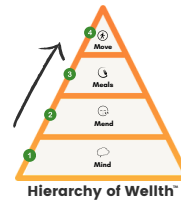


# My WellthPlan Matrix

Name: \_\_\_\_\_

Date: \_\_\_\_\_



	TIME	MIND 	MEND 	MEALS 	MOVE 
AM 		<b>E.C.H.O.</b> <ul style="list-style-type: none"> <li>Eliminate</li> <li>Calculate</li> <li>Hydrate</li> <li>Orchestrate</li> </ul>			
WORK 		<b>N.E.A.T.</b> <ul style="list-style-type: none"> <li>Non</li> <li>Exercise</li> <li>Activity</li> <li>Thermogenesis</li> </ul> <b>AND</b> Stress Checks			
MEALS 		<b>Pre/During/Post</b> 3 parts of my meals I can impact			
PM 		<b>R and R and R:</b> <ul style="list-style-type: none"> <li>Review the day</li> <li>Relax for night</li> <li>Repair with sleep</li> </ul>			

**Goals**

**Short List**

