Day	M	T	$\bigvee$	Τ	F	S	S	M	Т	$\bigvee$	Т	F	S	S	M	Т	$\bigvee$	Т	F	S	S	M	Т	$\bigvee$	Т	F	S	S
AM workout																												
PM workout																												
Food																												
Down Time/																												
self-care																												
Mood																												
Energy																												
Meditation																												
Work hours																												
Sleep																												
Time in																												
nature																												