

Weekly Health Checklist

MONTH : _____

WEEK : _____

MONDAY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

TUESDAY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

WEDNESDAY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

THURSDAY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FRIDAY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SATURDAY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SUNDAY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

NOTE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____