

The First 5

Supriety™

A HUMAN
AGENCY
MOVEMENT

ALL 5 Complete all five actions in the same morning.

7 / 30 Mark 7 qualifying days anywhere within 30 days.

RETURN Missed days stay blank. Come back. Nothing resets.



THE FIVE DAILY ACTIONS

1



WATER

2



**OUTSIDE +
MOVEMENT +
MORNING LIGHT**

3



GRATITUDE

4



**SAFE INTENTIONAL
DISCOMFORT**

5



HEALTHY EATING



7 QUALIFYING MORNINGS

HELP PLANT A TREE

After verified completion, Supriety funds one tree through #TeamTrees.

START DATE: _____

ONE CIRCLE = ONE DAY.

DID ALL 5 THIS MORNING? MARK TODAY.

MISS ONE? LEAVE IT BLANK. COME BACK TOMORROW. NOTHING RESETS.

DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



DAY 7



DAY 8



DAY 9



DAY 10



DAY 11



DAY 12



DAY 13



DAY 14



DAY 15



DAY 16



DAY 17



DAY 18



DAY 19



DAY 20



DAY 21



DAY 22



DAY 23



DAY 24



DAY 25



DAY 26



DAY 27



DAY 28



DAY 29



DAY 30



7 MARKED DAYS ANYWHERE IN THE 30-DAY WINDOW = MILESTONE.

Seven does not need to be consecutive. Blank days carry no penalty.

THE FIRST 5 BY SUPRIETY™ • COMPLETE ALL FIVE IN ONE MORNING • 7 WITHIN 30