

# A LOVING WEEKLY BODY CHECK-IN

Use the scheduler below to write one *SMALL* loving task you can do for yourself in each category. These can be daily or weekly goals, see our examples in the last column. Here's to be loving your body the ways it deserves.

## Move

## Sleep

## Eat

- Do deep breathing 3mins daily
- Set a timer to stretch every 30mins
- Do 5min body scan every day for a week

- Setting a sleep schedule
- Screens off 1hr before bed
- Do yoga for 20mins before bed

- Drink 8 glasses of water today
- Eat slowly to check when full
- Ask how this supports me

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

**STAY CONNECTED FOR MORE RESOURCES!**