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**Life IQ Living©**

Health Tracker for:

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| Purpose: In order to live life each of us must have a strong foundation by intentionally tending to self-care – body, mindset and spirit.  How we show up wherever we are in life impacts how fully we live each experience of life. Focus and attentiveness prevents drifting. | | | | | | | | |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Wins/Learning? |
| Category |  |  |  |  |  |  |  |  |
| The Spiritual Self-Care I practiced today: |  |  |  |  |  |  |  |  |
| The Mindset / Emotional Self-Care I practiced today: |  |  |  |  |  |  |  |  |
| The Physical/Body Self-Care I practiced today: |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

Remember: Use the last column to record your weekly wins, what you’ve learned and any adjustments you want to make.