








## Balanced Life Daily Checklist

INVEST IN EACH OF THE 5 FUNDAMENTAL AREAS OF YOUR LIFE DAILY  
AND CHECK THE BOX!

### 5 FUNDAMENTAL AREAS OF LIFE

|             |  MO |  TU |  WE |  TH |  FR |  SA |  SU |
|-------------|--|--|--|--|--|--|--|
| FAITH       | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |
| FAMILY      | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |
| FINANCES    | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |
| FITNESS     | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |
| FRIENDSHIPS | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |

This checklist gives you a weekly visual of how well you are  
balancing the 5 fundamental areas of your life.