

# 5 NON-NEGOTIABLE HABITS FOR BUSY MOMS

A Simple Guide To A More Energetic And Well Lived Life...  
And Will Last Past The Chaotic Phase!



BY HEALTH WARRIOR DOC

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Hello! Allow me to introduce myself-I'm known as Health Warrior Doc and I've been a chiropractic sports and wellness physician for nearly two decades.

# WELCOME

My career initially revolved around treating professional athletes. However, as time passed, my focus shifted towards the "everyday" athlete. Let's face it, life itself is a sport and when you're in the depths of momhood, it's even more so! I frequently get asked, both by patients and fellow busy mom friends, how to stay consistent when it comes to some key non-negotiables of living a healthy lifestyle. Out of that, this guide was born!

My journey has not been without its challenges. I've experienced firsthand the trials of recovering from two spine-related surgeries while not getting a break in mom duties. Throughout those challenging times, I clung to my non-negotiables. It gave me insight into the world of habits, consistency, and what it means for the body, both mentally and physically.

I'm in the trenches of super busy mom life with you! I have 2 very active kids along with a hubby, 2 dogs, and a cat. We love to travel, be outside, and we're usually in go mode.

Let me help you embark on this journey toward a vibrant, healthier you for your best lived life. Explore consistency, cultivating habits, and embracing the warrior within during the busiest seasons.

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# LET'S GET STARTED

I know first hand just how busy mom life can be. In that chaos, it's easy to forget that if mom is not healthy and thriving, no one is! Are you over waking up tired, lacking energy, being hard on yourself, and feeling like you only serve other people all day? It's time to put MOM back in the front of the line!

It can seem daunting to start something new with the daily stresses and curveballs of motherhood. If you're looking to end that cycle and build consistent habits for a more balanced and well life, then the following pages are important pieces. You can begin building these 5 non-negotiable habits right away!

You're the biggest role model for your kids. What you do, they do. If they see you committed to these daily habits, then they are more likely to also develop these important healthy lifestyle habits as they get older. Remember that **YOU** are your best advocate. Don't stop advocating and recognizing yourself just because you have the busy mom title. Life can quickly take over if you don't prioritize YOU. Let's be honest.

It's hard to develop new healthy habits and that's why so many people fail to make the commitment. However, it's absolutely necessary for your longevity and vitality! Non-negotiable habits are very possible to create without over complicating it. This guide will help you jumpstart that process and I'm excited to see you do it.

# HELPFUL TIPS

~**SCHEDULING**: Every very busy mom can't live without a trusty calendar! Use it to schedule your needs as well. Set alerts on your phone and book appointments with yourself just like you do those soccer games and teacher conferences.

~**TRACKING**: You can't just think about new habits for them to stick. Utilize the printable trackers included in this guide to visualize, remind, and track how you're doing.

~**JOURNALING**: Pick up a journal and write about the process. How do you feel mentally and physically? What are you having a hard time with and what are you doing well with?

~**PRIORITIZING**: You may need to reprioritize. Take a look at some of the things you do daily and recognize what's serving you versus not serving you. For example, if you get stuck in the scroll hole of social media for an hour, you may need to reprioritize that time. 10 minutes is probably all you need to get the laughs and inspiration. The other 50 minutes you could be doing something that has a positive impact on your health.

~**LEARNING**: There are many free podcasts that tap in to a wide range of mindset and health topics. Two recommended podcasts are The Ed Mylett Show and Lewis Howes: The School of Greatness. Throw in earbuds and listen while you deal with the laundry or cook dinner!

# NO MORE FAILING

Ever downloaded a tracker or bought a gym membership with all the intentions of building a lasting habit but never saw results or followed thru? Here are the top reasons why you failed to commit:

- **Lack of Motivation:** If you don't have a strong reason or purpose for adopting the health habit, it becomes easy to give up when faced with challenges or temptations.
- **Unrealistic Goals:** Setting overly ambitious or unrealistic goals can lead to frustration and ultimately cause individuals to abandon their health habits.

# NO MORE FAILING

- **Inadequate Planning**: Failing to plan is planning to fail. A lack of proper planning, including not having a structured routine or failing to anticipate obstacles, can make it difficult to sustain a habit in the long run.
- **Social and Environmental Influences**: Social pressure and environmental factors play a significant role in health habit adherence. If friends, family, or the environment are unsupportive, it can be challenging to stick with a health habit.
- **Lack of Accountability**: Without some form of accountability, even when it's to yourself, it's easy to slip back into old habits.

*“Action alleviates anxiety.”*

*~Alex Hormozi*

# KNOW YOUR STARTING POINT

Be honest with yourself.

There's no right or wrong answer.

Do this again in 3 months to see your progression!

HOW MANY DAYS A WEEK DO YOU DRINK  
64 OUNCES OF WATER?

WHY IS IT IMPORTANT TO YOU TO MOVE YOUR  
BODY ENOUGH TO BREAK A SWEAT EVERY DAY?

WHY ARE YOU INVESTED IN BUILDING HEALTHY  
BEHAVIORS THAT LAST A LIFETIME?



# KNOW YOUR STARTING POINT

Be honest with yourself.

There's no right or wrong answer.

Go through this again in 3 months to see your progression!

DO YOU GET 7-9 HOURS OF QUALITY SLEEP  
NIGHTLY?

WHY IS IT IMPORTANT TO YOU TO KEEP YOUR  
BODY HEALTHY INSIDE AND OUTSIDE?

DO YOU SUPPORT YOUR INTERNAL AND  
EXTERNAL HEALTH WITH SUPPLEMENTS? (EX:  
VITAMINS, MINERALS, HERBS, PROTEINS, ETC)



# KNOW YOUR WHY

Your why should be **YOU**...YOUR longevity, YOUR happiness, YOUR health, YOUR self. You wouldn't just NOT show up to a meeting your boss scheduled because "insert excuse". So, why wouldn't you show up for YOURSELF like that? **YOU** are the boss of YOUR life. But, there can also be *co-whys*. This can be kids, loved ones, or a goal you have. Use the flow chart below to help find your co-whys. *Dig deeper every step!*

MY CO-WHY:

.....



BUT WHY:

.....



BUT WHY:

.....



BUT WHY:

.....



# HABITS

This will be kept short and to the point. It's easy to go heavy in to brain wiring and the neuroscience of how habits are formed but you'd fall asleep and there's other great resources for that. I highly recommend the book: Atomic Habits by James Clear.

It can take anywhere between 18-254 days for a new habit to form, although recent studies suggest that the average time required to form a new habit is closer to 66 days. Habits are formed through a gradual process that involves *repetition, consistency*, and often the use of techniques like *habit stacking*.

Can you think of a few habits you currently have?

List some of your positive habits below:

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# HABITS

Habits are the building blocks of our daily lives. They are the routines and behaviors that we perform almost automatically, often without conscious thought. Whether it's brushing our teeth in the morning, going to the gym, reading to the kids before bed, or getting 64 ounces of water daily, these actions become ingrained in our lives through a process known as habit formation.

*Habit formation* is the process of ingraining a behavior into one's daily life to the point where it becomes a natural and habitual part of their routine. Basically, you'll feel really weird and out of sorts if you don't do it.

Ever forget to brush your teeth? I'm guessing it's a pretty rate occurrence! Think of that confused panicky feeling you got when you realized it! That is because brushing your teeth is such a daily habit that when you break it, it doesn't feel right!

*"An ounce of prevention is worth a pound of cure."*

~Benjamin Franklin



# HABITS: THE PROCESS



**CUE**: The formation of a habit usually begins with a cue or a trigger. It could be a specific time of day, a location, an emotional state, or a preceding event. For example, brushing your teeth right after you put on your pajamas (cue).



**ROUTINE**: The routine is the action or behavior you take in response to the cue. This is the part of the habit that you want to establish or change. For example, heading to the gym (routine) immediately after the kids go off to school (cue).



**REWARD**: Rewards are what reinforce the habit loop. When you receive a positive outcome or experience satisfaction after completing the routine, your brain associates it with the cue. This association makes you more likely to repeat the behavior in the future. Rewards can be both intrinsic (more energy, reduced stress) and extrinsic (happier kids, praise from spouse). It's important to remember that there's not always an immediate reward. Sometimes the process sucks and you'll question it along the way. Not every day will be amazing and that's OK!

# HABIT STACKING: A KEY TO SUCCESS

**Consistency** plays a crucial role in habit formation. The more consistently you repeat the *cue-routine-reward* cycle, the stronger the neural pathways associated with that habit become. This is why consistency is Queen! Consistent repetition is key to cementing it in your daily life. When you're a super busy person, the concept of consistency can be daunting. That's why we'll briefly talk about planning and roadblocks a little later.

**Habit stacking** is a helpful strategy for building new habits. It involves integrating a new habit into an existing routine by pairing it with a habit you already do consistently. For example, putting your nightly supplemental support next to the toothpaste. When you go to brush your teeth before bed (*established habit*), the supplemental support is right there to take (*habit stacked on to an established habit*). This makes it easier to remember and incorporate the new behavior until it also becomes routine.

# HABIT STACKING: A KEY TO SUCCESS

To wrap it up, habit formation is a process that involves identifying cues, establishing routines, and enjoying rewards. Consistency is vital for strengthening habits over time, and habit stacking can make it easier to integrate new behaviors into your daily life. By tracking and actively shaping this process, you can develop positive habits and make lifelong changes.

*“Don’t set goals.  
Set standards for yourself.”*

*~Dr. Gabrielle Lyon*



# IMPORTANT NOTES

**IMPORTANCE OF A SUPPORT CREW:** Let those around you and in your inner circle know your non-negotiables and why. It's easier to develop consistency when there aren't outside forces pulling you away. If hitting the pillow at 9pm is your sleep non-negotiable, then let the family know that and have everyone pitch in to clean the dinner dishes so you're not still in the kitchen at that time.

**SET THE WEEK UP FOR SUCCESS:** Mom life is insanely busy and your calendar is probably full of to-do's and places to be. Take a few minutes on Sunday to look at what's coming up that week. Is there anything that's not the norm that you can plan around? For example, the school has a morning awards ceremony so you won't be able to go on your walk right when the kids leave for school that day. Make sure to put your exercise non-negotiable somewhere else on that day so it still gets done. Literally put it in your calendar with add an alert!



# IMPORTANT NOTES

**OBSTACLES WILL HAPPEN:** Not everything is in our control. Your child waking up sick so you can't get to the exercise class you usually take is uncontrollable. Don't negotiate your non-negotiables on these days. This is when you *improvise*. Sprint up and down your street or take an online Barre class instead. You must realize that obstacles will pop up but stick to it as best you can. And hey, if you get off track for a day, get back on it the next day. Just don't get off track for more than a day or 2.

**YOU DO YOU:** What works for one person may not work for another. The point is to start implementing how so you can build lifelong positive health habits and feel your best mentally and physically. You'll notice an intentional omission of weight and food intake. Everyone's path with that looks different. What's *not* different is the necessity for these fundamental habits to develop so you can build on them. Commit, start, and go for consistency but also push yourself beyond what you've been doing.

Are you ready?

Let's meet the 5 non-negotiable habits.....



# NON-NEGOTIABLE HABITS

non-negotiable:  
not open for debate or modification



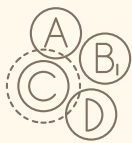
**WATER**



**EXERCISE**



**SLEEP**



**SUPPLEMENTAL**

**SUPPORT**



**MINDSET**





# WATER

Water is essential for life! It serves as the body's lifeblood, facilitating vital functions. When your systems are dehydrated, they operate sluggishly, leading to fatigue, poor concentration, and even long-term health issues or death. Think about this: every cell in your body needs water to function properly! You can't adequately think, digest, regulate body temperature, detoxify, move, or have good hair and skin texture without the proper amount of water on a consistent basis.

For this non-negotiable, the recommendation is 64 ounces of water a day. There are varying recommendations for the amount of water that one should drink daily. Some things to consider regarding the amount of water to drink daily are the environment you live in, how much you sweat, caffeine intake, and any co-existing conditions.





# WATER

Water is not the only important element in hydration. The body also needs electrolytes to hydrate appropriately. Electrolytes are essential minerals that are vital to bodily functions, like sodium, potassium, and chloride. For example, low potassium can cause muscle cramps, lightheadedness, excessive thirst, and irregular heartbeats. Electrolytes are also important because they keep the water in your body so it doesn't just get peed out.

**TIPS:** Refilling a smaller bottle multiple times a day may not work for you. Having the visual helps! Get a water bottle that helps you count down your intake. I personally love my HydroMate half gallon bottle with time markers. I realize that carrying around something that large isn't always convenient. Fill your larger water bottle for the day and use that to refill a smaller bottle as you go. But hey, pick the system that works for you!

***Use the WATER TRACKER for a visual and accountability***





# EXERCISE

Moving your body and sweating daily is crucial because it helps keep your muscles and organs active, strengthens your heart and lungs, and releases toxins from your body. It also boosts your mood, reduces stress, and supports a healthy body. Regular physical activity is a key ingredient for overall well-being. That's why it's a non-negotiable!

"Exercise" as a non-negotiable is any intentional movement for an extended period of time that boosts your heart rate and causes sweat. For some, that is running, yoga, or weight lifting.

Unfortunately, this is the one habit my patients and friends seem to struggle with a lot because there is an element of time. This is where weekly planning to remove obstacles really becomes important. Try to exercise at the same time every day so the habit becomes engrained. For example, head to the gym the second the kids go off to school.





# EXERCISE

Set a realistic goal. Move in some way daily but 3 days of consistent intentional more vigorous exercise may be where you need to start. Look at where you are with exercise now and decide what you're committing to and stick to it. Again, make daily movement a non-negotiable along with intentional exercise. That can be as simple as walking the dog or going out for a stroller walk.

**TIPS:** Put your workout clothes out the night before so you can easily throw them on when you wake up. Find a gym or exercise studio that has child care available for while you get your sweat on. If that's not an option, there are outdoor workout groups that incorporate strollers. A simple google search will help you find one. Another important tip is to make sure the location of wherever you want to exercise is convenient. If just getting there is inconvenient or takes too much time, you're less likely to go and have more excuses as to why you can't make it. Also, cute outfits help motivate. They do!

***Use the EXERCISE TRACKER for a visual and accountability***



# SLEEP

Sleep is a fundamental pillar of a healthy life yet often a huge struggle. Consistently sleeping 7-9 hours per night is a non-negotiable priority for several reasons. While you are sleeping, think of your body as a construction zone. Both your mental and physical being is getting remodeled, restored, and rebuilt! Good sleep helps your brain performance, boosts mood and physical abilities, increases immunity, and reduces the risk of many disorders and diseases. Sleep is not a luxury but a necessity for maintaining physical, mental, and emotional health and a non-negotiable step toward a healthier, happier, and more productive life. We all know how crappy we feel after a poor night's sleep!

When you establish healthy sleep habits, your body will get used to a regular schedule, making it easier to get the right amount of sleep every night.



# SLEEP

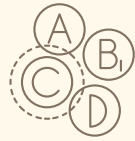
I must admit that this is the non-negotiable that I have to put the most effort in to. Late sports nights for the kids, picking up the house, or having a brain that just won't shut down all contribute. If you're able to, take a powernap midday for a quick refresh. Some things like a kid waking you up in the middle of the night are out of our control but you can still honor your sleep non-negotiable by catching a powernap when able. This may mean the laundry gets neglected for a minute, but if you're well rested, you'll have more energy to actually put it away later on.

**TIPS:** create a bedtime routine to cue your body that it's time for sleep. If you've ever sleep trained a kid, the concept is exactly the same. For example, journal about the day in a dimly lit room for 20 minutes just before lights out. If you continue to struggle with sleep, talk to your doctor and make sure there is no underlying issue like a hormonal imbalance or another deficiency. If you need to calm your body or mind, natural sleep aides like Sleep can be helpful.

***Use the SLEEP TRACKER for a visual and accountability***



# SUPPLEMENTAL SUPPORT



Supplemental support plays a crucial role in maintaining proper mental and physical function because it provides essential nutrients and compounds that our bodies need to thrive. Let's face it, we simply cannot get it all in on a daily basis. As we age and go through different phases of life, our internal and external needs also change!

Supplemental support includes a range of supplements like vitamins, but also things like collagen, protein, herbs, hormones, and minerals. They fill in the gaps to make sure you're getting not only the essentials but also the supportive needs so the body and mind can optimally function.

Talk to your healthcare pro before you start taking supplemental support. There's so much information out there so having expert guidance is key to figuring out what is right for your health and wellness goals. A full blood workup, including hormones with vitamin and mineral panels, can also help identify gaps and is a gauge on how your internal systems are running.



# SUPPLEMENTAL

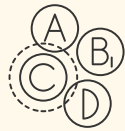
# SUPPORT

Women's bodies are complex, especially as we age and have babies. I won't discuss specific supplements since we are all unique in our needs (hence bloodwork and your healthcare professional), but there are 2 key facts to recognize.

**1)** The lack of quality daily protein intake is of great importance. True protein deficiency is rare in the United States but most adults don't get enough, especially if they live an active lifestyle. Protein can help build muscle, improve recovery after exercise, boost immunity, and help with weight control. Women especially need to keep muscle mass as age increases to prevent things like osteoporosis. A good rule of thumb is to aim for .7-1 gram of protein per pound of body weight daily, keeping in mind activity level and things like breastfeeding will increase that range.



# SUPPLEMENTAL SUPPORT



2) In the mid to late 20's, natural collagen production starts to slow greatly. Collagen is what gives strength and support to your skin, muscles, bones, hair, ligaments, nails, etc. Some things you may notice due to low collagen are joint pain, wrinkling or sagging skin, stiff muscles, brittle nails, or digestive issues.

**TIPS:** Pill boxes are great! Stay organized, only open the bottle once a week to refill, and take the guess work out of if you remembered to take them. Another way to not forget your supplemental support is to place it next to something you already have a habit established around. For example, if you put collagen powder in your morning coffee, place the collagen bottle next to where you keep your coffee. Reach for the coffee and collagen at the same time.

***Use the SUPPLEMENTAL SUPPORT TRACKER for a visual and accountability***





# MINDSET

Mindset refers to a person's established set of attitudes, beliefs, and thinking patterns that shape their perception of themselves, others, and the world around them. It has substantial influence on how you approach challenges, make decisions, and respond to situations. This could be a whole separate book but focus on the non-negotiable aspects of **positive self talk** and **gratitude**.

Your thoughts play a powerful role in shaping your mindset and, consequently, in determining the person you become. Have you heard the saying, "you become what you think."? If you constantly live in the negatives, you leave no room for the positives. Research shows that practicing positive self talk improves self esteem, reduces stress, and boosts motivation and optimism. Be your biggest cheerleader and always practice positive self talk, even when you don't feel like it.





# MINDSET

Practicing daily gratitude helps put focus on the positive aspects of life. It encourages us to recognize and appreciate the good things we often take for granted. Expressing gratitude has been linked to increased happiness, reduced stress, better relationships, and greater resilience. Even recognizing the smallest of things like the warmth of the sun is a form of gratitude and important for overall health.

Engaging in positive self-talk daily and expressing gratitude are powerful habits that have a profound impact on our overall well-being and should not be overlooked.

**TIPS:** If you have a hard time with positive self talk, look up “I Am” affirmations and practice them daily. If you’re feeling stuck, gratitude journals with prompts along with tracking help you dig deeper in to what you can be grateful for.

***Use the GRATITUDE TRACKER for a visual and accountability***



# 2 COMMON DERAILERS



**TRAVEL**



**ILLNESS**



# DERAILERS

**TRAVEL:** What do you do when you're out of your normal daily life? There's business travel and adventure family fun travel. What's key is to commit prior to leaving how you will navigate and keep to your non-negotiables. Sometimes vacation can be an opportunity for some much needed rest. If that's the case, keep moving by stretching or a more leisurely walk but do not stop moving. Remember, they are non-negotiables regardless of if you're home or not.





# DERAILERS

**TIPS:** Most hotels offer a gym with some basic equipment. Use them! Let your kids explore the gym with you. Use the hotel pool and get some laps in, even if you suck at swimming. Explore where you are by walking as much as you can. Bring an empty water bottle along with you so your water intake doesn't suffer. Pill boxes are great for travel and make carrying your supplemental support easy. If you have powder supplemental support, a baby formula dispenser works great! Don't veer off your sleep routine and you'll feel even more energetic for your travel adventures. If there's a small time change, try and operate as if you're still in your time zone. If there's a big time change, find some grass and walk around barefoot. Grounding using the earths frequency has been shown to help reset your internal clock. Remember to do the same when you return home and immediately get back to being consistent with non-negotiables. The more time that passes, the further you fall from creating and sticking to the habit.





# DERAILERS

**ILLNESS:** Kids bring home all the germs and they like to share them with mom. When you do get sick, take time out of your gym/exercise studio to not further spread the germy love around. Respect that your body needs rest to recover. Depending on how sick you feel, continuing to move with a walk or stretching can be beneficial in helping kick the yuck. Sleep is vital to recovery so getting more sleep than is your non-negotiable goal is recommended if possible. As soon as you feel better, immediately resume your consistency with your non-negotiable habits.

**TIPS:** Stick to your water non-negotiable and chug additional fluids to help flush your systems. You don't want sluggish systems when fighting illness. Sunshine has immense health benefits so get outside for 10-15 minutes if you're able to. Add supplemental supports that focus on immunity during this time.



# FINAL THOUGHTS

I want to extend my deepest gratitude to you for diving in to these simple guide pages. The commitment to your well-being are admirable and I'm humbled to be a part of this warrior tribe on a journey towards a healthier, happier, and well lived life.

Health is truly like a puzzle. Many pieces need to be put together to make the whole picture. I'm honored to have more items at [healthwarrordoc.com](http://healthwarrordoc.com) that will help you continue to put your pieces together, even in your busiest of seasons. This includes additional trackers, journals, and more! Each is crafted with you in mind and with the same dedication and expertise I pour in to my patients and family.

Us busy moms need to stick together. It takes a village! Share with 3 busy mama bear friends who would find this guide helpful.

Cheers to being your own warrior in life and mommin' hard.

We got this!

*Health Warrior Doc*

CONNECT WITH ME





# High five to Healthy Habits

Read the healthy habits categories.

## 3. Sleep

## 2. Exercise

## 4. Supplemental Support

## 1. Water



## 5. Mindset



Cut out the healthy habits and glue them under the correct headings.

**I took my supplemental support today**

**I got 7-9 hours of sleep**

**I drank 64oz of water**

**I got my sweat on today**

**I expressed gratitude & spoke positive words**



Which ones were the hardest today? If you missed one, how will you make it happen tomorrow?


































# WATER TRACKER

MONTH: \_\_\_\_\_

GOAL: \_\_\_\_\_

EACH ICON EQUALS: 8 ounces

1		17	
2		18	
3		19	
4		20	
5		21	
6		22	
7		23	
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16		NOTES: _____	





Month:

HOURS

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# SLEEP TRACKER

Obstacles:

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# SUPPLEMENTAL SUPPORT TRACKER

Fill In Every Time You Remember!

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# GRATITUDE REFLECTION

**Name:**

**Date:**

“

How am I better than I was yesterday?

”

## 5 Good Habits for this week

Five large, empty rectangular boxes stacked vertically, intended for writing the five good habits for the week.

Describe what you are grateful for this week:

A large, empty rectangular box with a dark border, intended for describing what the user is grateful for this week.

The things I can appreciate:

Five horizontal lines stacked vertically, intended for listing things the user can appreciate.



# WEEKLY OBSTACLES

If you fail to plan, you plan to fail

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES AND IDEAS:

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