

| Goddess Activities for the Week 7 | Completed? | Number of Goddess Activites |
|---|--------------------------|-----------------------------|
| Input Calendar for the week | <input type="checkbox"/> | <u>1</u> |
| READ OVER JOURNAL PROMPTS FOR THE WEEK | <input type="checkbox"/> | 2 |
| schedule a day and time to do them | <input type="checkbox"/> | <u>3</u> |
| Monday | | |
| Dream Body Affirmations | <input type="checkbox"/> | 4 |
| WALK/JOG - 12 MIN | <input type="checkbox"/> | 5 |
| Tuesday | | |
| Fitness Dancing 2 | <input type="checkbox"/> | 6 |
| FLOW - 11MIN | <input type="checkbox"/> | 7 |
| Tuesday | | |
| Toned and Defined | <input type="checkbox"/> | 8 |
| both sets if poss. | | |
| FLOW - 10 MIN | <input type="checkbox"/> | 9 |
| Wednesday | | |
| GODDESS AFFIRMATIONS | <input type="checkbox"/> | 10 |
| <u>WALK/JOG - 12 MIN</u> | <input type="checkbox"/> | 11 |
| Yogalates | <input type="checkbox"/> | 12 |
| BELLYDANCE warm ups | <input type="checkbox"/> | 13 |
| Ritual /Meditative journaling - this can be done anytime during the week | <input type="checkbox"/> | 14 |
| Thursday | | |
| Healing Light Meditation | <input type="checkbox"/> | 15 |
| OUTDOOR HIK/ | <input type="checkbox"/> | 16 |
| Goddess Circle | <input type="checkbox"/> | 17 |
| Bedtime yoga | <input type="checkbox"/> | 18 |
| Friday | | |
| Confidence Affirmations | <input type="checkbox"/> | 19 |
| ELEMENTAL YOGA | <input type="checkbox"/> | 20 |
| TWAVE choreo sec 3 + full choreo | <input type="checkbox"/> | 21 |
| Saturday | | |
| GODDESS AFFIRMATIONS | <input type="checkbox"/> | 22 |
| WALK/JOG - 13 min | <input type="checkbox"/> | 23 |
| FREE DANCE MOVEMENT - 30 min | <input type="checkbox"/> | 24 |
| Sunday | | |
| ELEMENTAL MED | <input type="checkbox"/> | 25 |
| WATER YOGA | <input type="checkbox"/> | 26 |
| Complete the Weekly Review | <input type="checkbox"/> | 27 |
| Take picture | <input type="checkbox"/> | 28 |
| Compete Weekly Checklist (This!) | <input type="checkbox"/> | 29 |
| TOTAL | NUMBER | |
| Did you complete at least 23 Goddess Activiites this week to meet 80% goal? | <input type="checkbox"/> | |