



# Daily Goals

Day 1	Day 2	Day 3	Day 4
___ Meditation/Quiet Time	___ Meditation/Quiet Time	___ Meditation/Quiet Time	___ Meditation/Quiet Time
___ Stretching/Yoga	___ Stretching/Yoga	___ Stretching/Yoga	___ Stretching/Yoga
___ Ate at least 3 servings of veggies	___ Ate at least 3 servings of veggies	___ Ate at least 3 servings of veggies	___ Ate at least 3 servings of veggies
___ Drank 96 oz Water	___ Drank 96 oz Water	___ Drank 96 oz Water	___ Drank 96 oz Water
___ 7-9 Hours Sleep	___ 7-9 Hours Sleep	___ 7-9 Hours Sleep	___ 7-9 Hours Sleep

“One part at a time, one day at a time, we can accomplish any goal we set for ourselves.” — Karen Casey

Day 5	Day 6	Day 7
___ Meditation/Quiet Time	___ Meditation/Quiet Time	___ Meditation/Quiet Time
___ Stretching/Yoga	___ Stretching/Yoga	___ Stretching/Yoga
___ Ate at least 3 servings of veggies	___ Ate at least 3 servings of veggies	___ Ate at least 3 servings of veggies
___ Drank 96 oz Water	___ Drank 96 oz Water	___ Drank 96 oz Water
___ 7-9 Hours Sleep	___ 7-9 Hours Sleep	___ 7-9 Hours Sleep

