

HK.

Weekend **CHECKLIST**

- ☐ PREP FOOD FOR THE WEEK
- ☐ NOURISH THE MIND
- ☐ GET OUTSIDE
- ☐ DO SOMETHING FUN AND OUTSIDE OF THE BOX
- ☐ RELAX
- ☐ DO THE DREADFUL TASK
- ☐ LOVE (FAMILY TIME)