

DAILY CHECKLIST



MONDAY

- ☐ morning routine
- ☐ daily dress-up
- ☐ mindful movement
- ☐ eat your veggies
- ☐ journal
- ☐ goal review
- ☐ gratitude
- ☐ evening routine

TUESDAY

- ☐ morning routine
- ☐ daily dress-up
- ☐ mindful movement
- ☐ eat your veggies
- ☐ journal
- ☐ goal review
- ☐ gratitude
- ☐ evening routine

WEDNESDAY

- ☐ morning routine
- ☐ daily dress-up
- ☐ mindful movement
- ☐ eat your veggies
- ☐ journal
- ☐ goal review
- ☐ gratitude
- ☐ evening routine

THURSDAY

- ☐ morning routine
- ☐ daily dress-up
- ☐ mindful movement
- ☐ eat your veggies
- ☐ journal
- ☐ goal review
- ☐ gratitude
- ☐ evening routine

FRIDAY

- ☐ morning routine
- ☐ daily dress-up
- ☐ mindful movement
- ☐ eat your veggies
- ☐ journal
- ☐ goal review
- ☐ gratitude
- ☐ evening routine

SATURDAY

- ☐ morning routine
- ☐ daily dress-up
- ☐ mindful movement
- ☐ eat your veggies
- ☐ journal
- ☐ goal review
- ☐ gratitude
- ☐ evening routine

SUNDAY

- ☐ morning routine
- ☐ daily dress-up
- ☐ mindful movement
- ☐ eat your veggies
- ☐ journal
- ☐ goal review
- ☐ gratitude
- ☐ evening routine

