

WELLNESS ROUTINE

WEEK OF: _____ GOAL: _____

VITAMIN / SUPPLEMENT	DOSAGE	TIME	M	T	W	T	F	S	S
Multivitamin	1 Capsule	Morning							
Vitamin D3	2000 IU	Morning							
Omega-3 Fish Oil	1000 mg	Lunch							
Magnesium Glycinate	400 mg	Evening							

DAILY OBSERVATIONS & HYDRATION