



## Weekly Accountability

Week of \_\_\_\_\_

Action	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Eat Organic Non GMO Food							
Supplements							
Affirmations							
Meditations							
Exercise							
Breathwork							
Therapy 1							
Therapy 2							
Therapy 3							
Therapy 4							

What I want to work on more or try next week:

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