ACTIVITIES	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Earth							
Walk 15+ min w/heel strikes							
Tackle something I've put off							
Keep calm under pressure							
Outdoor activity 20+ min							
Maintain a healthy routine							
Clean/fix/craft/build 30 min							
Focus on posture/alignment							
Express patience and/or generosity							
Water							
Avoid artificial colors/read food labels							
"Stop & smell the roses"							
Dance, sway, move to music 2x a day							
Eat 2 healthy meals, preparing 1+ of them							
Nourish something/someone							
Create mystical moment/Renew a bond							
Have a green drink/herbal teas							
Fuel a passion/have some fun							
Air							
12+ slow, counted breaths							
Play a sport/work out 30+ min							
4 Element Yoga or other yoga 20+min							
Read something intellectually stimulating							
Write, think, discuss; Develop intellect							
Walk with gusto (arms moving)							
Develop a set of skills							
Resist the low/feel life's uplifts							
Fire							
Pray/Meditate 20 min							
Project a goal/ideal forwardly							
Join others in some idealistic way							
Do something creative/courageous							
Express heart/ kindness							
Feel grateful/thank someone							
Enjoy a spiritually unifying moment							
Reflect on an accomplishment							
DAILY TOTALS							

WEEK STARTING: _____

WEEKLY TOTALS:

EARTH	WATER	AIR	FIRE

OVERALL TOTAL:

WEEKLY GOALS/NOTES:

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