

Improve my lifestyle

Choose your own 5 daily rituals and write them in the training plan below.

Week 1 health age score _____

Week 4 health age score _____

WEEK 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	TOTAL
TOTAL POINTS FOR THE WEEK								

WEEK 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	TOTAL
TOTAL POINTS FOR THE WEEK								

WEEK 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	TOTAL
TOTAL POINTS FOR THE WEEK								

WEEK 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	TOTAL
TOTAL POINTS FOR THE WEEK								