

Goddess Activities for the Week 4	Completed?	Task
<b>Input Calendar for the week</b>	<input type="checkbox"/>	<a href="#">1</a>
<a href="#">READ OVER JOURNAL PROMPTS FOR THE WEEK</a>	<input type="checkbox"/>	2
schedule a day and time to do them	<input type="checkbox"/>	<a href="#">3</a>
<b>Monday</b>		
<a href="#">GODDESS AFFIRMATIONS</a>	<input type="checkbox"/>	4
WALK/JOG - 8 MIN	<input type="checkbox"/>	5
<a href="#">Ballet Warm Up</a>	<input type="checkbox"/>	6
Flow - 6 min.	<input type="checkbox"/>	7
<b>TUESDAY</b>		
<a href="#">HIIT</a>	<input type="checkbox"/>	8
FLOW - 6 MIN	<input type="checkbox"/>	9
<b>Wednesday</b>		
<a href="#">GODDESS AFFIRMATIONS</a>	<input type="checkbox"/>	10
WALK/JOG - 9 MIN	<input type="checkbox"/>	11
<a href="#">Core Challenge</a>	<input type="checkbox"/>	12
<a href="#">BELLYDANCE WARM UPS</a>	<input type="checkbox"/>	13
FLOW - 6 MIN	<input type="checkbox"/>	14
Ritual /Meditative journaling - this can be done anytime during the week	<input type="checkbox"/>	15
<b>Thursday</b>		
<a href="#">INTRO TO MEDITATION - 7 MIN</a>	<input type="checkbox"/>	16
OUTDOOR HIK/	<input type="checkbox"/>	17
<b>Goddess Circle</b>	<input type="checkbox"/>	18
<a href="#">Bedtime yoga</a>	<input type="checkbox"/>	19
<b>Friday</b>		
Confidence Affirmations	<input type="checkbox"/>	20
<a href="#">ELEMENTAL YOGA</a>	<input type="checkbox"/>	21
<a href="#">TWAVE choreo sec 3 + full choreo</a>	<input type="checkbox"/>	22
<b>Saturday</b>		
WALK/JOG - 10	<input type="checkbox"/>	23
<a href="#">Introduction to Free Dance</a>	<input type="checkbox"/>	24
<b>Sunday</b>		
Self meditation - 5-10 min	<input type="checkbox"/>	25
<a href="#">WAKE UP YOGA</a>	<input type="checkbox"/>	26
<b>take picture of self</b>	<input type="checkbox"/>	27
<b>body measurements (optional)</b>		
<b>Complete the Weekly Review</b>	<input type="checkbox"/>	28
Compete Weekly Checklist (This! )	<input type="checkbox"/>	29
TOTAL	NUMBER	
Did you complete at least 23 tasks this week to meet 80% goal?	<input type="checkbox"/>	