

## Weekly Wellness Check-In

DATE \_\_\_\_\_

1. I AM GRATEFUL FOR \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. DESIRED EXPERIENCE(S) OR GOAL(S) FOR THIS WEEK \_\_\_\_\_

3. ACTIONABLE STEPS I WILL TAKE THIS WEEK \_\_\_\_\_

4. SMALL AND BIG WINS LAST WEEK \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

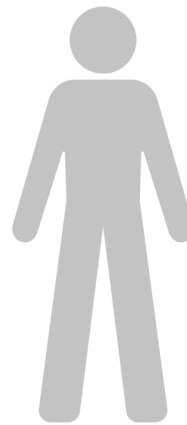
HOW DO YOU FEEL TODAY?



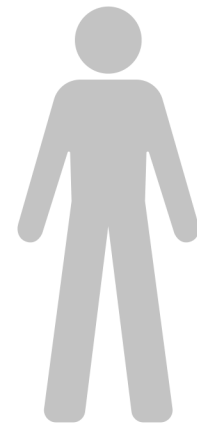
5. THOUGHTS AND BARRIERS \_\_\_\_\_

6. REMEDIES AND WORKAROUND \_\_\_\_\_

7. MARK ANY SENSATIONS \_\_\_\_\_



FRONT



BACK

MY NUTRTION THIS WEEK



MY PHYSICAL ACTIVITY THIS WEEK



# How to Use the Weekly Wellness Check-In

1. List things you are grateful for. This is something from last week and will change each week. No item is too small.
2. List your desired goal or experience you would like to accomplish in the upcoming week.
3. What is a small actionable step you can take that will point you in the direction of your desired experience or place you one step closer to your long term goal. Can you make this specific, measurable, attainable, relevant, and time bound. (SMART)
4. What can you celebrate from last week? No win or accomplishment is too small. (ex. I met my exercise goal, I passed on dessert, etc.)
5. What are thoughts and barriers that may get in your way?
6. What can you do or think about differently to get around these thoughts and barriers?
7. Note and describe what your body is feeling. Do parts of you feel strong, tired? Do you hold any emotions or stress in your body?