

# Wellness Journey Incentive Map

*My Goal:*

My "Why":

First Step:

My weekly Plan:

How many times will I work on this goal per week (ex. 2-3x per week):

If I meet my practice goal my reward will be:

Check off each time you practice your first step here:

Done!

Done!

Done!

Done!

Done!

Done!

I rocked the week!