2	0	2	4	!
Walk a 5k	200	Disney World	Spa Trip	New Hiking Trail Monthly
Complete wellness journal	Volunteer	Read 3 books	Adventure Date Night	Travel Twice
Weekly routine	Body positive mindset	Fishing	Go out alone	Tattoo
Grow a plant	Sauna	Eliminate all or nothing	Practice Intutive Eating	Chiropractor
Strengthen marriage	Continually Learn	Yoga/ Pilates Class	Cook 10 new recipes	Facial

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2	0	2	4	!
Weekly routine	Body positive mindset	Travel Twice	Adventure Date Night	Chiropractor
Cook 10 new recipes	Tattoo	Fishing	New Hiking Trail Monthly	Sauna
Complete wellness journal	Disney World	Read 3 books	Practice Intutive Eating	Walk a 5k
Grow a plant	Continually Learn	Volunteer	Eliminate all or nothing	Spa Trip
Strengthen marriage	Yoga/ Pilates Class	Facial	200	Go out alone

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2	0	2	4	!
Tattoo	Practice Intutive Eating	Continually Learn	Cook 10 new recipes	Eliminate all or nothing
Chiropractor	Facial	Complete wellness journal	Fishing	Walk a 5k
Grow a plant	Strengthen marriage	Read 3 books	Body positive mindset	Volunteer
Weekly routine	Sauna	Yoga/ Pilates Class	Adventure Date Night	200
Go out alone	Travel Twice	Spa Trip	Disney World	New Hiking Trail Monthly

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