

MORNING GOAL TRACKER

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|--------|---------|-----------|----------|--------|----------|
| Water | | | | | | |
| Meditation | | | | | | |
| Gratitude | | | | | | |
| Diffuser | | | | | | |
| Body Boost Blend | | | | | | |
| Movement | | | | | | |