

**To Do:**

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.
13.
14.
15.

REPEAT!

**NEW SKILL:**

1. Learn
2. Learn
3. Learn
4. Learn
5. Learn
6. Learn
7. Learn
8. Learn
9. Learn
10. Learn

**1 Thing to Limit:**

1.

2.

3.

4.

5.

6.

IF GO OVER LIMIT DO 1 Thing you don’t like

“Put Inspo Here!”

\_\_\_\_\_\_’s Quarantine Guide:

***DON'T MOVE ONTO NEXT NUMBER UNTIL COMPLETED PRIOR***