

# Life IQ Living<sup>©</sup>

## Health Tracker for:



<p>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.</p>								
	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.