Clear the Mind

Balance hecticness and peace. For NYC

- [ ] Monday : Yoga Practice https://www.fitnessmagazine.com/workout/yoga/poses/beginner-yoga-poses/?page=1
- [ ] Tuesday : Work Hard, Drink Water
- [ ] Wednesday : Meditation/Self Reflection https://www.youtube.com/watch?v=cI4ryatVkKw
- [ ] Thursday: Work Hard, Drink Water
- [ ] Friday : Yoga PrFriday : Yoga Practice https://www.fitnessmagazine.com/workout/yoga/poses/beginner-yoga-poses/?page=1
- [ ] Saturday : Party Hard, Drink Water
- [ ] Sunday Night : Meditation/Self Reflection https://www.youtube.com/watch?v=cI4ryatVkKw

Make and Share Free Checklists

checkli.com