Music _____	
Read _____	
Web Dev _____	
Healing Knowledge _____	
Psychedelic Diabetic - you can do it. _____	
Brain Wave Reset _____	

NIGHT

Reflection (1-10)	Routine	Gratitude...
Body _____	Meditation <input type="checkbox"/>	_____
Mind _____		_____
Spirit _____		_____

