Hang In There

I DID IT!

Daily Plan for: _____ Week of: _____

SKILLS	SUN	MON	TUE	WED	THU	FRI	SAT	Total Stars
Physical Activity for 45-60 Min. Walking • Bike Riding • Swimming								★
Deep Breathing Relaxation 2 Times/Day • "Belly Breaths" • 10 Minutes								★
Gratitude Journal Entry Before Bedtime								★
Listen to Relaxing Music Without Lyrics • Alone Time								★
Read My Book 30 Minutes								★
Share a Joke with Family During Dinner								★
								★
								★
								★
							GOAL	
							TOTAL	

COMMENTS: _____

Begin with 80% compliance and gradually increase.