time tracker

Week:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Goal	Actual
Oil/Dry Brush	☐	☐	☐	☐	☐	☐	☐		
Oral Health	☐	☐	☐	☐	☐	☐	☐		
Nasya/ Neti	☐	☐	☐	☐	☐	☐	☐		
Exercise	☐	☐	☐	☐	☐	☐	☐		
# Steps	☐	☐	☐	☐	☐	☐	☐		
Meditation	☐	☐	☐	☐	☐	☐	☐		
Planning	☐	☐	☐	☐	☐	☐	☐		
Meal Prep	☐	☐	☐	☐	☐	☐	☐		
Eating B	☐	☐	☐	☐	☐	☐	☐		
Social Time	☐	☐	☐	☐	☐	☐	☐		
Alone Time	☐	☐	☐	☐	☐	☐	☐		
Family Time	☐	☐	☐	☐	☐	☐	☐		
% of day stressed									
Vitamins	☐	☐	☐	☐	☐	☐	☐		
Journal	☐	☐	☐	☐	☐	☐	☐		
Other Health (ie: Massage)	☐	☐	☐	☐	☐	☐	☐		