For each daily action below, use a pen or marker to place a simple checkmark or slash every day you achieve that goal.

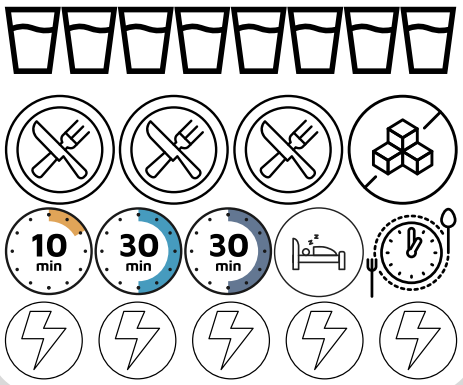
- Drink at least 8 glasses of water
- Include a source of protein and high-fiber vegetables in all three major meals.
- Avoid all processed or high-sugar snacks and drinks.
- Take 10 minutes for focused breathing or quiet reflection.
- Turn off screens for 30 minutes before bed.
- Complete at least 30 minutes of intentional activity.
- Go to bed and wake up at roughly the same time.
- Eat lunch away from your workspace or screen.
- Rate your average energy level each day out of 5

Disclaimer: This Weekly Health Check-In is for informational and self-tracking purposes only. It is not intended as medical advice, diagnosis, or treatment. Always consult with a qualified healthcare provider, such as the professionals at Revitalized Wellness, before making any major changes to your diet, exercise, or medication regimen. If you are experiencing a medical emergency, call 911 immediately.

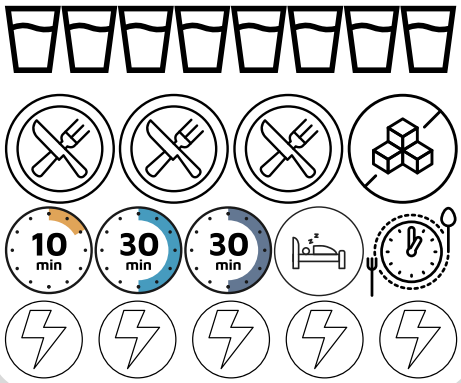
REVITALIZED WELLNESS
RW
HEALTH + LIFESTYLE BALANCE

WEEKLY HEALTH CHECK-IN

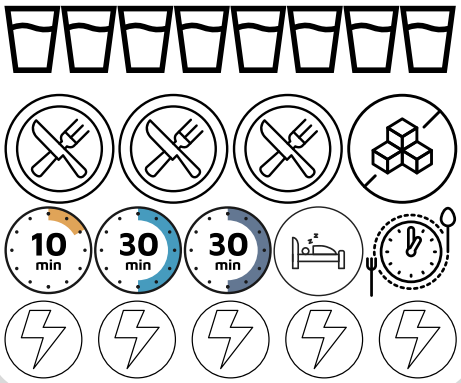
MONDAY



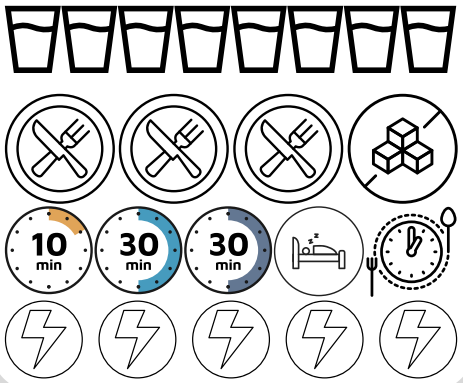
TUESDAY



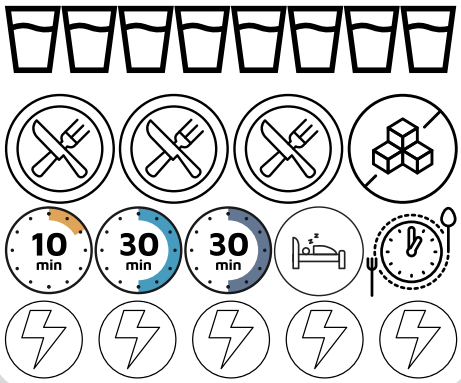
WEDNESDAY



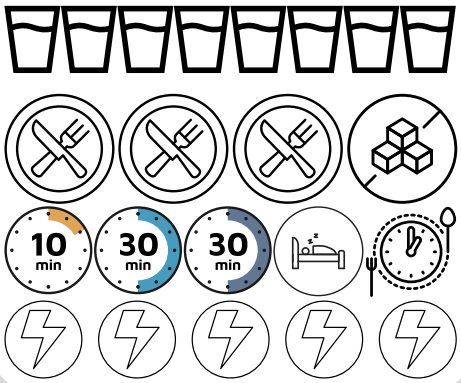
THURSDAY



FRIDAY



SATURDAY



SUNDAY

