Date:	

ACTIVITY	S M T W T F S
Wake Up Early	
Morning Meditation	
15-Minute Workout	

Date:	

ACTIVITY	S M T W T F S

Date:

Activity	S	m	t	W	t	f	S
Wake up on time							
Take a shower							
Eat breakfast							
Write a journal							

Date:

Activity	S	m	t	W	t	f	S