Weekly wellbeing summary

Edition 2026 · Weeks 5–6 · Increase Autophagy · Monday through Sunday

4	9	7	285 min
Unique items	Scheduled occurrences	Active days	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