

Use the calendar below to log your exercise, sleep, sugar, water, fruits and vegetable goals, as well as each week's unique micro resolution!

Week of 8/5: Enjoy the arts						
Day	Exercise	Sleep	Sugar	Water	F&V	Micro Goal
Mon						
Tues						
Wed						
Thur						
Fri						
Sat						
Sun						

Week of 8/12: Extend yourself to an isolated person						
Day	Exercise	Sleep	Sugar	Water	F&V	Micro Goal
Mon						
Tues						
Wed						
Thur						
Fri						
Sat						
Sun						

Week of 8/19: Learn something new						
Day	Exercise	Sleep	Sugar	Water	F&V	Micro Goal
Mon						
Tues						
Wed						
Thur						
Fri						
Sat						
Sun						

Week of 8/26: Take the NIH Hearing Survey						
Day	Exercise	Sleep	Sugar	Water	F&V	Micro Goal
Mon						
Tues						
Wed						
Thur						
Fri						
Sat						
Sun						