

Weekly wellbeing summary

Increase Autophagy · Monday through Sunday

4

Unique items

9

Scheduled occurrences

7

Active days

285 min

Planned time

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Breathwork: Cyclic sighing Breathwork	X	X	X	X	X	X		6
Breathwork: Wim Hof-style cyclic breathing + retention Breathwork							X	1
Meditation: Loving-kindness (metta) Meditation							X	1
Yoga: Hatha Yoga						X		1