

Warrior Fit Map

Create your Warrior Fit map. What actions will you take to climb your ladder?
Write them in the spaces below. Happy climbing!

The image shows a wooden ladder with 14 rungs, each labeled with a self-care action. The ladder is set against a background of a green field and a willow tree. White boxes are provided for writing actions next to each rung.

- Detox Spiritual Self
- Exercise Spiritual Self
- Feed Spiritual Self
- Detox Mental Self
- Exercise Mental Self
- Feed Mental Self
- Detox Emotional
- Exercise Emotional Self
- Feed Emotional Self
- Detox Physical Self
- Exercise Physical Self
- Feed Physical Self