

## daily de-stress checks

use the rating scale or just ✓each box as you complete

	date	set routine	stretch	focus on breath	thoughts journal	exercise
Monday						
Tuesday						
Wednesday		<i>l</i> ui	191			
Thursday						
Friday				(c)		
Saturday						
Sunday						

## daily rating scale

1	2	3	4	5
minute	minutes	minutes	minutes	minutes