

DATE:

"Self Care is how you
take your power back."
Lalah Delia

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

GOALS

1 _____

2 _____

GOALS

1 _____

2 _____

GOALS

1 _____

2 _____

GOALS

1 _____

2 _____

GOALS

1 _____

2 _____

GOALS

1 _____

2 _____

GOALS

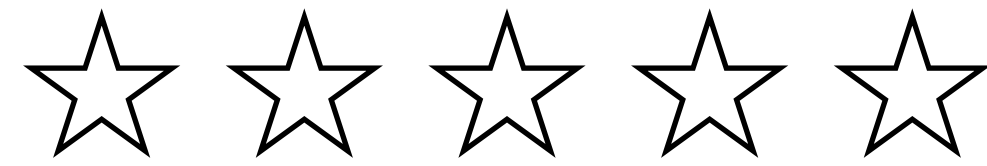
1 _____

2 _____

My Day in 1 Word:



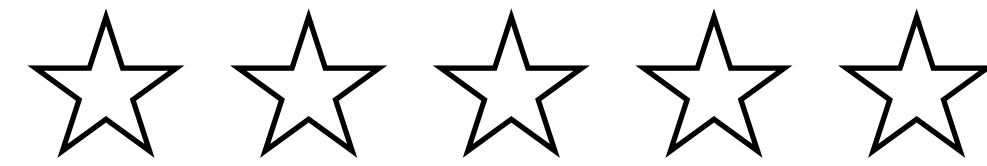
SLEEP RATING



My Day in 1 Word:



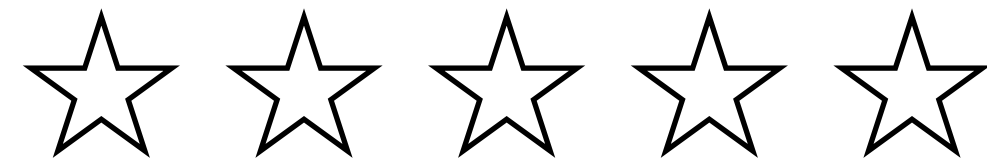
SLEEP RATING



My Day in 1 Word:



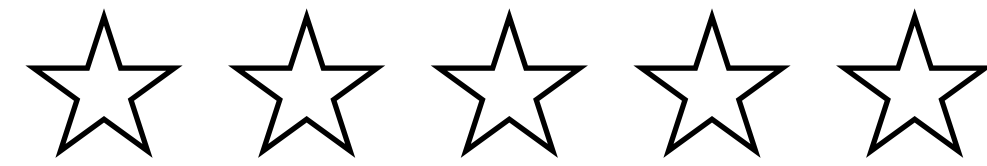
SLEEP RATING



My Day in 1 Word:



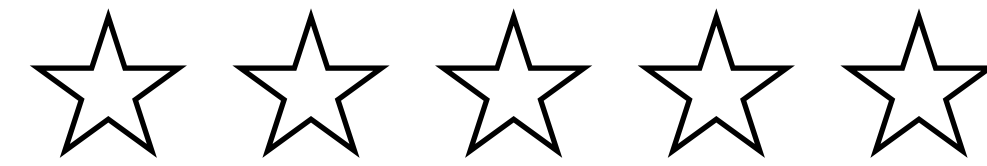
SLEEP RATING



My Day in 1 Word:



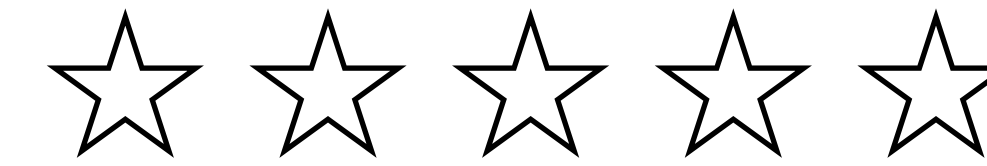
SLEEP RATING



My Day in 1 Word:



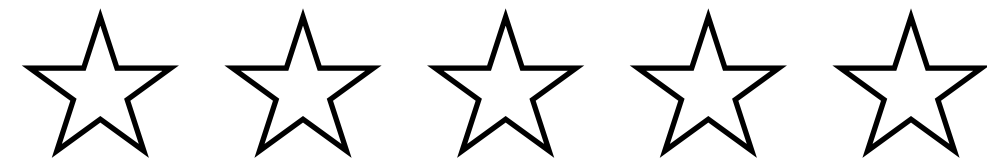
SLEEP RATING



My Day in 1 Word:



SLEEP RATING



SUPPLEMENT TRACKER

1 Incorporate CBD into your wellness routine. Consistency is key.

SUPPLEMENT TRACKER

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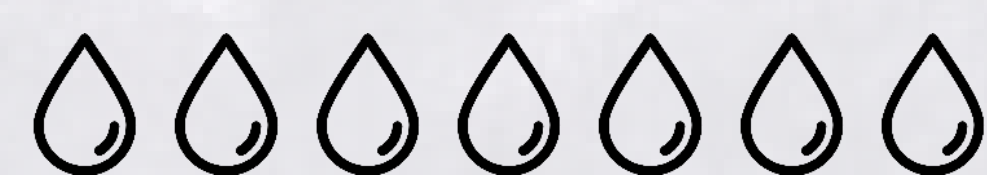
WATER



WATER



WATER



WATER



WATER



WATER



WATER



PEAKS

Celebrate your accomplishments of the week, however big or small.

PITS

Acknowledge the lows to start next week fresh.