

"a refreshed woman values intentionally curating her life."

## WEEKLY REFRESHMENT

# TRACKER

WEEK OF: \_\_\_\_\_

	HOW I REEFRESHED	MY FEELINGS	DONE
MON			<input type="radio"/>
TUE			<input type="radio"/>
WED			<input type="radio"/>
THU			<input type="radio"/>
FRI			<input type="radio"/>
SAT			<input type="radio"/>
SUN			<input type="radio"/>