



## Daily Habits

Week of:

Reward at end of week:

|   | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. |
|---|------|-------|------|--------|------|------|------|
| <b>Meditation</b><br>To do after you wake up. Try to meditate 20 minutes a day.   |      |       |      |        |      |      |      |
| <b>Exercise</b><br>A medium fast pace for 30 minutes a day.<br>Try to exercise 5 days/week.   |      |       |      |        |      |      |      |
| <b>Water</b><br>Drink clean water every 2 hours each day. Make sure you boil and refrigerate your drinking water for 12 hours before drinking.  |      |       |      |        |      |      |      |
| <b>Journal</b><br>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.                                      |      |       |      |        |      |      |      |
| <b>Plant Love (Energy Exercise)</b><br>Get a plant and place it close to where you meditate at the beginning of your day. Talk kindly to your plant for a few minutes each day. Tend to your plant (water, sunlight, nutrients, etc.) |      |       |      |        |      |      |      |

# Daily Habits - con't

|  | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--|-----|------|-----|-------|-----|-----|-----|
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| <p><b>Organic Fruit &amp; Veggie</b><br/>           Eat at least one of each every day. You can use this resource to help you pick -<br/> <a href="https://www.mindbodygreen.com/articles/ewg-dirty-dozen-and-clean-15-lists">https://www.mindbodygreen.com/articles/ewg-dirty-dozen-and-clean-15-lists</a><br/>           It's good if you can wash and eat them raw.</p> |     |      |     |       |     |     |     |