PRIORITY yoga

Quest

WEEKLY TRACKER

Nutrition Goals

Goal: _____

Goal: _____

Goal: _____

Goal: _____

Goal: _____

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

Meal Plan:

M _____

T _____

W _____

Th _____

F _____

Sa _____

Su _____

Food Tracker:

M _____

T _____

W _____

Th _____

F _____

Sa _____

Su _____

Track Food Daily

Affirmation