

# WELLNESS CHALLENGE

| MONDAY<br>MANAGE MONEY    |  | TUESDAY<br>STRESS LESS |  | WEDNESDAY<br>CUT SUGAR  |  |
|---------------------------|--|------------------------|--|---|--|
| TALIA                     | <input type="checkbox"/> DESTRESS FIRST<br><input type="checkbox"/> MAKE A BUDGET<br><input type="checkbox"/> CREATE GOALS | TALIA                  | <input type="checkbox"/> MEDITATE<br><input type="checkbox"/> +GRATITUDE<br><input type="checkbox"/> FIND YOUR WAY     | TALIA   | <input type="checkbox"/> NO SUGAR<br><input type="checkbox"/> SUPPORT TEAM<br><input type="checkbox"/> REPLACE CARBS     |
| EMILY                     | <input type="checkbox"/> TRACK INCOME<br><input type="checkbox"/> ZEN PAYROLL  | EMILY                  | <input type="checkbox"/> MORNING YOGA<br><input type="checkbox"/> TAKE A WALK<br><input type="checkbox"/> JUST BREATHE | EMILY   | <input type="checkbox"/> LESS GLUTEN<br><input type="checkbox"/> ONE SUGAR DAY<br><input type="checkbox"/> GREEN LIQUIDS |
| KATHLEEN                  | <input type="checkbox"/> FRESHBOOKS<br><input type="checkbox"/> MINT.COM   | KATHLEEN               | <input type="checkbox"/> WORK OUT<br><input type="checkbox"/> CLEAR MIND   | KATHLEEN  | <input type="checkbox"/> TRY WHOLE THIRTY<br><input type="checkbox"/> DRINK WATER<br><input type="checkbox"/> ADD VEGIES |
| THURSDAY<br>QUALITY SLEEP |  | FRIDAY<br>EXERCISE     |  | WEEKEND<br>NO TECH  |  |
| TALIA                     | <input type="checkbox"/> DARKEN ROOM<br><input type="checkbox"/> TAKE TV OUT<br><input type="checkbox"/> COOL ROOM         | TALIA                  | <input type="checkbox"/> BARRE 3<br><input type="checkbox"/> GO OUTSIDE<br><input type="checkbox"/> BALLET BEAUTIFUL   | <b>SATURDAY</b><br><input type="checkbox"/> NO FACEBOOK<br><input type="checkbox"/> NO WORK<br><input type="checkbox"/> NO EMAILS<br><input type="checkbox"/> MORE BOOKS<br><input type="checkbox"/> WRITE MORE<br><input type="checkbox"/> LEARN A SKILL       |  |
| EMILY                     | <input type="checkbox"/> NO ALARM<br><input type="checkbox"/> NO EMAILING<br><input type="checkbox"/> IN BED BY 9          | EMILY                  | <input type="checkbox"/> HIKE<br><input type="checkbox"/> BIKE RIDES   | <b>SUNDAY</b><br><input type="checkbox"/> CALL A FRIEND<br><input type="checkbox"/> GO TO BRUNCH<br><input type="checkbox"/> READ THE PAPER<br><input type="checkbox"/> MEET A FRIEND<br><input type="checkbox"/> REST UP<br><input type="checkbox"/> GET IT ON |  |
| KATHLEEN                  | <input type="checkbox"/> PHONE OFF<br><input type="checkbox"/> HOT BATH<br><input type="checkbox"/> MAGNESIUM SUPPLEMENT   | KATHLEEN               | <input type="checkbox"/> DAILY EXERCISE<br><input type="checkbox"/> GO WALK<br><input type="checkbox"/> BOXING         |   |  |

# Being Boss

A PODCAST FOR CREATIVE ENTREPRENEURS

©2016 Being Boss, LLC.

Please do not replicate or redistribute. For personal use only. [www.beingboss.club](http://www.beingboss.club)