

The Well Kept Mind

the KG Lifestyle
www.thekglifestyle.com

1ST 30 DAYS

RECLAIMING YOUR MIND
SELF-CARE CYCLE:





REWARD IF COMPLETED BY 1/20/2019: _____

2ND 30 DAYS

RECLAIMING YOUR MIND
SELF-CARE CYCLE:





REWARD IF COMPLETED BY 2/20/2019: _____

3RD 30 DAYS

RECLAIMING YOUR MIND
SELF-CARE CYCLE:





REWARD IF COMPLETED BY 3/20/2019: _____
