

WEEKLY RECIPE FOR SUCCESS | DAILY HEALTH BEHAVIORS

Behavior	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sleep (7-9 hours)							
Nutrition Eat at least one balanced meal							
Hydration 8+ cups of water							
Physical Activity 30+ mins							
Mindfulness 5+ mins of meditation							
Positive Social Interaction							
Self-Compassion Kind self-talk							
Screen Time Awareness 5+ mins of meditation							