

A desk setup featuring a tablet with a calendar app, a stack of books, and a potted plant. The calendar shows dates from Sunday to Saturday, with some dates highlighted in different colors. The text is overlaid on a large teal circle.

5 THINGS YOU CAN DO DURING THE COVID19 LOCKDOWN

Crushing Goals and Taking Notes

2- Take Out The Trash

Do you really read all those emails, how many are you subscribed to, too many to count, right? You can take a load off your feet and sit down to complete this task. This is easier than you think, let's start off with process of elimination. First, empty your email trash, you can set it to auto delete in the future. Second, go through your promotional emails and delete those as well (check for the important ones, all else delete). Whew, are you tired yet, we're just getting started. In your main mailbox delete what you don't need and create folders for those you do. Also, how many email subscriptions have you signed up for, now is a good time to unsubscribe and keep track of the ones you will continue to receive.

SUBSCRIPTION LIST

Subscription	Purpose

3- Plan Ahead

There's nothing like being prepared. Now is a good time to meal prep if you're adhering to the no contact rule or live in a state where all bars and restaurants are closed. There's more than one way to meal prep, below is a list of a few and we've provided you with a weekly meal prep chart to track your meals. ENJOY!

1. *Make Ahead Meals*-these meals can be cooked in advanced, refrigerated and reheated.
2. *Batch Cooking Meals*- making large batches/quantities of meals, create individual portions, freeze and store for future consumption.
3. *Grab and Go Meals*-prepare meals that can be eaten on the go, these meals can be refrigerated over a couple of days and don't forget to add fresh veggies as well.

WEEKLY MEAL PREP

Week of	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

5- Just Chill

With everything that's going on, why not have a little downtime. Time to just chill and close your mind from all the outside noise. Sometimes we must take time for ourselves and our well-being.

S Y B Y H T L A E H T A E U T L J N S K
E M O N T H L Y B U D G E T X U M D I G
L Z W S Z G R T R C L O M C H R N J P P
F D A J B M W T X U D R I N K W A T E R
C Y L N L A N R U O J K Y W Q X P R U N
A A K P E G I W A S H Y O U R H A N D S
R R A M T S I L K C E H C V J U J V W R
E P M E N K A E N I T N A R A U Q C A D
M B I D L A E M D E C N A L A B L L E W
Q I L I V N M E A L P R E P C J Y B F T
O Y E T U S T A Y I N S I D E E C A E T
M X J A H H F E Z S E P Z V P D H G S R
T Q M T H T V F U B T U S V Z V D U W M
T G T E B L X A E N F Z A C D U J H U W
A Y H E R C K M E E L E Z D B D U A W P
N E X E R C I S E T I C J U A N L H V S
O U V S X Y A R U Y X Y Z E Q B U J C F
R N H N I M A T I V F R R H B H H B D R
O V R Y Q J T M E D I T A T E L C Q K C
C I E A H E R I S S E R T S D I O V A N

Exercise Call A Friend Meditate Walk A Mile Run Journal Pray Well Balanced Meal

Hulu Netflix Avoid Stress Wash Your Hands Meditate Eat Healthy

Enjoy Family Self Care Meal Prep Monthly Budget Checklist Re-adjust Corona

Quarantine Stay Inside Budget Drink Water Vitamin

Thanks for being a subscriber
and during this time be safe
and use caution!