



~ Community Immunity ~ Worksheet - April 2020

Pick what resonates. If you do ONE new thing consistently you are winning. Be open to seeing your patterns of achievement, and resistance!

Immune System Boosting Activity	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
7hrs + sleep																															
Meditation Audio																															
No screen directly before bed																															
Nutritional Density or multivit /supplements taken																															
Minimum Baseline Achieved																															
Body weight movement																															
Did something good for others																															
Connected with loved ones																															
Connected with a community that's important to me																															
WW Challenge for the day																															

