

WEEKLY RECIPE FOR SUCCESS | WEEKLY HEALTH BEHAVIORS

Behavior	Completed
Outdoor Time (30+ mins in nature)	
Creative Expression (Art, writing, music, etc.)	
Strength Training (2-3 sessions per week)	
Meal Planning (Prepare balanced meals/snacks)	
Journaling/Reflection (Write thoughts & gratitude)	
Acts of Kindness (For self or others)	
Digital Detox (Screen-free time)	
Overall Sleep Hygiene (No screens before bed, relaxing routine)	