

Goddess Activities for the Week 2	Completed?	Task
Input Calendar for the week	<input type="checkbox"/>	1
Read over journaling prompts for the week	<input type="checkbox"/>	2
schedule a day and time to do them	<input type="checkbox"/>	3
Monday		
	<input type="checkbox"/>	4
GODDESS AFFIRMATIONS	<input type="checkbox"/>	5
WALK/JOG - 6 MIN	<input type="checkbox"/>	6
Fitness Dancing 1	<input type="checkbox"/>	7
What is Flow?		
Tuesday		
WORKOUT	<input type="checkbox"/>	8
neck stretches	<input type="checkbox"/>	9
STANDING CORE	<input type="checkbox"/>	10
Wednesday		
GODDESS AFFIRMATIONS	<input type="checkbox"/>	11
WALK/JOG - 7 MIN	<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		
INTRO TO MEDITATION - 7 MIN	<input type="checkbox"/>	15
OUTDOOR HIK/	<input type="checkbox"/>	16
Goddess Circle	<input type="checkbox"/>	17
- check email for link		
Friday		
Confidence Affirmations	<input type="checkbox"/>	18
TWAVE CHOREO 1	<input type="checkbox"/>	19
	<input type="checkbox"/>	
Saturday		
WALK/JOG - 8	<input type="checkbox"/>	20
Introduction to Free Dance	<input type="checkbox"/>	21
	<input type="checkbox"/>	
Sunday		
GUIDED RECOVERY MEDITATION	<input type="checkbox"/>	22
WAKE UP YOGA	<input type="checkbox"/>	23
Complete the Weekly Review	<input type="checkbox"/>	24
Complete the Weekly Checklist (this!)	<input type="checkbox"/>	25
TOTAL	Number	
Did you complete at least 20 tasks this week to meet 80% goal?	<input type="checkbox"/>	