

Mama Love Daily Checklist



Essential wellness practices to help you be mindful of loving You, so you can LOVE more.

Monday	Tuesday	Wednesday	Thursday
Affirmation <i>Ex: I am blessed.</i>	Affirmation	Affirmation	Affirmation
<input type="checkbox"/> Water <input type="checkbox"/> Water <input type="checkbox"/> Breakfast:	<input type="checkbox"/> Water <input type="checkbox"/> Water <input type="checkbox"/> Breakfast:	<input type="checkbox"/> Water <input type="checkbox"/> Water <input type="checkbox"/> Breakfast:	<input type="checkbox"/> Water <input type="checkbox"/> Water <input type="checkbox"/> Breakfast:
<input type="checkbox"/> Water <input type="checkbox"/> Water <input type="checkbox"/> 5/10/20min Meditation <input type="checkbox"/> Lunch:	<input type="checkbox"/> Water <input type="checkbox"/> Water <input type="checkbox"/> 5/10/20min Meditation <input type="checkbox"/> Lunch:	<input type="checkbox"/> Water <input type="checkbox"/> Water <input type="checkbox"/> 5/10/20min Meditation <input type="checkbox"/> Lunch:	<input type="checkbox"/> Water <input type="checkbox"/> Water <input type="checkbox"/> 5/10/20min Meditation <input type="checkbox"/> Lunch:
<input type="checkbox"/> Water <input type="checkbox"/> Water <input type="checkbox"/> Exercise 5/15/30min	<input type="checkbox"/> Water <input type="checkbox"/> Water <input type="checkbox"/> Exercise 5/15/30min	<input type="checkbox"/> Water <input type="checkbox"/> Water <input type="checkbox"/> Exercise 5/15/30min	<input type="checkbox"/> Water <input type="checkbox"/> Water <input type="checkbox"/> Exercise 5/15/30min
<input type="checkbox"/> Dinner	<input type="checkbox"/> Dinner:	<input type="checkbox"/> Dinner:	<input type="checkbox"/> Dinner:
<input type="checkbox"/> Water <input type="checkbox"/> Water <input type="checkbox"/> Evening Self Care	<input type="checkbox"/> Water <input type="checkbox"/> Water <input type="checkbox"/> Evening Self Care:	<input type="checkbox"/> Water <input type="checkbox"/> Water <input type="checkbox"/> Evening Self Care:	<input type="checkbox"/> Water <input type="checkbox"/> Water <input type="checkbox"/> Evening Self Care:
<input type="checkbox"/> Today I am grateful for:	<input type="checkbox"/> Today I am grateful for:	<input type="checkbox"/> Today I am grateful for:	<input type="checkbox"/> Today I am grateful for:

Friday	Saturday	Sunday
Affirmation	Affirmation	Affirmation
<input type="checkbox"/> Water	<input type="checkbox"/> Water	<input type="checkbox"/> Water
<input type="checkbox"/> Water	<input type="checkbox"/> Water	<input type="checkbox"/> Water
<input type="checkbox"/> Breakfast:	<input type="checkbox"/> Breakfast:	<input type="checkbox"/> Breakfast:
<input type="checkbox"/> Water	<input type="checkbox"/> Water	<input type="checkbox"/> Water
<input type="checkbox"/> Water	<input type="checkbox"/> Water	<input type="checkbox"/> Water
<input type="checkbox"/> 5/10/20min Meditation	<input type="checkbox"/> 5/10/20min Meditation	<input type="checkbox"/> 5/10/20min Meditation
<input type="checkbox"/> Lunch:	<input type="checkbox"/> Lunch:	<input type="checkbox"/> Lunch:
<input type="checkbox"/> Water	<input type="checkbox"/> Water	<input type="checkbox"/> Water
<input type="checkbox"/> Water	<input type="checkbox"/> Water	<input type="checkbox"/> Water
<input type="checkbox"/> Exercise 5/15/30min	<input type="checkbox"/> Exercise 5/15/30min	<input type="checkbox"/> Exercise 5/15/30min
<input type="checkbox"/> Dinner:	<input type="checkbox"/> Dinner:	<input type="checkbox"/> Dinner:
<input type="checkbox"/> Water	<input type="checkbox"/> Water	<input type="checkbox"/> Water
<input type="checkbox"/> Water	<input type="checkbox"/> Water	<input type="checkbox"/> Water
<input type="checkbox"/> Evening Self Care:	<input type="checkbox"/> Evening Self Care:	<input type="checkbox"/> Evening Self Care:
<input type="checkbox"/> Today I am grateful for:	<input type="checkbox"/> Today I am grateful for:	<input type="checkbox"/> Today I am grateful for:

Use this checklist to track your daily self-care practices. Start with a daily affirmation – words of inspiration to set the tone for your day. Then fill in what you plan to eat for each meal, an exercise (yoga, walking, etc.) and an evening self-care activity (Epsom salt bath, pedicure, cup of tea). As your day progresses, simply check off each practice. Right before bed think of one thing you are most grateful for and write it in the final box. *Many Blessings!*

BirthEatLove.com

Sowing Seeds of Joy Along the Journey