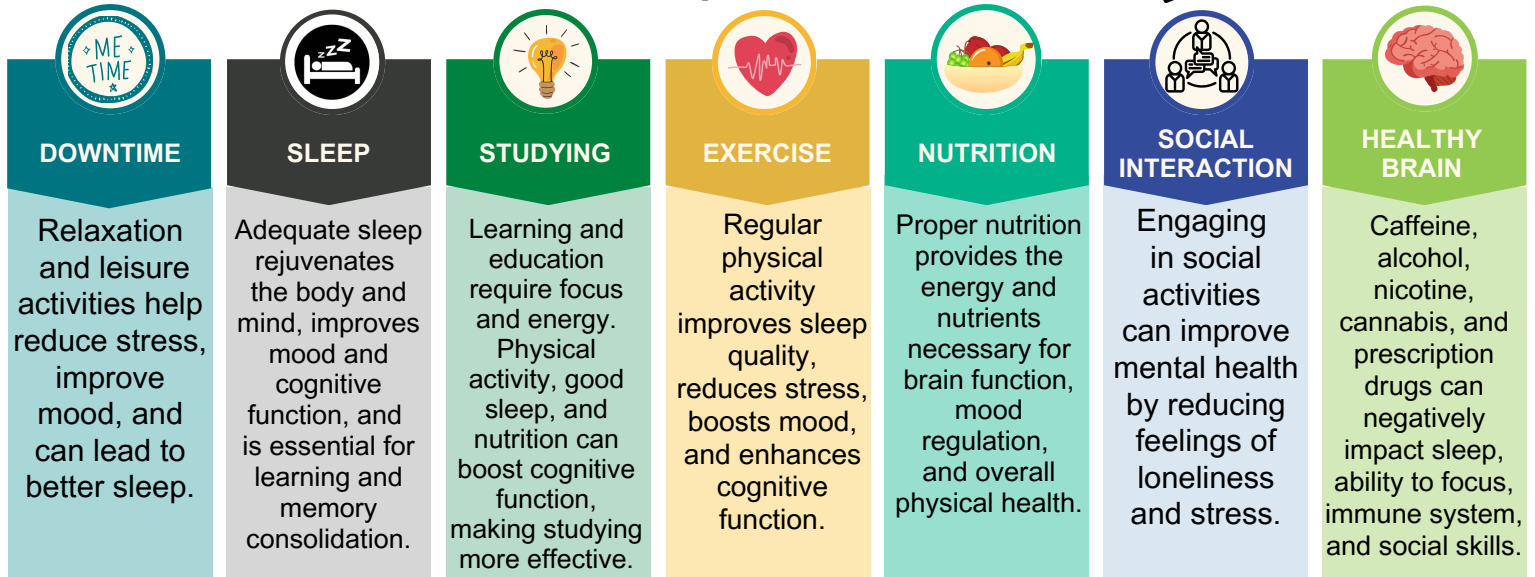


Spartan Wellness Journey

Healthy Routines



A healthy routine includes the balance of all these components that works best for you.

My Routines

On average, I get ___ hrs. of sleep a night.

Healthy Routine Components that I am great at prioritizing:

I think this amount of time is:

1

2

3

4

5



Unhealthy

Super Healthy!

Healthy Routine Components that I need to work on:

Wellness Schedule

Each week, we encourage you to follow our healthy routine components designed specifically for college life. If these don't fit your needs, feel free to customize them or add other healthy routines that work better for you.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							
12 am							