Set Yourself Up for Happiness

	S	M	T	W	T	F	S
Took 10 minutes at the Top of the Day	○	○	○	○	○	○	○
Read My Affirmations Aloud	○	○	○	○	○	○	○
Moved My Body for at Least 15 Minutes	○	○	○	○	○	○	○
Chose one Healthy Meal Option	○	○	○	○	○	○	○
Made a Plan for the Day	○	○	○	○	○	○	○
Tried My Best	○	○	○	○	○	○	○
Drank 1 Gallon of Water	○	○	○	○	○	○	○
Spent Time Outside	○	○	○	○	○	○	○
Completed My Skincare Routine	○	○	○	○	○	○	○
Rewarded Myself for Trying My Best	○	○	○	○	○	○	○
Wound Down for an Hour Before Bed	○	○	○	○	○	○	○