



SELF-CARE

Binga

WALKED 20 MILES THIS MONTH	TRIED A NEW FOOD	CAUGHT UP WITH FRIENDS	READ A BOOK	SAVED \$100 THIS MONTH
DONATE	MEDITATED 100 MINS THIS MONTH	COOKED A HEALTHY MEAL WEEKLY	STRENGTH TRAINING 8 DAYS THIS MONTH	SPENT TIME IN NATURE
SCHEDULED AN APPOINTMENT	ATTENDED/ WATCHED CHURCH SERVICE WEEKLY	Free	DRANK 64 OZ WATER DAILY	STRETCHED 100 MINS THIS MONTH
CREATED A MEAL PLAN & FOLLOWED THROUGH	HAVED A DANCE PARTY IN MY LIVING ROOM	GOT 8 HOURS OF SLEEP	TOOK VITAMINS DAILY	WROTE IN A JOURNAL
TOOK A MENTAL HEALTH DAY	ORDER SUPPLEMENTS (CHECK OUT QSCIENCES.COM)	WORKED OUT WITH A FRIEND	MADE ONE HEALTHY SWAP THIS MONTH	DECLUTTERED A ROOM

