



YOUR DAILY CHECK-IN

Check the boxes to keep track of your anchor habits.

For the Week of	SUN	MON	TUE	WED	THU	FRI	SAT
<input type="text"/>							
Nutrition Did you complete the nutrition habit for the day?	<input type="checkbox"/>						
Movement Did you move today?	<input type="checkbox"/>						
Prayer Did you pray today?	<input type="checkbox"/>						
Overall Feeling How did you feel this week?							

For the Week of	SUN	MON	TUE	WED	THU	FRI	SAT
<input type="text"/>							
Nutrition Did you complete the nutrition habit for the day?	<input type="checkbox"/>						
Movement Did you move today?	<input type="checkbox"/>						
Prayer Did you pray today?	<input type="checkbox"/>						
Overall Feeling How did you feel this week?							