

# Life IQ Living<sup>©</sup>

## Health Tracker for:



In order to live life each of us must have a strong foundation by intentionally tending to self-care – body, mindset, spirit and relationships. 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? |
|--|--------|--------|---------|-----------|----------|--------|----------|----------------|
| <b>Category</b>                                      |        |        |         |           |          |        |          |                |
| The Spiritual Self-Care I practiced today:           |        |        |         |           |          |        |          |                |
| The Mindset / Emotional Self-Care I practiced today: |        |        |         |           |          |        |          |                |
| The Physical/Body Self-Care I practiced today:       |        |        |         |           |          |        |          |                |
| The Relational 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.