Weekly wellbeing summary

Edition 2026 · Week 9 · Water Fast + Electrolyte · Monday through Sunday

1	7	7	210 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	X	7