



Back to Basics Goals / Habits

SLEEP

GOAL	<i>I AM WORKING ON</i>	M O N T H	M	T	W	Th	F	Sa	Su	

WATER

GOAL	<i>I AM WORKING ON</i>	M O N T H	M	T	W	Th	F	Sa	Su	

NUTRITION

GOAL	<i>I AM WORKING ON</i>	M O N T H	M	T	W	Th	F	Sa	Su	

STRESS MANAGEMENT

GOAL	<i>I AM WORKING ON</i>	M O N T H	M	T	W	Th	F	Sa	Su	



EXERCISE

GOAL	I AM WORKING ON	M	T	W	Th	F	Sa	Su