Tracking Your Wellness Over Time

Your Wellness Tracker

Scoring guide: 1–3 = Struggling significantly | 4–6 = Managing but could be better | 7–9 = Doing well | 10 = Thriving

Slice	Session 1	Session 2	Session 3	Session 4
Date:				
Nutrition				
Movement				
Sleep				
Hygiene				
Friends & Family				
Therapy				
Medication				
Journaling				
Structure				
Nature				
Music				
Downtime				
Meditation				
Gratitude				
Spirituality				
Arts & Crafts				

After completing multiple sessions, ask yourself: Which slices consistently score low? Which have improved? Which do I keep avoiding? These patterns are where your most important growth lives.