

# SAMPLE Calendar

<input checked="" type="checkbox"/> <b>1</b> Develop nightly routine	<input checked="" type="checkbox"/> <b>2</b> Write gratitude letter	<input checked="" type="checkbox"/> <b>3</b> Try out a new recipe	<input checked="" type="checkbox"/> <b>4</b> Perform an act of kindness	<input checked="" type="checkbox"/> <b>5</b> Read a book	<input checked="" type="checkbox"/> <b>6</b> Write goals for future	<input checked="" type="checkbox"/> Body <input checked="" type="checkbox"/> Mind <input checked="" type="checkbox"/> Mood & Relationships
<input checked="" type="checkbox"/> <b>7</b> Stretch or do yoga	<input checked="" type="checkbox"/> <b>8</b> Go outside for a 15-minute walk	<input checked="" type="checkbox"/> <b>9</b> REST DAY	<input checked="" type="checkbox"/> <b>10</b> Write poem	<input checked="" type="checkbox"/> <b>11</b> Spend quality time with pet	<input checked="" type="checkbox"/> <b>12</b> Share a meal together	<input checked="" type="checkbox"/> Body <input checked="" type="checkbox"/> Mind <input checked="" type="checkbox"/> Mood & Relationships
<input checked="" type="checkbox"/> <b>13</b> REST DAY	<input checked="" type="checkbox"/> <b>14</b> Practice guided meditation	<input checked="" type="checkbox"/> <b>15</b> Try out a new recipe	<input checked="" type="checkbox"/> <b>16</b> Watch a movie that makes you feel good	<input checked="" type="checkbox"/> <b>17</b> Avoid sugary drinks	<input checked="" type="checkbox"/> <b>18</b> Watch sunset together	<input checked="" type="checkbox"/> Body <input checked="" type="checkbox"/> Mind <input checked="" type="checkbox"/> Mood & Relationships
<input checked="" type="checkbox"/> <b>19</b> Take a relaxing, hot bath	<input checked="" type="checkbox"/> <b>20</b> Get 7-9 hours of sleep  Digital detox	<input checked="" type="checkbox"/> <b>21</b> Listen to podcast	<input checked="" type="checkbox"/> <b>22</b> 30 minutes aerobic exercise	<input checked="" type="checkbox"/> <b>23</b> Choose a personal mantra	<input checked="" type="checkbox"/> <b>24</b> Clean and organize workspace	<input checked="" type="checkbox"/> Body <input checked="" type="checkbox"/> Mind <input checked="" type="checkbox"/> Mood & Relationships
<input checked="" type="checkbox"/> <b>25</b> REST DAY	<input checked="" type="checkbox"/> <b>26</b> Read a book  Sing along to favorite song	<input checked="" type="checkbox"/> <b>27</b> Try out a new recipe	<input checked="" type="checkbox"/> <b>28</b> Drink 16oz more water	<input checked="" type="checkbox"/> <b>29</b> Reach out to loved one	<input checked="" type="checkbox"/> <b>30</b> Complete a mental health screening	<input checked="" type="checkbox"/> Body <input checked="" type="checkbox"/> Mind <input checked="" type="checkbox"/> Mood & Relationships

Revised 1/23/2024

