PRIORITY yoga

Quest

FOOD TRACKER

Water

64 oz water (8 x 8 oz)

M ○○○○○○○○
T ○○○○○○○○
W ○○○○○○○○
T ○○○○○○○○
F ○○○○○○○○
S ○○○○○○○○
S ○○○○○○○○

Yoga

Yoga sequence
AM ○○○○○○○
PM ○○○○○○○

Scheduled Exercise:
M _____
T _____
W _____
T _____
F _____
S _____
S _____

Mind, Soul & ♥

Sleep 7-9 hours daily ○○○○○○○
Meditate / Quiet / Pray ○○○○○○○
Daily Affirmation ○○○○○○○
Play / Learn / Create ○○○○○○○
Love / Service ○○○○○○○

Cardio

20-40 minutes cardio ○○○○○○○

Cardio Minutes Tracker

10 10 10 10 10 10 10 10
10 10 10 10 10 10 10 10
10 10 10 10 10 10 10 10
10 10 10 10 10 10 10 10
10 10 10 10 10 10 10 10
10 10 10 10 10 10 10 10

Mood/Wellness

Daily Tracker

M 10 9 8 7 6 5 4 3 2 1
T 10 9 8 7 6 5 4 3 2 1
W 10 9 8 7 6 5 4 3 2 1
T 10 9 8 7 6 5 4 3 2 1
F 10 9 8 7 6 5 4 3 2 1
S 10 9 8 7 6 5 4 3 2 1
S 10 9 8 7 6 5 4 3 2 1

Affirmation

Nutrition Goals

Goal: _____ ○○○○○○○
Goal: _____ ○○○○○○○
Goal: _____ ○○○○○○○
Goal: _____ ○○○○○○○
Goal: _____ ○○○○○○○

Food Tracker:

M
T
W
Th
F
Sa
Su

Track Food Daily ○○○○○○○