

Daily Vitality Check-In

30 seconds. No judgment. Just notice.

HOW DO I FEEL TODAY?

ENERGY	Drained	☐	☐	☐	☐	☐	Strong
MOOD	Hard	☐	☐	☐	☐	☐	Great
STRESS	Low	☐	☐	☐	☐	☐	Maxed
SLEEP	Rough	☐	☐	☐	☐	☐	Restorative

TODAY I GAVE MYSELF

☐ MOVE	☐ NOURISH	☐ WATER
☐ PAUSE	☐ CONNECT	☐ REST

I NOTICE

I NEED

MY NEXT CHOICE

NOTICE -> CHOOSE -> MOVE

No perfect days required.