

Weekly Routine Guide

EVERYDAY	S	M	T	W	T	F	S
Plan tomorrow's top task	☐	☐	☐	☐	☐	☐	☐
Affirmation/Mindset	☐	☐	☐	☐	☐	☐	☐
Hydrate	☐	☐	☐	☐	☐	☐	☐
Movement/Physical Activity	☐	☐	☐	☐	☐	☐	☐
Write down 3 wins	☐	☐	☐	☐	☐	☐	☐
_____ (your choice)	☐	☐	☐	☐	☐	☐	☐

MEAL PREP MONDAY

- ☐ Prep 2 lunches + 2 dinners ahead of time.
- ☐ Go for a 30-min walk or do a 15-min stretch session.
- ☐ Avoid caffeine after 2 PM.

TECH-FREE TUESDAY

- ☐ Replace 1 hour of scrolling with reading or journaling.
- ☐ Try a 20-min bodyweight workout.
- ☐ No screens 30 minutes before bed

WELLNESS WEDNESDAY

- ☐ 5 minutes of mindful breathing or gratitude journaling.
- ☐ Gentle yoga or low-impact walk
- ☐ Eat your last meal/snack 2 hours before bedtime.

THOUGHTFUL THURSDAY

- ☐ Look at your meals and sleep this week - what's working?
- ☐ Dance, jog or take a fitness class.
- ☐ Keep a notepad by your bed to write down racing thoughts

FEEL-GOOD FRIDAY

- ☐ Make a healthy version of your favorite comfort food.
- ☐ Try a new activity: swimming, biking or a hike
- ☐ Wind down with music or a warm shower.

SELF-CARE SATURDAY

- ☐ Do one thing that fills your cup.
- ☐ Stretch or go for a walk while listening to a podcast.
- ☐ Start winding down 1 hour before bed (dim lights, calming music)