

Daily Monitor: Healthy Daily Routine
PM Chart - Complete each evening

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|-----|-----|-----|-----|-----|-----|-----|
| Meditation | | | | | | | |
| 3 Meals/day | | | | | | | |
| Exercise 3X Per Week | | | | | | | |
| Fun Time | | | | | | | |
| Reading: Therapy Books | | | | | | | |
| Journaling: Inner Twin & Gratitude | | | | | | | |
| Socializing | | | | | | | |
| Personal Care | | | | | | | |
| In bed by 9-10 | | | | | | | |
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Fun time options: A. Play with pets B. Art Projects C. Movies D. Play Sports E. Read F. Sit & Relax G. _____