MY ROUTINE

FIRST NAME: LAST NAME:

WEEK 1

Activities	Monday	Achieved Y	Achieved N	Tuesday	Achieved Y	Achieved N	Wednesday	Achieved Y	Achieved N	Thursday	Achieved Y	Achieved N	Friday	Achieved Y	Achieved N	Saturday	Achieved Y	Achieved N	Sunday
Body																			
Mind																			
Spirit																			

WEEK 2

Activities	Monday	Achieved Y	Achieved N	Tuesday	Achieved Y	Achieved N	Wednesday	Achieved Y	Achieved N	Thursday	Achieved Y	Achieved N	Friday	Achieved Y	Achieved N	Saturday	Achieved Y	Achieved N	Sunday
Body																			
Mind																			
Spirit																			

MY ROUTINE

FIRST NAME: LAST NAME:

WEEK 3

Activities	Monday	Achieved Y	Achieved N	Tuesday	Achieved Y	Achieved N	Wednesday	Achieved Y	Achieved N	Thursday	Achieved Y	Achieved N	Friday	Achieved Y	Achieved N	Saturday	Achieved Y	Achieved N	Sunday
Body																			
Mind																			
Spirit																			

WEEK 4

Activities	Monday	Achieved Y	Achieved N	Tuesday	Achieved Y	Achieved N	Wednesday	Achieved Y	Achieved N	Thursday	Achieved Y	Achieved N	Friday	Achieved Y	Achieved N	Saturday	Achieved Y	Achieved N	Sunday
Body																			
Mind																			
Spirit																			