



## Daily Habits

Week of:

Reward at end of week:

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>Meditation</b> To do after you wake up. Try to meditate 20 minutes a day.							
<b>Exercise</b> A medium fast pace for 30 minutes a day. Try to exercise 5 days/week.							