

Slow Living

DATE ___ / ___ / ___

S M T W T F S

C H E C K L I S T

- MAKE YOUR BED
- VITAMINS AND MEDICATIONS
- SKINCARE ROUTINE
- GET OUTSIDE
- 10 MIN MID DAY TIDY
- 10 MIN EVENING TIDY
- LISTEN TO MUSIC, PODCAST, OR READ
- JOURNAL
- REST
- SCREEN FREE TIME BEFORE BED

MEAL PLAN

MINUTE JOURNAL

What is your intention for today?


HOURS OF SLEEP (Hours)


1 2 3 4 5 6 7 8

WATER BALANCE (Glass)


1 2 3 4 5 6 7 8

MOOD

    
ANGRY TIRE D SAD GREAT FUN