Velvett Velu

TRAVELFIT

Balance your body, mind and passport

MONTH AT A GLANCE

MONTH: _____ YEAR: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MONTHLY GOALS

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

FOCUS THIS MONTH

REFLECTION

What went well this month?

_____

_____

What can I improve?

_____

_____

I'm proud of...

_____

HABIT TRACKER

HABIT	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
	○	○	○	○	○
	○	○	○	○	○
	○	○	○	○	○
	○	○	○	○	○
	○	○	○	○	○
	○	○	○	○	○

PRIORITIES

1. _____
2. _____
3. _____
4. _____
5. _____

SELF-CARE & RESET

- ○ Move my body
- ○ Eat nourishing foods
- ○ Hydrate
- ○ Get enough sleep
- ○ Mindfulness / Meditation
- ○ Spend time outdoors
- ○ Do something I love
- ○ Disconnect & rest

NOTES & REMINDERS