

HEALTHY LIFESTYLE ROUTINE

WEEK OF: _____ GOAL: _____

DAILY HABITS

M T W T F S S

MORNING 8oz Water upon waking

MORNING 10min
Mindfulness/Meditation

PHYSICAL 30min Active
Movement

NUTRITION No Processed Sugar

NUTRITION 3+ Servings of
Vegetables

EVENING No Screens 1hr before
bed

EVENING 7-8 Hours Sleep

PERSONAL

WEEKLY REFLECTION & NOTES