PAUSE AND RESE

Let's Get Moving...Track Your Progress

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
☐ 20-minute walk☐ Quiet time☐ Journal	☐ 20-minute walk☐ Quiet time☐ Journal	☐ 20-minute walk☐ Quiet time☐ Journal	☐ 20-minute walk☐ Quiet time☐ Journal	☐ 20-minute walk☐ Quiet time☐ Journal	☐ 20-minute walk☐ Quiet time☐ Journal	☐ 20-minute walk☐ Quiet time☐ Journal
•••••• DAILY TO-DO LIST •••••						
•••••• BUCKET LIST •••••						
NEED A FEW SUGGESTIONS? Refer to the Daily Tasks document for details on each suggested task.						
☐ Check your pantry	☐ Enjoy a dinner date	□ Clean! Clean Clean!	☐ Laugh for real	☐ Review your expenses	☐ Stretch it out	☐ Say thank you



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