

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

Drink one extra glass of water every day. Ideally in the morning.

--	--	--	--	--	--	--	--



Eat one more item that is real food every day.

--	--	--	--	--	--	--	--



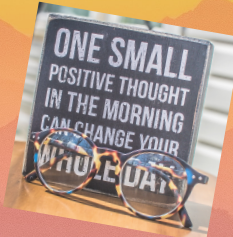
Set a 45 min. timer for social media. Once it goes off, get up and move your body for 5 min.

--	--	--	--	--	--	--	--



Write down or say three things you are grateful for every day.

--	--	--	--	--	--	--	--



Pause, breathe, and check in with yourself.

--	--	--	--	--	--	--	--



Clean up your top 5.

--	--	--	--	--	--	--	--



AMIGO BARDY