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Biggest W: \_\_\_\_\_

EZ: \_\_\_\_\_

**Top 1**

**Top 2**

**Top 3**

Time-Management: The three most important activities that should be done that day.

**BB - PM**

Stress-Management: Practice Box Breathing every night as soon as you turn off your night light.



Nutrition: Control one meal per day. Make it your healthiest meal ever.



Brain Health: Eat mindfully. Disconnect from devices. Chew slowly. Take your time. Wait 3 minutes before you go for more food.



Sleep: Expose yourself to morning light for 10 minutes within one hour of waking up. Maybe stack this with a brisk walk.



Movement: Put in at least 2 sets on 10-minute movement blocks per day. More are welcome.

**Biggest W:**

What are you proud of? What was your biggest win during these 21 days?

**EZ:**

What comes easy? Stack new habits to those habits that come easy.