

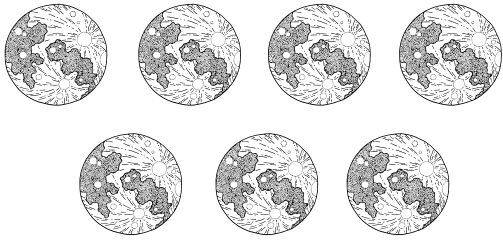
WEEKLY HEALTH TRACKER

WEEK OF: _____

Take care of your body. It's the only place you have to live.



calm bed routine



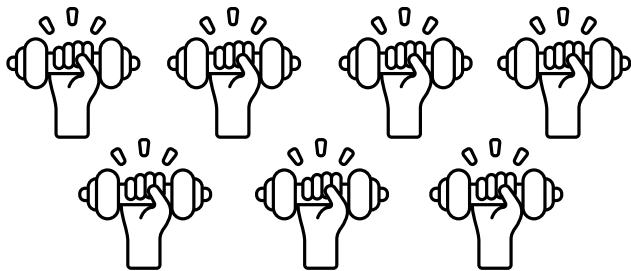
64 oz of water



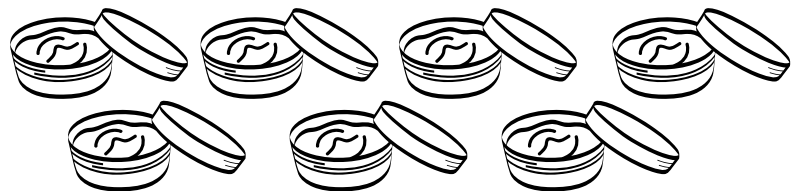
daily vitamins



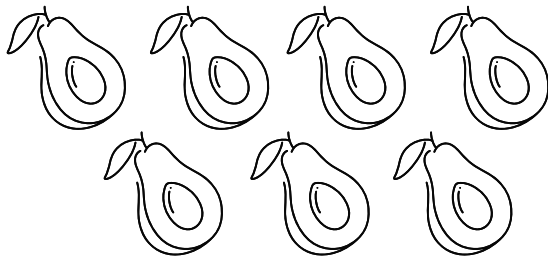
daily exercise



daily skin care routine



no processed foods



no alcohol

goal:
5 days



one hour in nature one day off social media one hour of self-care

