

Goddess Activities for the Week 6	Completed?	Number of Goddess Activites
Input Calendar for the week	<input type="checkbox"/>	1
READ OVER JOURNAL PROMPTS FOR THE WEEK	<input type="checkbox"/>	2
schedule a day and time to do them	<input type="checkbox"/>	3
Monday		
Dream Body Affirmations	<input type="checkbox"/>	4
WALK/JOG - 10 MIN	<input type="checkbox"/>	5
BALLET DRILL	<input type="checkbox"/>	6
Fitness Dancing 2	<input type="checkbox"/>	7
FLOW - 10 MIN	<input type="checkbox"/>	8
Tuesday		
HIIT	<input type="checkbox"/>	9
FLOW - 10 MIN	<input type="checkbox"/>	10
Wednesday		
GODDESS AFFIRMATIONS	<input type="checkbox"/>	11
WALK/JOG - 10 MIN	<input type="checkbox"/>	12
CORE YOGA	<input type="checkbox"/>	13
Game Changer Drills	<input type="checkbox"/>	14
Ritual /Meditative journaling - this can be done anytime during the week	<input type="checkbox"/>	15
Thursday		
INTRO TO MED	<input type="checkbox"/>	16
OUTDOOR HIK/	<input type="checkbox"/>	17
Goddess Circle	<input type="checkbox"/>	18
Bedtime yoga	<input type="checkbox"/>	19
Friday		
Confidence Affirmations	<input type="checkbox"/>	20
Standing Core	<input type="checkbox"/>	21
Core Challenge	<input type="checkbox"/>	22
BD - GAME CHANGER	<input type="checkbox"/>	23
Saturday		
GODDESS AFFIRMATIONS	<input type="checkbox"/>	24
WALK/JOG - 12	<input type="checkbox"/>	25
FREE DANCE MOVEMENT - 25	<input type="checkbox"/>	26
Sunday		
Fire yoga	<input type="checkbox"/>	26
self meditaion 10 min- 15 min	<input type="checkbox"/>	27
Complete the Weekly Review	<input type="checkbox"/>	28
Take picture	<input type="checkbox"/>	29
Compeete Weekly Checklist (This!)	<input type="checkbox"/>	30
TOTAL	NUMBER	
Did you complete at least 24 Goddess Activiites this week to meet 80% goal?	<input type="checkbox"/>	