Sanity Routine

	SAT	SUN	MON	TUES	WED	THURS	FRI	SAT	SUN	MON	TUES	WED	THURS	FRI
BRUSH/FLOSS TEETH														
BREAKFAST BEFORE NOON														
EXERCISE (WORKOUT OR A GOOD WALK)														
WRITING PRACTICE														
TALKED TO SOMEONE YOU'RE NOT MARRIED TO														
AT LEAST 1 WELL-BALANCED MEAL														
WENT OUTSIDE														
MADE SOMETHING (FOOD, CRAFT, MUSIC, ART ALL COUNT)														
DELIBERATE KINDNESS TO SELF OR OTHERS														