

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.