Sanity Routine

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDSAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BRUSH/FLOSS TEETH																			
EXERCISE (AT LEAST 30 MINUTES)																			
BREAKFAST BEFORE NOON																			
ATE A VEGETABLE																			
WRITING PRACTICE																			
TALKED TO SOMEONE YOU'RE NOT MARRIED TO																			
WENT OUTSIDE																			
CROSSED A TASK OFF THE TO-DO LIST																			
MUSIC																			
PARTICIPATED IN MAKING ONLINE CONTENT																			
MADE SOMETHING (FOOD OR CRAFT)																			