

Q & A Questionnaire

This checklist is to help you schedule self-care into your daily and weekly routine for optimal well-being

How am I feeling before exercise and why?

How am I feeling after exercise?

What are the three things I am grateful for today?

What are the three most important things I need to accomplish today?

Did I practice my spiritual routine today? Y/N

What are three things I love about myself?

Did I prioritize my passions today? Y/N

Notes:
