



— The Four Checks —

Week of _____

	EXERCISE	SLEEP	NUTRITION	REST
MON	☐	☐	☐	☐
TUE	☐	☐	☐	☐
WED	☐	☐	☐	☐
THU	☐	☐	☐	☐
FRI	☐	☐	☐	☐
SAT	☐	☐	☐	☐
SUN	☐	☐	☐	☐

EXERCISE

A little movement
each day.

SLEEP

A steady,
restful night.

NUTRITION

Simple,
nourishing meals.

REST

Quiet time,
at your own pace.

Do your best today and be better tomorrow.

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