

DR. VI♥IANA™

WELLNESS CHALLENGE

WEEKS 1&2

DAILY CHECKLIST

Set an intention for the day	<input type="checkbox"/>
Drink water	<input type="checkbox"/>
Move for at least 20 mins	<input type="checkbox"/>
Smile	<input type="checkbox"/>
Eat mindfully	<input type="checkbox"/>
Say "Please" and "Thank You"	<input type="checkbox"/>
Get some sleep	<input type="checkbox"/>