

Month 1 Wellness Tracking Form

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← Previous

Week 1

Week 2

Week 3

Week 4

Next →

Week 1 - Daily Tracking

Measure and Record Your Baseline Metrics

Record your baseline measurements at the start of your wellness journey

BMI

Weight-to-height ratio

Biological age (test and value)

VO2

Flexibility

Balance

Muscle strength

1 mile walk

Detox from Smoking

Cigarettes, vaping, cigars, etc. • Best to quit at once

"I'll be quit by then" date:

Routines and triggers that make you smoke removed and replaced with healthy routines:

Number of cigarettes smoked per day:

Mon

Tue

Wed

Thu

Fri

Sat

Sun

0

0

0

0

0

0

0

Detox from Alcohol

Recommended: Up to 2 routine alcoholic servings/day

Number of alcoholic drinks per day:

Mon

Tue

Wed

Thu

Fri

Sat

Sun

0

0

0

0

0

0

0

Nutrition: Get Rid of Refined Sugar

Goal: Maximum of 3 servings of refined sugar/week by Week 4 • Start using healthy choices (see Chapter 4 for swapping options and other tips)

Log of sugar servings this week:

Nutrition: Get Rid of Fast Food

Goal: Maximum of 3 servings of fast food/week by Week 4 • Start using healthy choices (see Chapter 4 for swapping options)

Actual number of fast food servings this week:

Nutrition: Avoid Unhealthy Drinks

Recommendation: Maximum of 1 glass/day of the less-healthy choices

Unhealthy drinks consumption (daily):

Mon

Tue

Wed

Thu

Fri

Sat

Sun

0

0

0

0

0

0

0

Daily water and other healthy drinks (oz or glasses):

Mon

Tue

Wed

Thu

Fri

Sat

Sun

0

0

0

0

0

0

0

Physical Activity: Gradual Increase in Steps

Increase by 500-1000 steps each week

Number of days this week you reached at least 2500 steps/day:

*These numbers might be too high or too low depending on your baseline fitness

Daily walking - 10 minutes or more brisk walking every day (Y/N):

Mon

Tue

Wed

Thu

Fri

Sat

Sun

N

N

N

N

N

N

N

Morning stretching exercises for 5-10 minutes every day (Y/N):

Mon

Tue

Wed

Thu

Fri

Sat

Sun

N

N

N

N

N

N

N

Sleep

Number of nights this week with less than 7 or more than 9 hours of sleep:

Stress Management

Recommended: Deep breathing exercises once a day for 3 minutes

Number of breathing sessions per day:

Mon

Tue

Wed

Thu

Fri

Sat

Sun

0

0

0

0

0

0

0

Print Form

Clear All Data