



<b>Exercise</b>	Lunch Hour or 5:30							
<b>Daily Self-Care</b>	Find a new recipe to make!	Go For A Jog	Reading new genre of books	Take Bubble Bath	Cook a New Recipe	Etc.	Etc.	
<b>Daily Journaling or Reading</b>	9:30 PM-Read	9:30 PM-Journal	9:30 PM-Read	9:30 PM-Journal	9:30 PM-Read	9:30 PM-Journal	9:30 PM-Read	
<b>Evening Routine</b>	Lights out and electronics off by 10:30 PM- Everything else can wait until morning!	Lights out and electronics off by 10:30 PM- Everything else can wait until morning!	Lights out and electronics off by 10:30 PM- Everything else can wait until morning!	Lights out and electronics off by 10:30 PM- Everything else can wait until morning!	Lights out and electronics off by 10:30 PM- Everything else can wait until morning!	Lights out and electronics off by 10:30 PM- Everything else can wait until morning!	Lights out and electronics off by 10:30 PM- Everything else can wait until morning!	
<b>Weekly Reward</b>						Dinner w/ Friends!		

Use the template on next page

