

Balance Schedule

Life							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
How am I moving my body today?							
Did I consume enough water?							
Did I get outside today?							
Did I plan my meals and snacks?							
Work							
Who will I connect virtually with? <small>Work/Life</small>							
Did I nurture my curiosity today? <small>Work/life</small>							

Balance Schedule

What am I grateful for? Work/life							
What expectation of normal did I let go of today? Work/life							
Daily Check in							
What worked well for me today?							
What didn't work so well?							
What drained me?							
What fueled me?							