



drink water

31 rows of empty circles for tracking water intake.

— hours sleep

31 rows of empty circles for tracking sleep hours.

plan your day

31 rows of empty circles for tracking daily planning.

enjoy sunshine

31 rows of empty circles for tracking sunshine enjoyment.

get fresh air

31 rows of empty circles for tracking fresh air.

listen to music

31 rows of empty circles for tracking music listening.

disconnect for 60m

31 rows of empty circles for tracking disconnect time.

move for 30m

31 rows of empty circles for tracking movement time.

eat 3 healthy meals

31 rows of empty circles for tracking healthy meals.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Monthly self-care

CHECKLIST

The secret of your **success** is found in your **daily routine**