

# 30-DAY Wholebeing Practice LOG SHEET

Use this Log Sheet for notes and to track your Wholebeing Practice.

My Wholebeing Practice

## RECIPE

My aspiration is...

After I...

Then I will...

Then I will celebrate by...



1	2	3	4	5	6	7
Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>
8	9	10	11	12	13	14
Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>
15	16	17	18	19	20	21
Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>
22	23	24	25	26	27	28
Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>	Completed <input type="checkbox"/>
29	30	<b>NOTES:</b>				
Completed <input type="checkbox"/>	Completed <input type="checkbox"/>					