

What's my why? _____

What's my main focus this week? _____

Did I Prepare and Reflect?

Task	M	T	W	T	F	S	S
Scripture							
Plan							

Stretch yourself!	
Gratitude	
Breathe	

Did I Connect?

Task	M	T	W	T	F	S	S
Prayer							
Family/Friend							

Stretch yourself!	
Mass/Adoration	
Rosary	

Did I Nourish myself?

Task	M	T	W	T	F	S	S
Veggie/Meal							
No Snacks							

Stretch yourself!	
Fasting	
Grab Bag	

Did I Move well?

Task	M	T	W	T	F	S	S
Flow							
Neutral							

Stretch yourself!	
Movement	
Sweat	