



HEALTH AND  
WELLNESS

*journal*



NAME:

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# WEEKLY PLANNER

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TUE

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FRI

SAT

SUN

6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							

# My Daily Wellness Log

## Daily Exercise

Water tracker 

Exercise Log

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- 
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## Daily Meals

Breakfast

Lunch

Dinner

Snack

## Thoughts & Reflection

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Date

Mood



Today i am grateful for

1.

2.

3.

Great things that happened today

1.

2.

3.



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# Weekly Food Journal



week: \_\_\_\_\_

Breakfast \_\_\_\_\_  
Lunch \_\_\_\_\_  
Dinner \_\_\_\_\_  
Snacks \_\_\_\_\_

Rate your day

Breakfast \_\_\_\_\_  
Lunch \_\_\_\_\_  
Dinner \_\_\_\_\_  
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Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Weekly wellness check in



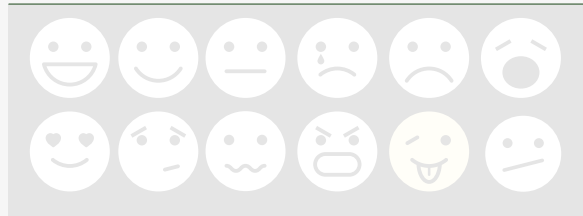
DATE \_\_\_\_\_

TOP 3 THINGS I DID THIS WEEK

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

MOST REWARDING INTERACTION I HAD THIS WEEK

THIS WEEK I FELT



NEXT WEEK I WANT TO

THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK









