

# PRACTICE MINDFULNESS

# MOTIVATED MONDAYS

A YEAR OF MINI RESOLUTIONS

It's a busy season! Stay present. Practice five minutes of mindfulness each day. Watch "My Love Affair with the Brain" (to be shared on 12/30) and take our Motivated Mondays survey on 1/6.

*Remember: The goal is to build and maintain good habits! Continue to log your past resolutions.*

| DATE  | MIND | BREATH | EXERC | SLEEP | F&V | WATER | SUGAR |
|-------|------|--------|-------|-------|-----|-------|-------|
| 12/2  |      |        |       |       |     |       |       |
| 12/3  |      |        |       |       |     |       |       |
| 12/4  |      |        |       |       |     |       |       |
| 12/5  |      |        |       |       |     |       |       |
| 12/6  |      |        |       |       |     |       |       |
| 12/7  |      |        |       |       |     |       |       |
| 12/8  |      |        |       |       |     |       |       |
| 12/9  |      |        |       |       |     |       |       |
| 12/10 |      |        |       |       |     |       |       |
| 12/11 |      |        |       |       |     |       |       |
| 12/12 |      |        |       |       |     |       |       |
| 12/13 |      |        |       |       |     |       |       |
| 12/14 |      |        |       |       |     |       |       |
| 12/15 |      |        |       |       |     |       |       |
| 12/16 |      |        |       |       |     |       |       |
| 12/17 |      |        |       |       |     |       |       |
| 12/18 |      |        |       |       |     |       |       |
| 12/19 |      |        |       |       |     |       |       |

| DATE  | MIND | BREATH | EXERC | SLEEP | F&V | WATER | SUGAR |
|-------|------|--------|-------|-------|-----|-------|-------|
| 12/20 |      |        |       |       |     |       |       |
| 12/21 |      |        |       |       |     |       |       |
| 12/22 |      |        |       |       |     |       |       |
| 12/23 |      |        |       |       |     |       |       |
| 12/24 |      |        |       |       |     |       |       |
| 12/25 |      |        |       |       |     |       |       |
| 12/26 |      |        |       |       |     |       |       |
| 12/27 |      |        |       |       |     |       |       |
| 12/28 |      |        |       |       |     |       |       |
| 12/29 |      |        |       |       |     |       |       |
| 12/30 |      |        |       |       |     |       |       |
| 12/31 |      |        |       |       |     |       |       |
| 1/1   |      |        |       |       |     |       |       |
| 1/2   |      |        |       |       |     |       |       |
| 1/3   |      |        |       |       |     |       |       |
| 1/4   |      |        |       |       |     |       |       |
| 1/5   |      |        |       |       |     |       |       |