

Month/Year: _____

Weekly Wellness Workout

SELF LOVE REGIMEN: Regard for your well-being

"Hydrate. Meditate. Participate."

WEEK 1:

Mental:

Social:

WEEK 2:

Emotional:

Creative:

WEEK 3:

Intellectual:

Financial:

WEEK 4:

Spiritual:

Physical:

(week 5, choose a week to repeat)