

Wolff Wellness Points

January 31, 2022 - February 6, 2022

Habit	Points Awarded	MON	TUE	WED	THU	FRI	SAT	SUN
1. WAKE UP @ 4AM	2							
2. MAKE THE BED	1							
3. CHANGE INTO WORKOUT GEAR	1							
4. SKINCARE	1							
5. AM TONIC	1							
6. GREEN JUICE	1							
7. MEDITATION	3							
8. YOGA	3							
9. GRATITUDE JOURNAL	3							
10. WORKOUT	5							
11. COCONUT OIL PULL	3							
12. DRY BRUSH	2							
13. SHOWER	1							
14. COLD WATER BLAST	3							
15. VITAMINS	1							
16. PROBIOTIC	1							
17. COLLAGEN	1							
18. GREENS POWDER	1							
19. SUN/FLAX SEEDS	1							
20. SESAME/PUMP SEEDS	1							
21. 10,000 STEPS	5							
22. 1 GALLON H2O	5							
23. AM DOG WALK	1							
24. AFTERNOON DOG WALK	1							
25. EVENING DOG WALK	1							
27. NO CAFFEINE	2							
27. NO ALCOHOL	1							
28. DINNER WITH GABE	1							
29. 30 MINUTES READING	2							
30. 8PM BEDTIME	2							
30. 8 HOURS OF SLEEP	3							

Total:

60