



Daily Habits

Week of:

Reward at end of week:

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Meditation To do after you wake up. Try to meditate 20 minutes a day.							
Exercise A medium fast pace for 30 minutes a day. Try to exercise 5 days/week.							
Water Drink clean water every 2 hours each day. Make sure you boil and refrigerate your drinking water for 12 hours before drinking.							
Journal After you meditate in the morning take a moment to fill in the morning portion of your Daily Journal. At the end of your day fill in the bottom portion of your Daily Journal.							