

DAILY *balance*

DATE: _____

S M T W T F S

pick one, pick two, pick all, pick a few



- MAKE BED
- TAKE MEDS/VITAMINS
- SKINCARE
- COFFEE/TEA
- GO OUTSIDE
- TIDY UP THE HOUSE
- LISTEN TO MUSIC
- SOCIAL MEDIA BREAK



- TAKE A LONG BATH
- DO A FACE MASK
- CALL A FRIEND
- MEDITATE OR PRAY
- READ/AUDIOBOOK
- TRY A NEW RESTAURANT
- WATCH A MOVIE
- NO PHONE 30 MINS BEFORE BED

MOVEMENT:

- CARDIO
- WEIGHTS
- YOGA
- FIIT
- WALK
- OTHER

SLEEP:



WATER:



FUEL:

B: _____
L: _____
D: _____
S: _____

#WINS:

BRAIN DUMP



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FOR Balance*
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