

Goddess Activities for the Week 5	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
DYNAMIC CROSS TRAINING	<input type="checkbox"/>	5
Fitness Dancing 2	<input type="checkbox"/>	6
INTRO TO FLOW PLANES	<input type="checkbox"/>	7
Tuesday		
Toned and Defined	<input type="checkbox"/>	8
only 1 set - FLOW - 7 MIN	<input type="checkbox"/>	9
Wednesday		
WALK/JOG - 10 MIN	<input type="checkbox"/>	10
GODDESS AFFIRMATIONS	<input type="checkbox"/>	11
YOGALATES	<input type="checkbox"/>	12
GAME CHANGER DRILLS	<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
YOGA CORE	<input type="checkbox"/>	20
Turns and Barrell Rolls	<input type="checkbox"/>	21
Saturday		
GODDESS AFFIRMATIONS	<input type="checkbox"/>	22
WALK/JOG - 11	<input type="checkbox"/>	23
FREE DANCE MOVEMENT - 25	<input type="checkbox"/>	24
Sunday		
self meditaion - 10-15 min	<input type="checkbox"/>	25
DANCING TREE YOGA	<input type="checkbox"/>	26
Complete the Weekly Review		
Compete Weekly Checklist (This!)	<input type="checkbox"/>	28
TOTAL	NUMBER	
Did you complete at least 22 Goddess Activiites this week to meet 80% goal?	<input type="checkbox"/>	