

Weekly Check-off Chart

Write in up to four activities each week. Have fun with your "check-off chart." It's not about perfection. Use it to remind yourself to engage in habits that nourish you. Be flexible, not every activity needs to be done daily. You may choose to do something only three or four days a week.

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Phyllis Ginsberg, M.A., MFT

Author of *Brain Makeover – A Weekly Guide to a Happier, Healthier & More Abundant Life and Tired and Hungry No More – Not Your Ordinary Guide to Reclaiming Your Health & Happiness*

(925) 203-1263 – Email: Phyllis@phyllisginsberg.com – Website: phyllisginsberg.com