

# PAUSE AND RESET

## TRACK YOUR PROGRESS

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

- 20-Min. Walk
- Quiet Time
- Journal

- 20-Min. Walk
- Quiet Time
- Journal

- 20-Min. Walk
- Quiet Time
- Journal

- 20-Min. Walk
- Quiet Time
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- 20-Min. Walk
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- 20-Min. Walk
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- 20-Min. Walk
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**To-Do List**

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**To-Do List**

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**Bucket List**

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**Bucket List**

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**Bucket List**

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**Suggested**

- Check Your Pantry

**Suggested**

- Have a Dinner Date

**Suggested**

- Clean! Clean! Clean!

**Suggested**

- Laugh for Real

**Suggested**

- Review Expenses

**Suggested**

- Stretch it Out

**Suggested**

- Say Thank You

\*See the "Daily Tasks" document for a description on how to achieve each of the suggested tasks.