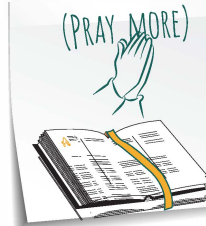


DAILY HEALTH & WELLNESS PLAN

Steps:

1. Review Goals
2. Schedule Activities
Using a Calendar
3. Check off completions &
document observations

Week Of:



6 Month Goals

1 Month Goals

1 Week Goals

MIND

Meditations / Affirmations / Education

BODY

Exercise / Nutrition / Screenings

SPIRIT

Bible / Prayer / Acts of Service

Sunday

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Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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