



Activity	Ideal	Goal reach	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breathing									
Chest gouge									
Diaphragm release									
Stretches									
Salute to Sun									
Deeper breathing									
Hydration									
Water consumed									
Timing of fluids									
Safety									
Awareness									
Self time									
Correction									
Outside time									
Walking: km/time									
Real sun exposure									
Extra interactions									
Unsolicited smiles									
Touch									
Awakening loving									
Hugs given									
Self soothing belly									
Hugs /touch extras									
Body work self									
Steaming									
Sacral wakeups									
Body appreciation									





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Activity	Goal	Achieved	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sustenance - soul									
Selfing space									
First hour of day									
Last hour of day									
In communion									
Sustenance - heart									
Heart song activity									
Actual singing?									
Connecting									
Sustenance - body									
Nutrient dense									
Fats									
Veggies									
Colour combos									
Extras: your choice									



