

ROCK IT LIST		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Meditation (15 mins/day)							
	Water (min of 60 oz)							
	Apt. clean - dishes/bed/etc.							
	Vitamins (1X day)							
AFT	Movement (min. 30 mins 6 days a week)							
	Play with Cats (10 mins/day)							
	Get Outside: Pool/Ranch/Grass/Walk/Porch							
PM	Reading (15 mins/day)							
	Send a note of kindness/gratitude to someone							
	Self-Acknowledgements (5 mins/day)							
	Gratitude Journal + Affirmations (5 mins/day)							
	SLEEP: In bed by 11:30pm and wake up at 9am							