

# SAINT

# STRONG

<b>Wellness Log</b>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Total
Sleep (8Hrs / Dark Room/ No IT)																													
Discipline (6:15/8:15 - Get to Ground)																													
Eat Colourful Food (6 Meals)																													
Visualise Your Day (Write 3 Goals)																													
Get Active (Sweat once per day)																													
Get Outside (Enjoy the Outdoors)																													
Bring Energy (Be an Energiser)																													
Fail More (Get Outside Comfort Zone)																													
Learn More (Read 20 minutes a day)																													
Laugh & Play (Relax & Enjoy Present)																													
Switch Off I.T (No I.T after 9)																													
Self-Reflect (Daily Diary Entry)																													
<i>Minimum Score out of 12</i>	10/12																												
<i>Wellness Indicator - 80/20 Rule</i>	83%																												
<b>Daily Score out of 12</b>																													
<b>Busy Getting Better (Y OR N)</b>																													

"The biggest moments in life come from the smallest moments in each day"