

Tuesday

Eating (greens, fruit, veg, whole grains)

Exercise (aerobic, strength, stretch, balance)

De-Stress (meditation, laughter, creativity, fun)

People (who connected with? Family, friends, new?)

Meaning (at work, home, community, other)

Wednesday

Eating (greens, fruit, veg, whole grains)

Exercise (aerobic, strength, stretch, balance)

De-Stress (meditation, laughter, creativity, fun)

People (who connected with? Family, friends, new?)

Meaning (at work, home, community, other)

Thursday

Eating (greens, fruit, veg, whole grains)

Exercise (aerobic, strength, stretch, balance)

De-Stress (meditation, laughter, creativity, fun)

People (who connected with? Family, friends, new?)

Meaning (at work, home, community, other)

Friday

Eating (greens, fruit, veg, whole grains)

Exercise (aerobic, strength, stretch, balance)

De-Stress (meditation, laughter, creativity, fun)

People (who connected with? Family, friends, new?)

Meaning (at work, home, community, other)

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People (who connected with? Family, friends, new?)

De-Stress (meditation, laughter, creativity, fun)

Exercise (aerobic, strength, stretch, balance)

Eating (greens, fruit, veg, whole grains)

Monday

Notes and Learnings

Meaning (at work, home, community, other)

People (who connected with? Family, friends, new?)

De-Stress (meditation, laughter, creativity, fun)

Exercise (aerobic, strength, stretch, balance)

Eating (greens, fruit, veg, whole grains)

Sunday

Meaning (at work, home, community, other)

People (who connected with? Family, friends, new?)

De-Stress (meditation, laughter, creativity, fun)

Exercise (aerobic, strength, stretch, balance)

Eating (greens, fruit, veg, whole grains)

Saturday