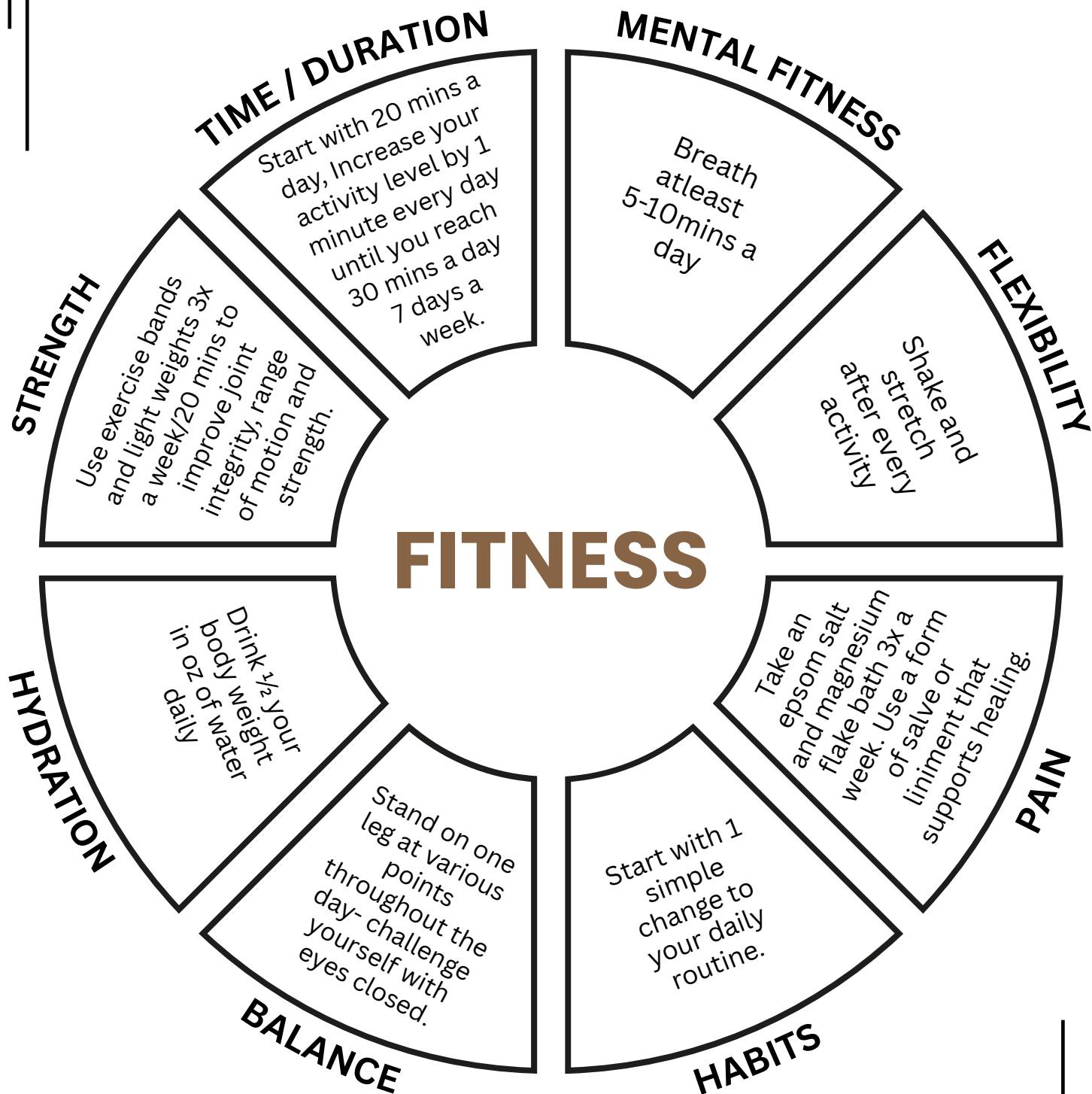




Fitness

Get 20 minutes of walking at least 3 times a week.

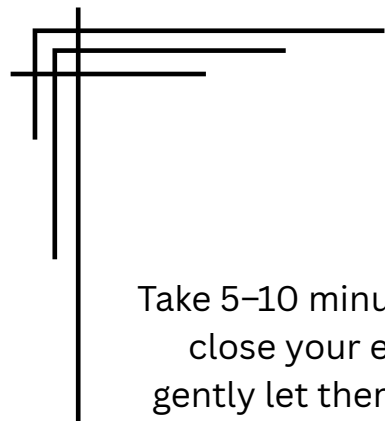
CHECK-IN: THIS WEEK'S OUTDOOR MOVEMENT

Day	Did I walk? (Y/N)	Time Walked (min)	How did I feel after
1	No		
2	No		
3	No		
4	No		
5	No		
6	No		
7	No		

REFLECTION

Why do I think time outdoors matters for my fitness, my mind, or my soul?

"Movement doesn't start in the gym—it begins with a single step outside."



FITNESS

Mental Fitness

Take 5–10 minutes today to practice intentional breathing. Find a quiet space, close your eyes, and focus on your inhale and exhale. As thoughts arise, gently let them pass without judgment. Let this be a moment to center your mind, calm your spirit, and reconnect with yourself.

BREATH CHECK-IN

How do you feel before your breathing session?

How do you feel after your breathing session?

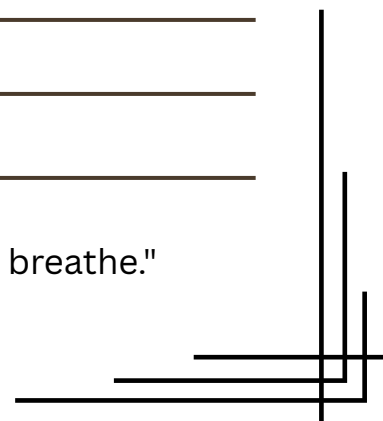
MENTAL RELEASE

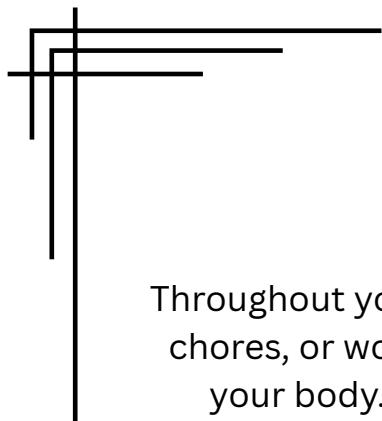
What thoughts kept coming up during your breathing? Are there any worries or distractions you want to release?

CENTERING THOUGHT

Choose a word or phrase to anchor your mind today (e.g., peace, clarity, “I am grounded”).

"Sometimes the most productive thing you can do is breathe."





FITNESS Flexibility

Throughout your day, pause after each task or transition—whether it's work, chores, or workouts—and take a moment to shake out tension and stretch your body. This gentle practice helps release stored stress, improves flexibility, and creates a mindful rhythm between movement and stillness.

STRETCH MOMENTS

What were the activities you completed today? After each one, describe the movement or stretch you did.

Activity: _____

Stretch/Shake Movement: _____

Activity: _____

Stretch/Shake Movement: _____

Activity: _____

Stretch/Shake Movement: _____

Activity: _____

Stretch/Shake Movement: _____

Activity: _____

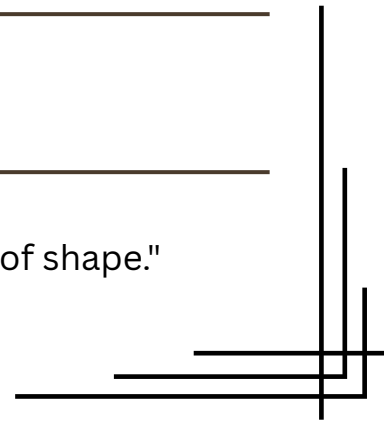
Stretch/Shake Movement: _____

BODY AWARENESS

Where did you feel the most tension in your body today?

How did stretching help release it?

"Blessed are the flexible, for they shall not be bent out of shape."





FITNESS Pain

Care for your body by scheduling three healing baths each week using Epsom salts and magnesium flakes to reduce inflammation and release tension. Use a healing salve, oil, or liniment to massage areas that need extra support. These rituals are acts of restoration—let them be sacred moments of peace and relief.

PAIN POINTS

Where are you currently experiencing pain or discomfort?

HEALING RITUAL TRACKER

Mark each time you complete a bath or apply salve this week

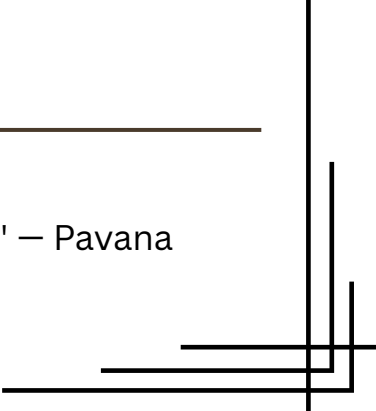
Healing Practice	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Epsom/Magnesium Bath	☐	☐	☐	☐	☐	☐	☐
Salve or Liniment Applied	☐	☐	☐	☐	☐	☐	☐

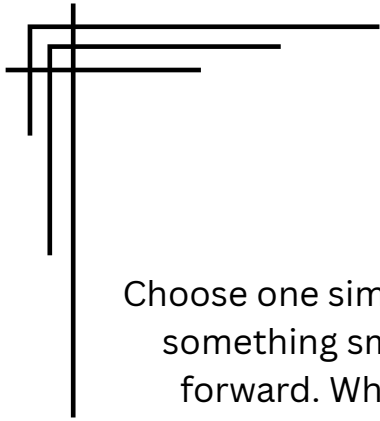
REFLECTION & RELIEF

How did you feel after today’s recovery ritual?

What does it mean to offer your body intentional care?

"Healing is an art. It takes time. It takes love. It takes rest." — Pavana





FITNESS Habits

Choose one simple fitness-related habit to incorporate into your daily routine—something small enough to be doable, yet meaningful enough to move you forward. Whether it's stretching for 5 minutes, taking the stairs, doing 10 squats, or drinking more water—let it be a step that strengthens your body through consistency.

What fitness-related habit will you start this week?

Why this habit? How does it support your body or movement goals?

DAILY TRACKER

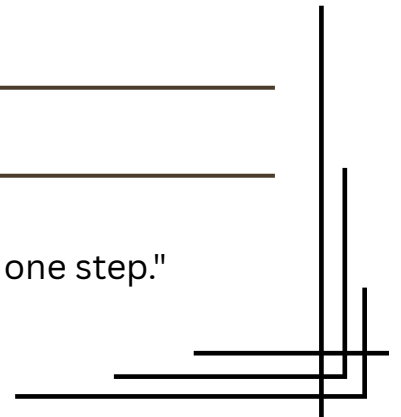
Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Habit Done	☐	☐	☐	☐	☐	☐	☐

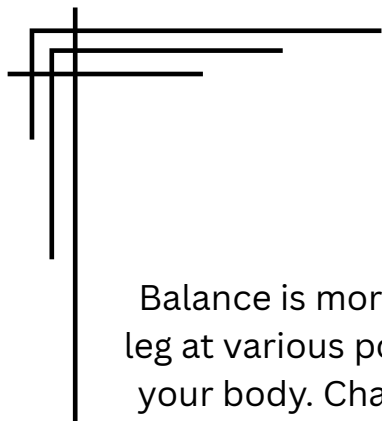
CHECK-IN

What did you notice in your body, energy, or mindset after doing this habit?

Will you continue, modify, or add to this habit next week?

"The body achieves what the mind believes—start with one step."





FITNESS

Balance

Balance is more than a physical skill—it's a practice of presence. Stand on one leg at various points throughout the day to activate your core and connect with your body. Challenge yourself by closing your eyes to build even greater body awareness and stability.

BALANCE CHECK

Stand in your one-leg with eyes open for as long as you can and time it.

Duration: _____

Stand in your one-leg with eyes closed for as long as you can and time it.

Duration: _____

REFLECTION

What was your mind focused on while balancing?

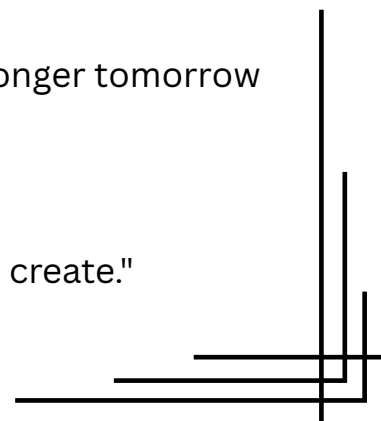
What sensations did you notice in your feet, legs, or core?

How might this physical practice reflect emotional or mental balance in your life?

TRY THIS TOMORROW

Challenge yourself to surpass today's balance time a little longer tomorrow than you did today.

"Balance isn't something you find; it's something you create."



FITNESS Hydration

Drink half your body weight in ounces of water each day. For example, if you weigh 150 lbs, aim for 75 oz. Staying hydrated fuels your focus, supports movement, aids recovery, and energizes your entire being. Your body craves it—give it what it needs!

DAILY WATER GOAL

My weight: _____ lbs

Actual water intake today: _____ oz

My hydration goal: _____ oz

Did I meet my goal? ☐ Yes ☐ Not yet

What changes did I notice when I drank enough water today?

1. _____
2. _____
3. _____
4. _____

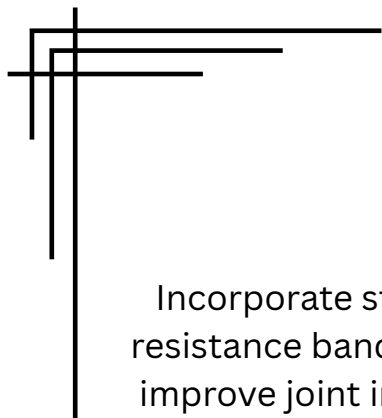
HYDRATION HABITS TO TRY

Pick one new habit to test or reflect on today:

- | | |
|--|---|
| ☐ Start my day with a full glass of water | ☐ Set reminders to sip |
| ☐ Carry a water bottle everywhere | ☐ Drink a glass before each meal |
| ☐ Add fruit or herbs to flavor water | |

HOW IT WENT?

"Water is the driving force of all nature." – Leonardo da Vinci



FITNESS Strength

Incorporate strength training into your weekly routine using light weights or resistance bands. Aim for three sessions per week, 20 minutes each. This helps improve joint integrity, expand range of motion, and build long-term strength.

WHICH STRENGTH TRAINING WILL YOU DO THIS WEEK?

WHAT IS YOUR CHOSEN STRENGTH TRAINING FOCUSES ON

☐ Upper Body

☐ Lower Body

☐ Core

☐ Full Body

☐ Mobility

☐ Endurance

PUT A CHECK ON THE DAYS YOU'VE DONE IT FOR AT LEAST 20 MINUTES.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
☐	☐	☐	☐	☐	☐	☐

MIND-BODY CHECK-IN

Shade the boxes to portray a simple “energy bar” to reflect how you felt before and after your workout.

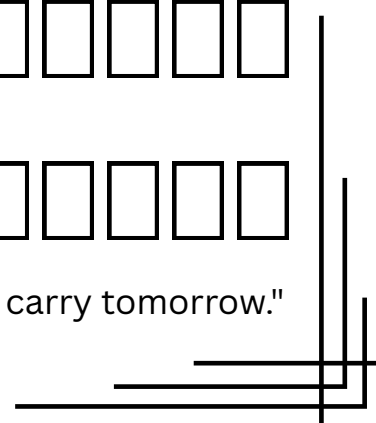
Before

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

After

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

"The strength you build today becomes the confidence you carry tomorrow."



FITNESS Time/Duration

Start with just 20 minutes of activity today. Then, increase your activity by 1 minute each day. This gentle progression helps build consistency and momentum.

DAILY ACTIVITY TRACKER

Day	Goal (min)	Actual (min)	Type of Activity	Mood After
1	20			😊 😐 🤔
2	21			😊 😐 🤔
3	22			😊 😐 🤔
4	23			😊 😐 🤔
5	24			😊 😐 🤔

SMALL SHIFTS, BIG WINS

What changed in your energy or mindset after increasing your time little by little?

- I noticed...
- I feel more...
- I'm learning that...

"Small minutes lead to mighty habits. Show up, even if it's just for 20."