

January

	Vitamins	Less than 20 Net Carbs	Exercise 5 days/week (30 minutes)	Walk Dogs	No electronics after 9PM	Sleeping by 11PM (weeknights)	Skin Care Regimen	Morning Routine	Grateful Heart
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									
31									

Taking time out each day to relax and renew is essential to living well.

-Judith Hanson Lasater

