

W.

TO LIVE WELL.

Welcome to your Wellness Journal! This journal is designed to support your journey towards improved well-being. By reflecting on your thoughts, feelings, and daily activities, you can gain insight into your wellness journey and make meaningful changes. Use this journal as a safe space for self-exploration and growth. Remember, there are no right or wrong answers—just your personal experiences and reflections.

**TO LIVE WELL.**

# WellnessTracker

**TO LIVE WELL IS TO BE WELL.**

Day:

Month:

Year:

## Mood Check In



## Movement

WORKOUT: .....

DURATION: .....

HOW DID I  
FEEL?: .....

## Self-Care

DID I ENGAGE IN SELF CARE TODAY?

YES ☐ NO ☐

IF SO, WHAT DID I DO?

.....

.....

.....

HOW DID I NOURISH MY MIND / BODY / SPIRIT?

## 3 things I'm grateful for today:

1. ....
2. ....
3. ....

## Nutrition

Breakfast: .....

Lunch: .....

Dinner: .....



## Goals for tomorrow:

**TO LIVE WELL.**

# DailySchedule

Day: \_\_\_\_\_ Month: \_\_\_\_\_ Year: \_\_\_\_\_

<div><b>TODAY'S SCHEDULE</b></div> <div><div>05:00</div><div>06:00</div><div>07:00</div><div>08:00</div><div>09:00</div><div>10:00</div><div>11:00</div><div>12:00</div><div>1:00</div><div>2:00</div><div>3:00</div><div>4:00</div><div>5:00</div><div>6:00</div><div>7:00</div><div>8:00</div><div>9:00</div><div>10:00</div><div>11:00</div></div>	<div><b>To-Do:</b></div> <div><div><div></div></div><div><div></div></div><div><div></div></div><div><div></div></div><div><div></div></div></div> <div><b>Notes:</b></div> <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><b>TO LIVE WELL.</b></div>
---	---

# Monthly Goals

Month: \_\_\_\_\_

TO LIVE WELL IS TO BE WELL.

<p><i>Intentions for the month:</i></p> <p>✦ WHAT DO I WANT TO FOCUS ON THIS MONTH?</p> <p>✦ HOW DO I WANT TO FEEL THIS MONTH?</p>	
--	--

Goal Categories	Action Steps
<p><b>PERSONAL GROWTH</b></p> <p>1. _____</p> <p>2. _____</p>	<p>FOR EACH GOAL, LIST SPECIFIC ACTION STEPS TO ACHIEVE THEM.</p> <p>_____</p> <p>_____</p>
<p><b>HEALTH &amp; WELLNESS</b></p> <p>1. _____</p> <p>2. _____</p>	<p>_____</p> <p>_____</p>
<p><b>RELATIONSHIPS</b></p> <p>1. _____</p> <p>2. _____</p>	<p>_____</p> <p>_____</p>
<p><b>CAREER/ACADEMIC</b></p> <p>1. _____</p> <p>2. _____</p>	<p>_____</p> <p>_____</p>

TO LIVE WELL.

# reflections

Day:

Month:

Year:

---

**TO LIVE WELL IS TO BE WELL.**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**TO LIVE WELL.**

---