

Proactive-Wellness Portfolio

Week of:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Deep Breathing: Morning							
Deep Breathing: Afternoon							
Proactive Relaxation							
Chi-Kung/Qi Gong							
Chair Yoga							
Light Weight Training							
Core Exercises							
Nature Walk							
Power Walk							
Perception Shifting Audio							
5+ Cups of Water							
5+ Grams of Omega 3							