

# Weekly wellbeing summary

Peak Muscle Growth · Monday through Sunday

1

Unique items

1

Scheduled occurrences

1

Active days

30 min

Planned time

| Item                                     | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Total |
|------------------------------------------|-----|-----|-----|-----|-----|-----|-----|-------|
| Breathwork: Cyclic sighing<br>Breathwork | X   |     |     |     |     |     |     | 1     |