WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
G Gentle							
R Relaxation							
A Accomplishment							
P Pleasure							
E Exercise							
S Social							



Progress is built in ordinary moments.

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
G Gentle							
R Relaxation							
A Accomplishment							
P Pleasure							
E Exercise							
S Social							

Progress is built in ordinary moments.

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
G Gentle							
R Relaxation							
A Accomplishment							
P Pleasure							
E Exercise							
S Social							

Progress is built in ordinary moments.

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
G Gentle							
R Relaxation							
A Accomplishment							
P Pleasure							
E Exercise							
S Social							

Progress is built in ordinary moments.