

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)									