



Awareness is the first step of healing.  
Your body is always speaking to you.  
*Are you listening?*

*Weekly Coach*  
**& Possibility Facilitator**



This coaching companion was created by Christy Claybaker, LMT and Awareness Coach, to help you learn to listen to your body, give it what it needs to thrive each day and become aware of the possibilities all around you.

By doing these simple things every day, you will notice your mental well-being, physical health, relationships and even your finances begin to shift, allowing you to live with more ease and joy.

Everything is more fun with a partner. So, perhaps you'd like to ask a friend to share this journey with you and make it a challenge by seeing how many days in a row you can check all the boxes.

Share your journey with the #47Aware hashtag and help others live with awareness and possibility. Use the code below to find additional tips and suggestions for staying on track.



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the evening

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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

Movement:

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## TUESDAY NOTES

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## SATURDAY NOTES

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**SUNDAY**

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Overall, how do you  
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**Additional notes & awarenesses this week:**



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47 minutes of intentional movement

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47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 minutes of intentional movement

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47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

Movement:

Awarenesses:

## TUESDAY NOTES

Mantra:

Movement:

Awarenesses:

## WEDNESDAY NOTES

Mantra:

Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:

**SUNDAY**

NOTES

Mantra:

Movement:

Awarenesses:

Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

Movement:

Awarenesses:

## TUESDAY NOTES

Mantra:

Movement:

Awarenesses:

## WEDNESDAY NOTES

Mantra:

Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:



**SUNDAY**

NOTES

Mantra:

Movement:

Awarenesses:

Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

Movement:

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Awarenesses:

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Mantra:

Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:

**SUNDAY**

NOTES

Mantra:

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Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

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Movement:

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Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:

**SUNDAY**

NOTES

Mantra:

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Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

Movement:

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Movement:

Awarenesses:

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Mantra:

Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:

**SUNDAY**

NOTES

Mantra:

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Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

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Movement:

Awarenesses:

## THURSDAY

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:



**SUNDAY**

NOTES

Mantra:

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Awarenesses:

Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

Movement:

Awarenesses:

## TUESDAY NOTES

Mantra:

Movement:

Awarenesses:

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Mantra:

Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:

**SUNDAY**

NOTES

Mantra:

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Awarenesses:

Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

Movement:

Awarenesses:

## TUESDAY NOTES

Mantra:

Movement:

Awarenesses:

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Mantra:

Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

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**SUNDAY**

NOTES

Mantra:

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Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

Movement:

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Mantra:

Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

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## SATURDAY NOTES

Mantra:

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**SUNDAY**

NOTES

Mantra:

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Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

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Movement:

Awarenesses:

## FRIDAY NOTES

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## SATURDAY NOTES

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**SUNDAY**

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Overall, how do you  
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**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

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## FRIDAY NOTES

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## SATURDAY NOTES

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**SUNDAY**

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Overall, how do you  
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**Additional notes & awarenesses this week:**



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Date: \_\_\_\_\_

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4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

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Awarenesses:

## FRIDAY NOTES

Mantra:

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## SATURDAY NOTES

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**SUNDAY**

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Overall, how do you  
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**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

Movement:

Awarenesses:

## TUESDAY NOTES

Mantra:

Movement:

Awarenesses:

## WEDNESDAY NOTES

Mantra:

Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:

**SUNDAY**

NOTES

Mantra:

Movement:

Awarenesses:

Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

Movement:

Awarenesses:

## TUESDAY NOTES

Mantra:

Movement:

Awarenesses:

## WEDNESDAY NOTES

Mantra:

Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:



**SUNDAY**

NOTES

Mantra:

Movement:

Awarenesses:

Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

Movement:

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Movement:

Awarenesses:

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Mantra:

Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:

**SUNDAY**

NOTES

Mantra:

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Awarenesses:

Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

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Movement:

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Movement:

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## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:

**SUNDAY**

NOTES

Mantra:

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Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

Movement:

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Movement:

Awarenesses:

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Mantra:

Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:

**SUNDAY**

NOTES

Mantra:

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Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

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Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:



**SUNDAY**

NOTES

Mantra:

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Awarenesses:

Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

Movement:

Awarenesses:

## TUESDAY NOTES

Mantra:

Movement:

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## WEDNESDAY NOTES

Mantra:

Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:

**SUNDAY**

NOTES

Mantra:

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Awarenesses:

Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

Movement:

Awarenesses:

## TUESDAY NOTES

Mantra:

Movement:

Awarenesses:

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Mantra:

Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

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Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:

**SUNDAY**

NOTES

Mantra:

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Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

Movement:

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Mantra:

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## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

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## SATURDAY NOTES

Mantra:

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**SUNDAY**

NOTES

Mantra:

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Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

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Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

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## SATURDAY NOTES

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**SUNDAY**

NOTES

Mantra:

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Overall, how do you  
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**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

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## SATURDAY NOTES

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**SUNDAY**

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Overall, how do you  
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# Weekly Coach

Date: \_\_\_\_\_

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S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

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## FRIDAY NOTES

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## SATURDAY NOTES

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**SUNDAY**

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Overall, how do you  
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**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

Movement:

Awarenesses:

## TUESDAY NOTES

Mantra:

Movement:

Awarenesses:

## WEDNESDAY NOTES

Mantra:

Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:

**SUNDAY**

NOTES

Mantra:

Movement:

Awarenesses:

Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

Movement:

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Movement:

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Mantra:

Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:



**SUNDAY**

NOTES

Mantra:

Movement:

Awarenesses:

Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

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Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:

**SUNDAY**

NOTES

Mantra:

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Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

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Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

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## SATURDAY NOTES

Mantra:

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**SUNDAY**

NOTES

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Overall, how do you  
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**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

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Movement:

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Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:

**SUNDAY**

NOTES

Mantra:

Movement:

Awarenesses:



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

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## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:



**SUNDAY**

NOTES

Mantra:

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Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

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## TUESDAY NOTES

Mantra:

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Mantra:

Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:

**SUNDAY**

NOTES

Mantra:

Movement:

Awarenesses:

Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

Movement:

Awarenesses:

## TUESDAY NOTES

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Movement:

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Mantra:

Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:

**SUNDAY**

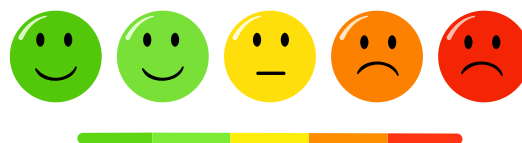
NOTES

Mantra:

Movement:

Awarenesses:

Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

Mantra:

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Mantra:

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## SATURDAY NOTES

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**SUNDAY**

NOTES

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Overall, how do you  
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**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

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## SATURDAY NOTES

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**SUNDAY**

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Overall, how do you  
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**Additional notes & awarenesses this week:**



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Date: \_\_\_\_\_

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S M T W T F S

4-7 mantras in the mirror upon waking

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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MONDAY NOTES

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**SUNDAY**

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4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

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Mantra:

Movement:

Awarenesses:

## THURSDAY NOTES

Mantra:

Movement:

Awarenesses:

## FRIDAY NOTES

Mantra:

Movement:

Awarenesses:

## SATURDAY NOTES

Mantra:

Movement:

Awarenesses:

**SUNDAY**

NOTES

Mantra:

Movement:

Awarenesses:

Overall, how do you  
FEEL this week?



**Additional notes & awarenesses this week:**



# Weekly Coach

Date: \_\_\_\_\_

## EVERYDAY

S M T W T F S

4-7 mantras in the mirror upon waking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the morning

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

4-7 new awarenesses (journal/read/podcast)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

## MONDAY NOTES

Mantra:

Movement:

Awarenesses:

## TUESDAY NOTES

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Awarenesses:

## WEDNESDAY NOTES

Mantra:

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Awarenesses:

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47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 servings of fresh fruit or veggies

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--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

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47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 new awarenesses (journal/read/podcast)

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47 minutes of intentional movement

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4-7 servings of fresh fruit or veggies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

47 ounces of water in the evening

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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