Self Care - Body, Mi	lind & Spirit Dashboard							Accountable To:						
Date	28-Feb	1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar
Body Intentional														
1 Stretching Routine														
2 Strength Routine														
3 Aerobic Routine														
4 Had 1 or More Excercising Events Today														
5 Got More Than 6 Hours of Sleep														
6 Ate a Healthy Breakfast														
7 Ate a Healthy Lunch														
8 Ate a Healthy Dinner														
9 Ate Healthy Snacks														
10 Did Not Overeat Treats														
11 Did Not Drink Pop, Sweet Tea, Alcohol in Excess														
12 My Weight Today Was														
Mind & Emotions Intentional														
1 Accomplished Something Hard This Morning														
2 Limited My Multi Tasking Today														
3 Took Several Breaks to Cutivate Relationships														
4 Paused To Be Thankful Today														
5 Mind Excercised with Lumosity														
6 Did Not Lose My Temper														
7 Zero Incidents of Swearing (if not the number of times)														
Spirit - Intentional														
1 Read The Bible Today														
2 Recorded My Thoughts In My Journal														
3 Spent Time in Prayer & Devotion														
4 Attended Sunday Mass or Church														
Eliminate Tolerations - Intentional														
#1 Toleration														
#2 Toleration														
Simplified My Life - Intentional														
#1 Organize / Clean My Office														
#2 Worked My Personal Action List					1		1	1		1		l		1
#3 File / Delete My Email Inbox														
#4 Worked My Professional Action List														
Integrated Habits - Intentional														
#1 Minimize FaceBook														
#2 Invoked the LRT Accountability Tracking Spreadsheet Daily														
#3 Invoked the 35 Days of Encouragement														