



### CrossFit Life Tree Daily Habits Checklist

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Date</b>							
<b>Fitness</b>							
Workout							
Mindfulness							
Nutrition:							
Carbs							
Fat							
Protein							
Sleep (previous night)							
Alcoholic drinks							
Restaurant meals							
Digestion							
Self-assessed grade (1-10)							
<b>Family</b>							
Time awake							
Meals with kids							
Family activity							
Self-assessed grade (1-10)							
<b>Faith</b>							
Devotional practice							
Spiritual time							
Self-assessed grade (1-10)							
<b>Finances</b>							
Stayed on budget							
Secured income							
Self-assessed grade (1-10)							
<b>Freedom</b>							
Social time							
Time in nature							
Time doing new things							
Self-assessed grade (1-10)							
<b>Future</b>							
Education							
Kids' education							
Retirement plan							
Self-assessed grade (1-10)							